



New treatment for backache Not just medicines and surgery

NON SURGICAL SPINAL DECOMPRESSION

Ludhiana (India): Pain in the neck, back and shoulders is the most frequent medical problems that restricts activity and reduces quality of living. Disc protrusion is common cause of chronic recurrent back pain that can be very severe. Cracks in the disk cause back pain and the soft center matter may be pushed out to press on the nerves causes pain to extend to the arms and legs as is often seen in cervical spondylosis and sciatica.

Activity modification, rehabilitation program, back supports, etc are not always helpful and surgery has its own risks and limitations and is not always successful. Now a new device, Computerized Spinal Table, is available at Sibia Medical Centre for non-surgical spinal decompression applying knowledge obtained by NASA investigators. They found that astronauts were relieved of lower back ache in anti-gravity conditions, and disc height actually increased during space missions.

The patient lies on the treatment table and decompression is caused by distraction forces applied onto a specially-designed harnesses. The negative pressure expands the space between adjacent vertebrae so that the leaking nucleus retreats back and the cracks get sealed. The real key to this treatment is the simultaneous para-vertebral massage and deep heat that avoids spasm, reducing the friction between the bed and the patient so that most of the traction reached the disc prolapse site and use of Transcutaneous Electrical Nerve Stimulation (TENS) where required. At Sibia Medical centre Computerized Spinal Table is helping patients eliminate pains in the neck, shoulders and back due to disc prolapse, muscle spasm, back articulation disturbance, cervical spondylosis, sciatica, etc.

Healthy Back Tips: Proper standing and sitting posture, regular exercise, correct lifting and moving techniques, proper body weight.



NON-SURGICAL SPINAL DECOMPRESSION

Mechanism:

- Traction
- Deep heat
- Massage
- TENS

Indications:

- Pains neck, shoulders & back
- Disc prolapse
- Back muscle spasm
- Cervical spondylosis
- Sciatica.

Duration of treatment:

- 35-40 min treatment
- 5 to 20 sessions

Effects:

- Improved pain
- Easier standing, sitting,
- Comfortable walking
- Better movement
- Relaxes muscle spasm

Safe