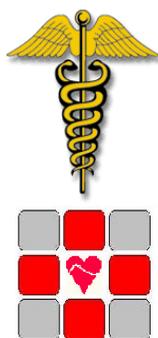


Non-Surgical Spinal Decompression *with* **Computerized Spinal Table** (Traction, Deep heat and Massage)



for
Treating and Rehabilitating Spinal patients

New treatment
for back problems
not just medicines and surgery



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Non-Surgical Spinal Decompression

Treating and Rehabilitating Spinal patients

Computerized Spinal Table

Why is back pain common?

In modern society it is common for working people to be standing or sitting in positions which gives them pains in the neck, back and shoulders (about 80% of the working population suffers from such pains). One reason is that people only use a few of the muscles in this area and to a point where pain is caused. Other muscles are not used at all. One result of this is also poor blood circulation in the muscles which makes the problem worse.

The spine is a complex structure that connects the upper body (including the chest and arms) to the lower body (including the pelvis and legs). This important part of the spine provides both mobility and strength. The mobility allows movements such as turning, twisting or bending; and the strength allows one to stand, walk and lift. Proper functioning of the back is needed for almost all activities of daily living. Pain in the back can restrict the activity and reduce work capacity and quality of enjoyment of everyday living.

Back pain is one of the most frequent problems treated by orthopaedic surgeons. Four out of five adults will experience significant back pain sometime during their life. After the common cold, problems caused by the back are the most frequent cause of lost work days in adults under the age of 45.

How is back pain diagnosed?

Nature of symptoms, history of any injury, examination of your spine and legs and tests can in most cases determine the cause of the pain without any expensive tests.

However some patients having severe pain not responding to treatment may require imaging tests. Plain X-rays will show arthritis and bone diseases, but will not show soft tissues such as the lumbar disks or nerves. For conditions or injuries that involve soft tissues CT scan (computerized tomography) or MRI (magnetic resonance imaging) may be needed. Occasionally, a bone scan will be needed to assess bone activity and electrical tests; EMG (electromyography) may be needed to determine if the spine condition has caused nerve or muscle damage.

What are the common causes of back pain?

Back pain can be caused by a number of factors such as:

Back Strain - Strain of the back muscles can occur due to improper posture, movement or overwork.

Back Sprain - Sprain of the back can occur when a sudden, forceful movement injures a ligament which has become stiff or weak through poor conditioning or overuse.

Ageing, osteoporosis (more in postmenopausal women), **obesity and inherited factors** enhance "wear and tear" and cause degenerative changes in the disks and arthritic changes in the small joints.

Arthritic bone spurs and inflamed joints can cause nerve irritation and leg pain.

Disc Protrusion - The disk is composed of a soft center or nucleus, which, in children and young adults, is jelly-like. The nucleus is surrounded by a tougher outer portion called the annulus. Fissures or cracks may occur in the disk that may cause back pain. If the crack extends out of the disk, material from the disk may push out or rupture referred to as a herniated or slipped disk. If the protruded disk presses a nerve, it may cause pain in the leg.

What treatments are available for back pain?

Activity modification and some medication are sufficient in most cases.

Rehabilitation program helps increase muscle strength and increase flexibility.

Weight loss if overweight

Non-Surgical Spinal Decompression with traction, deep heat and massage.

Surgery – If pressure causing nerve irritation and leg pain due to "slipped disk" or severe arthritic conditions of the spine does not respond to other treatments.

What is Non-Surgical Spinal Decompression?

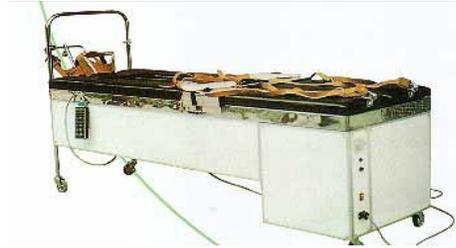
Non-Surgical Spinal Decompression is a treatment for back pain sufferers.

Over ten years ago, NASA investigated the effects of spinal decompression on intervertebral discs during space travel. It found that astronauts were relieved of LBP in anti-gravity conditions, and that disc height

actually increased during a space mission. This principle has been now successfully replicated on earth for treating many back problems.

How is Non-Surgical Spinal Decompression done?

With state-of-the-art hardware and software, proven scientific principles and anatomical modeling, design engineers and physicians collaborated to develop the Computerized Spinal Table. The Spinal Table has highly adjustable and automatic function of massage, traction and heat treatment thus combining the western and the Chinese medical treatments.



How is Spinal Decompression done with Computerized Spinal Table?

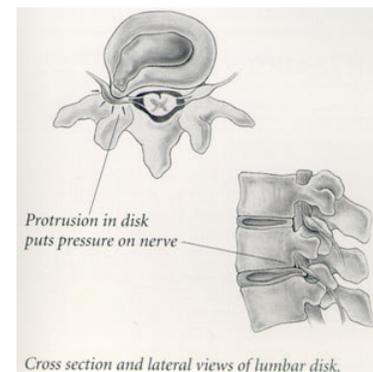
Decompression is caused by distraction forces applied by the Spinal Table onto a specially-designed pelvic harness that the patient wears.

The shoulder support and chest harness provide stabilization for the upper body, and help to distribute the applied forces evenly. The angle of pull is automatically controlled by the Spinal Table and allows the traction to be targeted to a specific disc level for treatment. The split table design decreases friction and allows separation of the vertebra, thereby minimizing the effect of gravity.

Since more force is directed to the joint rather than the muscles, a significant negative pressure results, expanding the space between adjacent vertebrae and enhancing fluid diffusion to the discs. Restoring nutrients and blood flow to the disc encourages the healing process. In the case of a herniation, the negative pressure may be sufficient enough to help the leaking nucleus retreat back into its intended home, while the annulus can seal its tear.

The real key to this treatment however, is that the distraction forces are applied using an approach to avoid the typical muscle-proprioceptor response (spasm) associated with traditional traction. This is done by simultaneous para-vertebral massage, deep heat and where required Transcutaneous Electrical Nerve Stimulation (TENS).

In addition, rehabilitation of injured patients with spinal management improves the patient's chances of returning to a productive life.



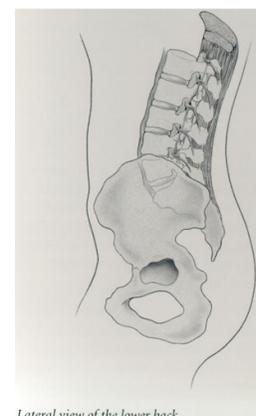
What conditions can be treated with the Computerized Spinal Table?

The Computerized Spinal Table helps people eliminate pains in the neck, shoulders and back. It is used for treatment of diseases such as Prolapse of lumbar intervertebral disc, denaturalization of lumbar intervertebral disc, lumbar muscle spasm, back articulation disturbance, lumbar vertebra transposition, fracture of lumbar vertebra, small articulation transposition of cervical vertebrae, cervical spondylosis, cervical vertebra hyperosteoegeny, cervical vertebra hypertrophy, sciatica, posterior facet syndrome, etc.

Is Spinal Traction Treatment new?

No, Spinal traction, since ancient times, has been well recognized as an effective treatment for various spinal disorders. Spinal traction is an important component in the conservative treatment of spinal disorders, even in modern times, with great advances in understanding and new treatments of spinal problems.

In accordance with the development of new and more sophisticated surgical techniques, it has become very clear that initially the conservative approach should always be tried, prior to performing invasive procedures.



What is the duration of treatment?

Patients typically undergo a series of 15 to 20 treatment sessions, each session lasting 35-40 minutes. The patient is seen daily for the first two weeks of treatment, then three times a week as needed.

What is the result of the treatment?

Most patients improve symptomatically with some having almost complete disappearance of back and sciatic pain. The Computerized Spinal table provides the patient with the possibility of standing, sitting, walking, and moving without pain. Relaxation of muscle spasm has proved to have beneficial effect on patients.

What is the success rate of the treatment?

Cervical and lumbar tractions have a long record of helping to relieve numerous acute and chronic symptoms of back and neck pain in many patients, allowing patients to start active exercises earlier, and enhancing their recovery after using different traction devices. Clinical research show up to an 86% success rate using the computerized table. Those patients who fail to respond usually don't follow the prescribed treatment protocol.

Why is Spinal Traction popular when surgery is available?

Although very good surgical techniques are now available, surgery always has risk of complications and patients fears deterioration of the condition with surgery.

What are the advantages of computerized spinal table?

The computerized Spinal Table is effective in achieving excellent results in the treatment of low back disorders. The spinal table has some unique features:

Possible to apply a force greater than the weight-bearing force of the upper part of the body directly to the lumbar spine (up to 40 kg from each side). This is only possible by near complete elimination of friction by applying a vertical, upward distraction force directly to the spine. Only this type of powerful traction may produce a sufficiently strong suction "suck back" force. Making possible repositioning of the extruded parts, causing interruption of their contact with pain-producing tissues:

A successfully completed treatment is a win-win scenario as the patient is saved from the trauma of surgery and also saves on the expenses of a much larger bill if surgery was performed. (The complete Computerized Spinal Table treatment protocol is roughly 1/10th the cost of a traditional spinal surgery used to repair a disc herniation.)

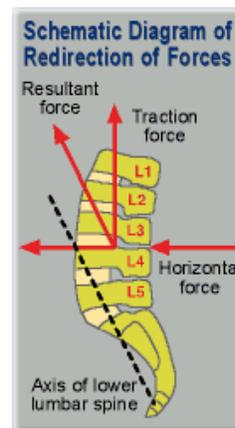
What is the follow-up action after the treatment?

Once treatment is complete, patients are given back and abdominal strengthening exercises to help avoid future injury and nutritional guidance if excessive body weight is an issue.

The natural effects of normal aging, osteoporosis (decreased amount of bone), decrease in strength and elasticity of muscles and ligaments cannot be halted but can be slowed by regular exercise, knowing the proper way to lift and move objects, proper nutrition, and avoidance of smoking.

What conditions are contraindications for the treatment?

The use of Computerized Spinal table is contra-indications in pregnancy, fractures, infection, hemorrhagic conditions, diffuse osteoporosis, bone cancer, and the presence of spinal implants,



Transcutaneous Electrical Nerve Stimulation (TENS) - treatments

TENS is a noninvasive form of treatment equipment for relieving chronic pain. A TENS device sends tiny electronic impulses through the skin to small nerves. This provides impulses in different scales, and a wide range of pulse widths and duration help trigger a message that is different from the original pain message sent to the brain and eliminates the feeling of pain. The TENS treatment is ideal for chronic pain.

The Clinic runs a special program of traction treatment combined with TENS.

What measures can be taken to have a healthy back?

The normal effects of aging that result in decreased bone mass and decreased strength and elasticity of muscles and ligaments can't be avoided. However, the effects can be slowed by:

- Regular exercise to keep the muscles that support your back strong and flexible Correct lifting and moving techniques - get help if an object is too heavy or of an awkward size
- Maintaining proper body weight – Excess weight puts a strain on the back muscles
- Avoid smoking
- Proper posture when standing and sitting - don't slouch

Because Life is precious

Common causes of back pain

- Back Strain & Sprain
- Improper posture
- Overwork
- Back
- Injures a ligament
- Ageing
- Osteoporosis
- Obesity
- Inherited factors
- Arthritic bone spurs Inflamed joints
- Disc Protrusion

Treatments for back pain:

- Activity modification
- Medication
- Rehabilitation program
- Weight loss
- Spinal Decompression
- Surgery

Contraindications:

- Pregnancy
- Fractures
- Infection
- Hemorrhagic conditions
- Diffuse osteoporosis
- Bone cancer
- Spinal implants,



FACILITIES:

- Master Health Checkup
- External Counter Pulsation (ECP)
- Artery Clearance Therapy (ACT)
- Cardiovascular Cartography (Heart mapping)
- Periphery Artery Disease Treatment
- Cardiac Rehabilitation / Lifestyle Clinic
- Kidney Stone Treatment with rays (ESWL)
- Osteoarthritis Treatment with Cytotron Therapy
- Cancer rehabilitation with Cytotron Therapy
- Computerized ECG
- 24 Hours Blood Pressure Monitoring (ABP)
- Computerized Stress / Tread Mill Test
- Laboratory
- Ward - Rooms - Canteen - Library
- Patient Education Brochures (all diseases on request)

Your partners in health
- Dedicated to healthcare without trauma

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