



By Sarah Dale, DC
Community Chiropractic Center

THANKS TO SPINAL DECOMPRESSION, YOU COULD HAVE RELIEF FROM PAIN

If you suffer with low back pain or neck pain, even if it's been years and you've tried all available "conventional" treatments, you may find relief from your pain with non-surgical Spinal Decompression. Since 2010, Dr. Sarah Dale and Dr. Todd Small at Community Chiropractic Center, have helped countless individuals decrease their pain and get back to a more active lifestyle that may have been interrupted by pain.

WHAT IS SPINAL DECOMPRESSION?

Spinal decompression is a non-invasive, non-surgical, drug-free approach to healing low back pain and neck pain caused by injured or damaged spinal discs. The innovative technology at the core of the treatment allows the chiropractor to target the specific disc requiring care, and design patient-specific decompression forces to act upon the disc. Gentle pressure creates an environment within the body so the disc can begin to heal. Treatment is safe. There are practically no side effects.

HOW NON-SURGICAL DECOMPRESSION WORKS

Specifically calculated decompression forces act on the two vertebrae on either side of the disc requiring care. As the vertebrae are gently and safely pulled in opposing directions, negative pressure is created in the disc. This allows water and nutrients to draw back into the disc. The disc can regain its height and simultaneously retract and heal disc bulges and herniations.

As the rehydration and disc healing take place, pressure on adjacent nerves is reduced and nerve healing begins.

Each spinal decompression session is programmed to target the specific spinal disc requiring care. Decompression force is calculated specifically for each patient. The on-board computer monitors the decompression forces continuously and adjusts them as needed based on the body's response to treatment. This ensures accurate and pain-free sessions while healing takes place.

Patients undergoing spinal decompression care lie fully clothed on a comfortable padded bed. During their session they can close their eyes and relax.



I have been dealing with chronic to severe lower back pain for over 20 years, and was diagnosed with Degenerative Disc Disease (DDD). I have been receiving Chiropractic care over the years with varying degrees of relief. Most recently, I was advised of "Decompression Therapy" as a possible alternative to assist. With that said, and after a consultation with the Chiropractic team at the Community Chiropractic Center (CCC), in Tecumseh, I have thus far received only five - half hour sessions with much success. My back has not felt this good in over 20 years. I personally recommend this therapy as a possible alternative. I'm hoping that this is my long-term solution, adjacent with altering a healthier lifestyle. And, should one day I still require surgery? At least I have prolonged it." - R.P.

CONDITIONS TREATED BY SPINAL DECOMPRESSION

Non-surgical spinal decompression is a highly effective treatment for relief of low back pain and neck pain due to:

- *Degenerative Disc Disease*
- *Degenerative Joint Disease*
- *Sciatica*
- *Spinal Arthritis*
- *Spinal Stenosis*
- *Facet Syndrome*

How much does Spinal Decompression cost?

At Community Chiropractic the patient is always in the driver's seat. Patients considering care for disc related problems have their consultation and examination fee waived. The costs for care (as recommended by Dr. Dale or Dr. Small), are determined by what specific care patients need and how many treatments are necessary. Patients are always in control regarding which choices they make for care and how they pay.

PAYMENTS OPTIONS INCLUDE:

1. Pay as you go.
2. Prepayment options with corresponding discounts.

You decide which option is best for you. Most extended health care benefits are accepted depending on your plan.

