

## Your Healing Journey with Spinal Decompression It's a Team Effort!



**Spinal Decompression** is a powerful tool to help relieve pain, reduce disc pressure, and promote long-term healing. But for it to be truly effective, your commitment outside the office matters just as much as what happens during your sessions.

Here are some key ways **YOU** can actively support your recovery and get the best results:

### ✓ Stay Consistent with Your Treatments

Healing doesn't happen overnight. **Regular decompression sessions** are essential **for lasting improvement**. Stick closely to the schedule recommended by your provider—momentum is everything.

### 💧 Hydrate Well

Water is critical for your spine! **Drinking plenty of water keeps your spinal discs hydrated**, which helps with healing, flexibility, and proper cushioning.



### Make Small Diet Adjustments

Your body heals better when it's nourished well. We recommend simple changes—like **cooking your meals with Ghee or Tallow**—to **reduce inflammation** and support tissue repair. **Eating at home is healthier**. You know the ingredients!



### Incorporate Healthy Habits at Home

- **Gentle movement** like walking or chair exercises **boosts circulation and aids recovery**.
- Gentle stretching (as advised) helps improve flexibility and spinal strength.
- **Avoid prolonged sitting, lying down, poor posture**—these can reverse your progress.
- Keep your body moving in a safe, moderate way every day.

### 💡 Commit to the Process

**Healing takes time**—but with small, consistent steps, you are actively investing in a healthier, more active you. The care we provide in the office is just one part of the solution.

*There is Hope*

**When you walk out our doors,**

**YOU become a big part of your healing.**

Let's work together. Stay consistent. Stay hydrated. Stay hopeful.  
**Your recovery is possible and you're not doing it alone.**



**Motion is lotion for your spine,**  
exercise daily to support decompression!

## WHY ARE MULTIPLE SESSIONS NECESSARY?



### 1. GRADUAL STRUCTURAL CHANGES

Decompression therapy gently stretches the spine, creating negative pressure within the spinal discs. This process helps:

- **Retract herniated or bulging disc material.**
- **Rehydrate and nourish damaged discs.**



These structural changes occur over time, requiring multiple sessions to achieve and maintain the desired results.

### 2. PAIN AND INFLAMMATION REDUCTION

Chronic back pain often involves inflamed tissues, compressed nerves, or tight muscles. Repeated treatments help:

- **Reduce inflammation.**
- Relieve pressure on nerves.
- Encourage relaxation and mobility.



Each session builds upon the last to provide sustained improvement.

### 3. ENHANCED CIRCULATION AND HEALING

Decompression increases **blood flow to the affected areas**, delivering **oxygen and nutrients essential for tissue repair**. Consistent therapy ensures that the healing process continues uninterrupted.

**HOPE**

### 4. LONG-TERM STABILIZATION

**Back pain often results from years of wear and tear or poor posture.** Multiple treatments not only address immediate discomfort but also help improve spinal alignment and core strength to reduce the likelihood of recurrence.

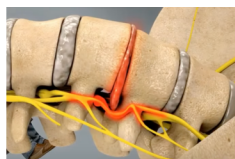


### 5. INDIVIDUALIZED TREATMENT PLANS

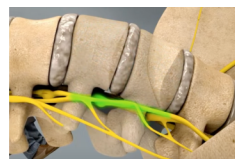
The number of treatments depends on factors like the severity of the condition, patient response, and overall health. A personalized plan ensures the best results for each individual. **Recommended treatment plans may vary between 5-35 treatment sessions depending on the severity and chronicity of your condition.**

**Conclusion:** Spinal decompression therapy is not a quick fix but a process that offers long-lasting relief when done consistently. Regular sessions are key to **addressing the root causes of pain**, promoting healing, and restoring spinal health.

### NERVES COMPRESSED



### RELEASING PRESSURE



### Flexible Payment Options

- **Pay Per Session** – No long-term commitment required
- **Affordable Treatment Packages** – Designed to support your health goals and save you money.

**Ask us about the best option for your condition and budget!** We are here to help find a long term solution without lifetime drugs or surgery with no guarantee.

# SPINAL DECOMPRESSION

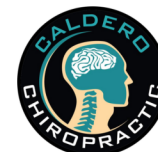


**BACK ON TRAC**

## NON-SURGICAL RELIEF

### SPINAL DECOMPRESSION HELPS WITH:

- ✓ Chronic Back & Neck Pain
- ✓ Bulging or Herniated Discs
- ✓ Sciatica & Nerve Pain
- ✓ Degenerative Disc Disease
- ✓ Spinal Stenosis
- ✓ Pain from Sitting, Bending, or Lifting
- ✓ Radiating Leg Pain



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# What is Spinal Decompression?

Spinal decompression is a non-surgical treatment that aims to relieve back pain and other neurological symptoms caused by a herniated disc putting pressure on the spinal nerves and even the spinal cord.

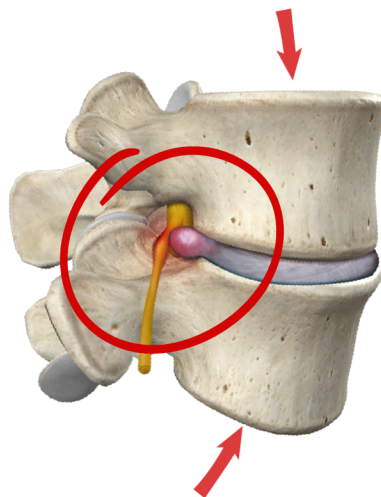
Spinal decompression works by reducing the pressure inside the affected disc and facilitate the transfer of fluids, nutrients and oxygen back inside the disc. This can help to reposition herniated discs and relieve the pressure on the affected neural structure(s).

Spinal decompression therapy can be highly effective for: **Herniated or bulging discs, Degenerative disc disease, Sciatica and pinched nerves, Spinal stenosis, Facet syndrome...**

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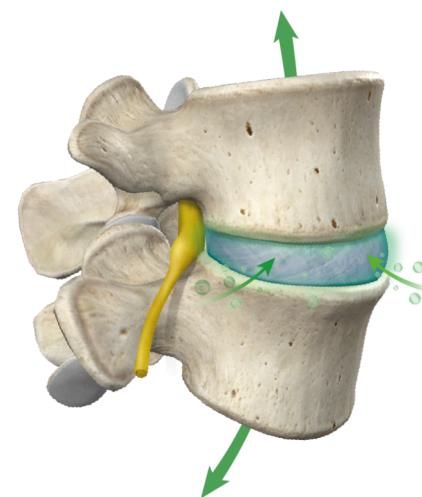
## HERNIATED DISC



Pressure inside the disc is so great that a tear occurs in the disc wall leading to pain and other neurological conditions.



## DECOMPRESSED DISC



A reduction of pressure inside the disc aids in drawing nutrients, oxygen and moisture back into the disc.

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"If you don't make time for your wellness, you will be forced to make time for your illness."

If your condition is not addressed, it may eventually lead to more invasive options—like surgery—which come with higher risks and no guaranteed results.

Right now, you still have options. You have the opportunity to treat the root cause, promote real healing, and avoid masking the pain with medication or pushing through discomfort that could cause further damage.

**Be Bold**



**TAKE ACTION**

We offer effective, natural treatments—and our pricing is affordable. We're here to help guide you through the healing process.

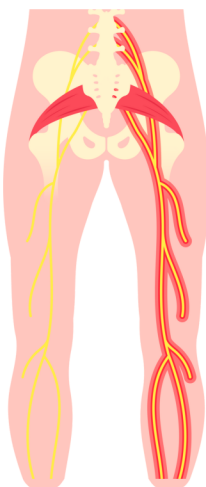
**Remember: When you suffer, your loved ones suffer too.**

Missing work, living in constant pain, or ending up in the hospital comes at a much greater cost—financially, emotionally, and mentally.

At our office, we've never turned away anyone who is committed to getting better. You bring the willingness—we'll provide the care, tools, and support.

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## Benefits Include:



### Pain Relief

Improved mobility and range of motion as a result of restored disc function and relieved pressure on the spinal nerves.



### Improved Mobility

Improved mobility and range of motion as a result of restored disc function and relieved pressure on the spinal nerves.



### Non-Invasive

A non-invasive treatment that does not involve surgery.



### Low-Risk

Well-tolerated and minimal side effects, makes it a low-risk treatment option.

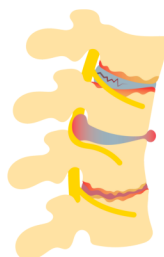


### Cost Effective

A cost-effective alternative to surgery and other more invasive treatments.



- ✓ Chronic Back & Neck Pain
- ✓ Bulging or Herniated Discs
- ✓ Sciatica & Nerve Pain
- ✓ Degenerative Disc Disease
- ✓ Spinal Stenosis



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Have you ever heard of a spine transplant?

Neither have we.

Take care of your spine.



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