

## What machine is used for this purpose?

There are a number of spinal decompression machines presently used in the United States. After significant research, we have chosen to use the Triton DTS machine manufactured by Chattanooga, Inc., the premier manufacturer of physical Therapy machines. The Triton DTS represents the finest Decompression Therapy System available today. Lumbar, Cervical, and Wrist Decompression Therapy can be delivered utilizing the Triton DTS in a controlled and proven method.

### DTS ADVANTAGES

- ☑ 86% Effective
- ☑ Safe and Painless
- ☑ FDA Cleared
- ☑ Non-Surgical
- ☑ Affordable Cost

## How do I get started?

Call Family First Chiropractic at 319-334-7445 to see if you are a candidate for Decompression Therapy.



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# Spinal Decompression Therapy



**Family First  
Chiropractic**

## What is Spinal Decompression?

Spinal decompression therapy is FDA cleared and has a high success rate for pain associated with herniated or bulging discs...even after failed surgery. It is a non-surgical, traction based therapy for the relief of back pain and leg pain, or neck pain and arm pain. During this procedure, by cycling through distraction and relaxation phases and by proper positioning, a spinal disc can be isolated and placed under negative pressure, causing a vacuum effect within it.

### Who can benefit from Spinal Decompression?

Anyone who has back pain or neck pain caused in whole or in part by a damaged disc may be helped by spinal decompression therapy. These conditions include herniated discs, protruding discs or bulging discs, spinal stenosis, sciatica, leg pain, leg numbness and arm pain, arm numbness, or radiculopathy (pinched nerves) and certain types of headaches.

### Are the sessions painful and how many will be needed?

In almost all cases, the treatments are completely painless. In fact, some patients fall asleep during the spinal decompression session. The specific treatment plan will be determined by the doctor after your examination. Based on current research, the best results have been achieved utilizing 20 sessions over a 6-8 week period.



### Are there conditions where Spinal Decompression is not recommended?

Spinal Decompression therapy is not recommended for pregnant women, patients who have severe osteoporosis, severe obesity or severe nerve damage. Spinal surgery with instrumentation (screws, metal plates, or cages) is also contraindicated. However, spinal decompression therapy after bone fusion or non-fusion surgery, can be performed.

### Are there medical studies that document the effectiveness of Spinal Decompression Therapy?

Yes! One study documented by MRI up to 90% reduction of disc herniations in 10 of 14 cases and other studies reported that the majority of ruptured disc patients achieved “good” to “excellent” results after spinal decompression therapy.

### Do most patients receive therapy and rehabilitative exercises in additions to spinal Decompression Therapy?

To reduce inflammation and assist the healing process, supportive structures are treated with passive therapies (ice/heat/muscle stimulation), and chiropractic adjustments (if necessary).

