



# Do you have Back Pain?

Associated with:

- Herniated Discs?
- Protruding Discs?
- Degenerative Disk Disease?
- Posterior Facet Syndrome?
- Sciatica?

**You may be a candidate for Decompression Therapy**

## The Dynatronics DX2 Decompression System Will Help Eliminate Pain and Get Your Life Back



With a series of non-surgical treatments you will begin to enjoy the freedom from back and neck pain. Decompression Therapy is fast, effective, drug free, and safe. This exciting technology is cleared by the FDA and available to you today.

Here at Professional Rehabilitation Services (currently only at our Pawleys Island Office) we offer this wonderful treatment option. We chose the newest of the next generation in decompression systems, the Dynatronics DX2. This newer system is user friendly for the patient and the Physical Therapist. The decompression table has the ability to lower, elevate, move side to side, and the ability to be positioned to provide maximum patient comfort and effectiveness. The DX2 computer programming offers extensive treatment parameters. It monitors not only the decompression forces administered but also the precise angles of the forces.

## **The Dynatronics DX2 Decompression System Provides Targeted Decompression**

In a healthy spine, the vertebrae that protect the spinal cord are separated by discs made of sponge-like tissue which absorb the shock of movement by the spine. Back and neck pain may be caused by several problems with the discs including:

**Degenerative Disc Disease** – the disc material itself loses volume and becomes thin, causing the bones of the vertebrae to rub against each other and the nerves exiting the spinal column to become pinched.

**Herniated Disc** – the disc material actually bulges out from the nucleus and may even rupture, putting pressure on the nerves that extend from the spinal cord. In some cases, this results in radicular nerve pain, more commonly known as Sciatica.

**The goal of targeted decompression** is to apply steady, gentle distraction to the affected vertebrae, increasing the space between them. This produces several benefits: It takes pressure off of the discs, bone structures, and nerves in the area. This increases the flow of blood and nutrients to the discs and promotes healing. With increased space, a bulging disc may flow back into the space between the vertebrae where it belongs. Misaligned joints may see an improvement in alignment, giving them greater mobility. There is now increased space for spinal nerves to flow from the spine to other parts of the body.

## **What is Spinal Decompression Therapy? What type of decompression system is used?**

The Dynatronics DX2 Decompression System is a non-surgical traction based treatment that has been cleared by the FDA to relieve pain associated with herniated discs, protruding discs, degenerative disc disease, posterior facet syndrome, and sciatica in the neck or lower back. Anyone who has back, neck, arm or leg pain may be helped by spinal decompression therapy. It allows you to gently and safely put tension in the lower back or neck to create what's called a "negative pressure" inside the injured discs. This negative pressure creates a vacuum effect that actually draws the bulging or "slipped" disc material back to its normal position. It also brings fluid into the disc to help it re-hydrate and heal.

There is no question that decompression has been hailed in terms of its potential clinical effectiveness. Proper equipment and techniques are critical factors to the effective use of mechanical decompression. Lastly, the use of supportive treatment modalities, such as physical therapy, is an important factor in the success of the treatment.

## Advantages:

- **Extremely Safe**
- **FDA Cleared**
- **Non-Surgical**
- **Affordable Cost**

After a significant amount of research, Professional Rehabilitation Services chose the Dynatronics DX2™ system manufactured by Dynatronics, a premier manufacturer of rehabilitation equipment.

At PRS we have found the DX2 System to be an excellent treatment for the discs and low back. What you need to know is that most back pain is caused by injury or damage to the discs. The discs are the cushions in between all of the spinal bones. When there is damage to the discs, it can lead to pain, sciatica, muscle stiffness and many other symptoms. We also selected this decompression system due to its ability to treat discs in both the neck and the lower back.

Spinal decompression allows you to eliminate pain and heal your back without surgery or injections.

**The Dynatronics DX2™ Decompression System has revolutionized the treatment of back pain by combining the benefits of Decompression into one simple-to-administer treatment.**

**Phase I** consists of decompressing the intervertebral discs relieving pain associated with herniated discs, protruding discs, degenerative disc disease, posterior facet syndrome, sciatica, or pinched nerves.

**Phase II**, the patient begins rehabilitation with an exercise program to strengthen supportive core muscles and improve flexibility.

## **Do most patients receive therapy and rehabilitative exercises in addition to Spinal Decompression Therapy?**

To reduce inflammation and assist the healing process, supporting structures and muscles are treated with passive therapy treatments (ice/ heat/ muscle stimulation, manual therapy and injury specific spinal exercises.)

## **How many spinal decompression sessions will be needed and are they painful?**

The number of sessions needed and your specific treatment plan will be determined by the Physical Therapist after your examination. Based upon current research and clinical experience, the best results have been achieved with about 20 therapy sessions over a 6 to 8 week period.

In almost all cases, the treatments are completely painless. In fact, some patients fall asleep during the spinal decompression session.

## **What Makes Spinal Decompression Therapy so Effective?**

Our Physical Therapist are spine experts that have the skills combined with the table and the computerized traction head that lead to the key of effectiveness.

Proper assessment, correct positioning and the use of preprogrammed patterns of distraction and relaxation may reduce disc pressure allowing necessary nutrients to enliven and accelerate disc healing.

## **Who can benefit from Spinal Decompression Therapy?**

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, protruding or bulging discs, spinal stenosis, sciatica or even failed surgery.

### **Effective For:**

- **Ruptured Disks**
- **Spinal Stenosis**
- **Sciatica**
- **Facet Syndrome**
- **Failed Surgery**

## Is everyone a candidate for Spinal Decompression?

It is certainly true that not every patient with back problems is a candidate for decompression therapy. First, a comprehensive examination and spinal evaluation of the patient is completed. It is important that the physical therapist fully understands the patient's condition and spinal dysfunction. Secondly, the patient's spinal dysfunction must be one that would be helped by decompression therapy. **Indications for the use of spinal decompression are:**

1. To achieve vertebral separation which can decrease disc pressure and reduce disc bulging, and may enhance disc fluid flow.
2. The separation and gliding of the facet joints for improved alignment, articulation, and joint mobility.
3. Tensing of the spinal ligaments.
4. Widening of vertebral openings for the exiting of spinal nerves.
5. Stretching of the spinal musculature thereby decreasing muscle spasms and improve blood flow to the spinal tissues.



When one or more of these effects has the potential to help the patient, decompression therapy might be your best treatment choice.

## Are there conditions where Spinal Decompression Therapy is not indicated?

Contraindications Related to Spinal Decompression  
(reasons for not performing decompression therapy)

1. Tumor or infection
2. Abdominal aneurysms
3. Meningitis
4. Spinal cancer
5. Rheumatoid arthritis
6. Recent fractures
7. Advanced Osteoporosis

8. Uncontrolled high blood pressure
9. Pregnancy
10. Joint hyper mobility
11. Acute (recent) joint or tissue trauma (injuries)
12. Severe Obesity
13. 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.

## Will Insurance Cover the Cost of My Spinal Decompression Program?

Most insurance plans provide coverage for the cost of our spinal decompression program. Except for any insurance responsibility of co-payments, coinsurance and deductibles.

Spinal decompression treatment on average requires between 12 to 20 sessions. The cost ranges from \$480 to \$1200.

If you do not have health insurance, we accept Cash, Personal Checks, Visa, MasterCard, Discover and American Express. We also offer monthly payment plans and cash pay discounted programs.

## How do I get started?

We want to make it easy for you to learn if you are a candidate for spinal decompression therapy. Just call our office at 843-235-0200 to arrange a free [15 minute consultation](#) with a Physical Therapist.

Please remember to bring any x-rays, MRI's and reports so the Physical Therapist can review them and best advise you about your treatment options.

## Download our Referral

Download our [referral](#) and let your physician know we are **your choice** for getting you “pain free”.

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