




# What is Spinal Decompression

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# How to Safely and Effectively Treat Your Chronic Neck or Back Pain... Without Drugs or Surgery

If this sounds like you, please read on...

- ➡ You've had a chronic neck or back pain issue for longer than 8 weeks...
- ➡ You're tired of taking drugs or would like to avoid them altogether...
- ➡ You definitely want to avoid surgery if at all possible...

*If any of the above statements sound like you, this report about Spinal Decompression could be one of the most important actions you take to finally figure out and fix your neck or back pain condition - permanently... and without using drugs or surgery.*



Dr. Casey Simmonds

Hi, my name is Dr. Casey Simmonds, Chiropractic Physician and in this brief yet powerful report I'm going to cover in detail:

- What Spinal Decompression actually is... so that you can understand ALL of your options, not just what the commonly held beliefs are –
- What conditions that Spinal Decompression is able to treat effectively... so that you can understand why some options you've tried up to this point may not have worked –
- The signs and symptoms of conditions related to chronic neck and back pain... so that you can have a better understanding of what's happening with your body –
- The difference between Spinal Decompression and traction therapy... so that you don't get tricked into a therapy that won't have the same benefits
- What a typical treatment and treatment schedule looks like... so that you can get determine if this right for you –
- Whether insurance covers Spinal Decompression... and what to do if it doesn't –
- How we determine whether you're a great candidate for Spinal Decompression... and what to do if you are or aren't –

Sound good? Let's dive in, I think you'll feel much more comfortable after reading this report once you've educated yourself about your body and the conditions it's going through.



## What is Spinal Decompression?

First off, what the heck is Spinal Decompression? Let's take a look at a typical machine...

Spinal decompression works on the theory that by gently separating the vertebrae from each other, it is possible to create a space, or a vacuum, between the vertebrae.

This is referred to as negative pressure, and when successful, causes bulging or herniated disks to retract into place, thereby reducing the pressure on the nerve root that has been the source of the pain.

The actual amount of space created is minuscule in scope, but over the course of the treatment, the results can be a significant reduction in the level of pain and other symptoms. The procedure is able to



stimulate the flow of water, oxygen, and nutrients into the disks, which helps to boost the healing process.

Studies support the benefits of the treatment. Dr. John Leslie, of the Mayo Clinic, conducted research that indicated non-surgical spinal disc therapy is 88.9% effective, based on a multi-center, non-randomized pilot study.

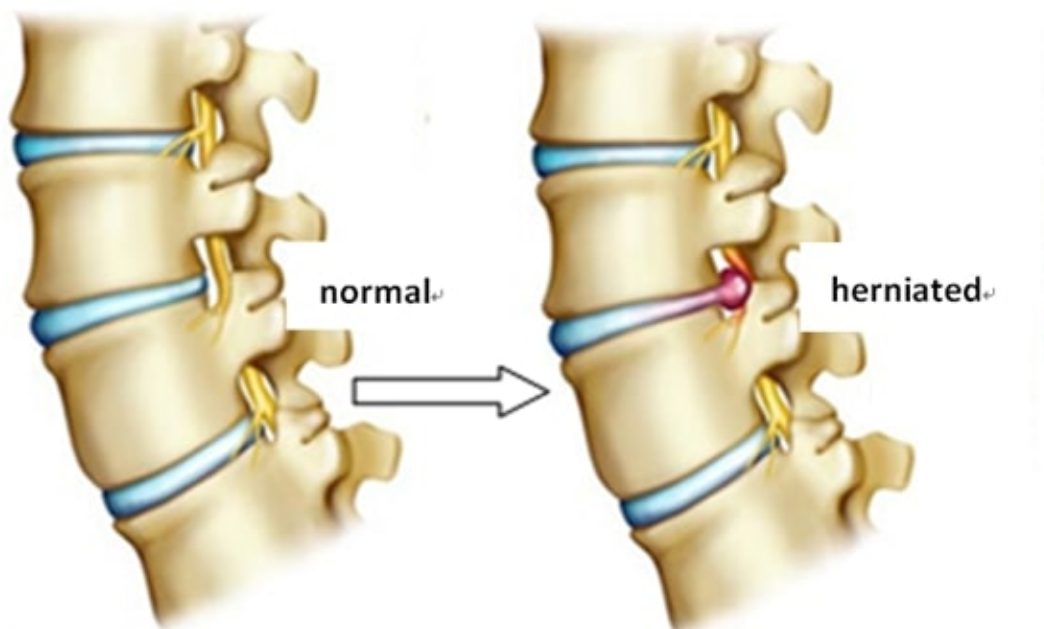
The patients included in the research had been suffering chronic back pain for an average of 10 years. Two weeks of treatment was enough to produce a 50% reduction in pain scores.



# Who and What Conditions Does Spinal Decompression Treat Effectively?

The spine and back form a complicated system and there is no one-size-fits-all diagnosis. Back and cervical pain, as well as other symptoms, can be the result of injured muscles, tendons, ligaments, or other soft tissue that lead to pressure being placed on the nerves.

This type of condition is commonly referred to as intervertebral disc syndrome and does not necessarily require an MRI to be diagnosed (though an MRI is recommended to pinpoint the exact problem area).



That being said, below are conditions that Spinal Decompression can help:

- Those suffering from herniated or bulging discs, with pain lasting for more than four weeks;
- Those suffering from chronic pain after an unsuccessful back surgery that has lasted for more than six months;

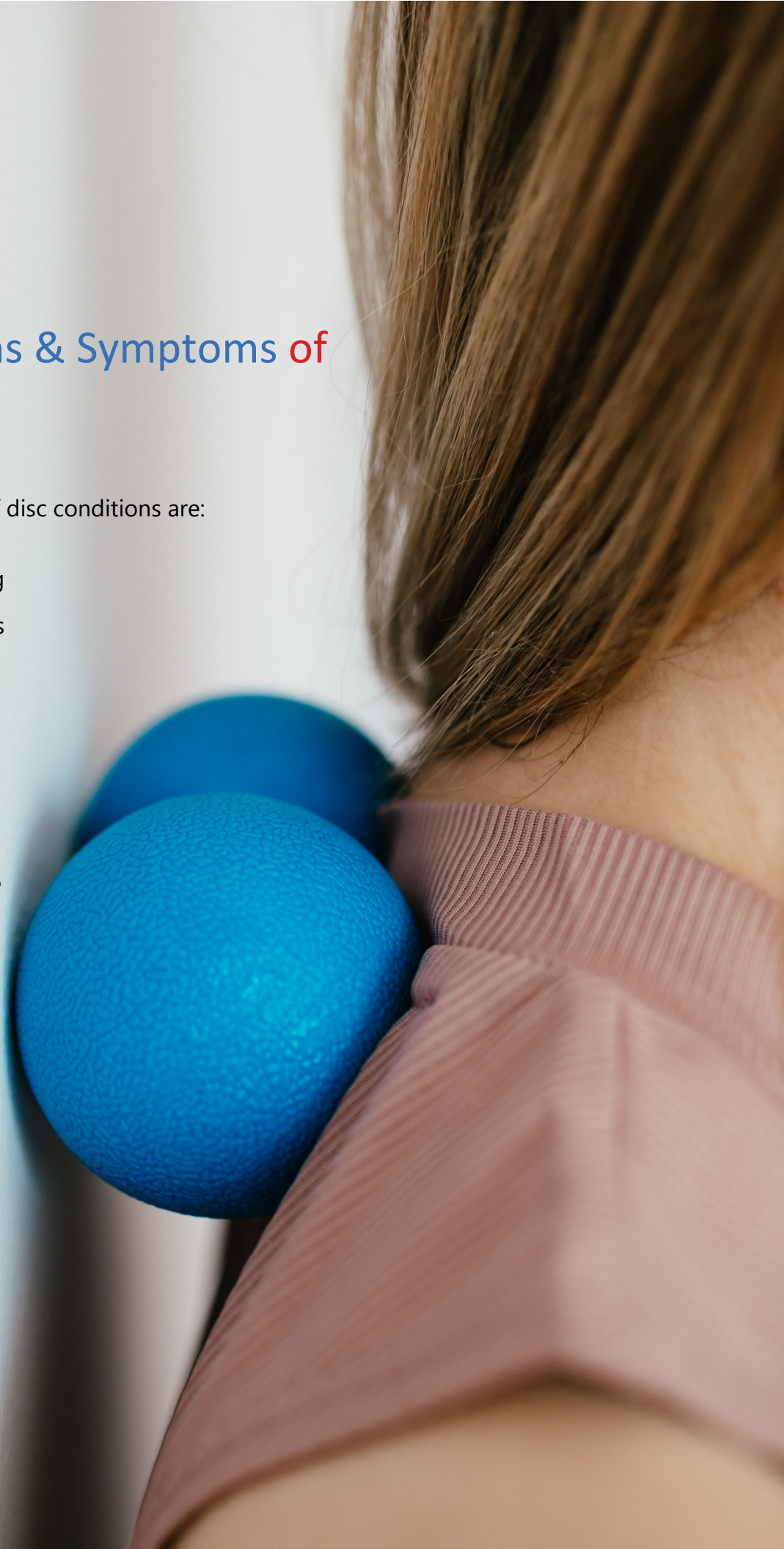
- ➔ Those suffering from chronic pain from degenerative discs, with pain lasting for at least four weeks;
- ➔ Those suffering from nerve compression or lumbar disorders;
- ➔ Those suffering from sciatica or an injury to the lumbar nerve root;
- ➔ Those suffering from spinal arthritis or degenerative joint disease;
- ➔ Those suffering from myofascitis syndrome or disuse atrophy;
- ➔ Those who are considering surgery after conventional therapy has failed.



## What Are the Signs & Symptoms of Disc Conditions?

Common signs and symptoms of disc conditions are:

- ➔ Pain, numbness or tingling that travels down the arms or legs
- ➔ Weakness in either your arms or legs
- ➔ Chronic pain that hasn't resolved with conservative treatment such as chiropractic or physical therapy



# What is the Difference Between Traction and Spinal Decompression?

While traction and decompression are commonly confused by many patients, they are actually two very different forms of treatment.

In medicine, traction is defined as the application of a sustained pull on a limb or muscle, especially in order to maintain the position of a fractured bone or to correct a deformity.

Doctors who specialize in lumbar spine medicine do not generally recommend traction for back treatment, as it can actually aggravate the problem by inducing the para-spinal muscles to contract. The result is actually an increase in the pressure on the disk, rather than a lessening.

Decompression, on the other hand, is induced by gradually increasing the distraction forces in a prescribed manner in order to create the negative space mentioned above. A dedicated machine, such as the DRX 9000 or the KDT Decompression Table, can regulate the alternating application of distraction forces offset by periods of relaxation to optimize the decompression effects.

A good decompression system is able to monitor the amount of spinal resistance and then adjust the distraction forces in response. The machine will target a specific area, such as a lumbar segment, by regulating the exact angle of distraction. Doing the procedure in this manner reduces the chances of muscle spasms, which can also prevent decompression.

These machines also use a pelvic harness that will provide support for the lumbar region of the spine during decompression. In this way, over the course of the entire process, the negative pressure is consistently maintained. By properly analyzing the area of pain and applying pressure in this calculated manner, damaged discs can be re-hydrated, allowing them to more quickly heal.

## What a Typical Treatment & Treatment Schedule Looks Like

A typical treatment lasts between 20 to 30 minutes. An average patient will require between 20 and 30 treatments, although many patients report improvements after as few as 3 sessions.

The treatment length differs according to the type of ailment. Patients suffering from bulging or herniated discs will typically find relief within 20 visits.

On the other hand, those patients who have some form of degenerative disc disease may require continued treatment to deal with the pain.

As every individual responds differently to treatment, this is why we work with you extensively in the evaluation to determine the best care plan specifically for your body.






## Does Insurance Cover Spinal Decompression?

Spinal decompression therapy is a relatively new treatment. Despite its documented success, as with Lasik eye surgery and gastric bypass surgery, insurance companies are often slow to accept new treatments even when they have a proven track record.

With that being said, there are rare insurance plans that will cover spinal decompression treatment, but they are few and far between. We will always call your insurance though to verify one way or another.

Our first goal is always to determine if you're a good candidate for care. If the doctor doesn't feel that he can help you or accept you as a patient, he will make the proper referral. If he does feel that he can help, he will create a custom treatment plan and then review that with you personally.

Rest assured, you will never get stuck with a surprise big bill. In your Report of Findings, the doctor will tell you what is wrong, if he can help, how long it would take to fix the problem and what the investment would be on your part. This way, you can make an educated decision about your health with no pressure whatsoever.



## How Do We Determine If You're a **Good Candidate** for Spinal Decompression?

As mentioned previously, not everyone unfortunately is a good candidate. Through an extensive evaluation, including orthopedic and neurologic testing, x-rays or MRIs, consultation, etc. we will be able to determine whether or not you're a great candidate for Spinal Decompression.

Some conditions though will preclude a patient from utilizing Spinal Decompression. These include:

- ➔ Aortic aneurysm
- ➔ Cauda Equina syndrome
- ➔ Compression fracture of lumbar spine below L-1, Pars defect
- ➔ Disc space infections
- ➔ Hemiplegia, paraplegia, or cognitive dysfunction
- ➔ Infection, osteomyelitis, meningitis, virus, and/or HNP (sequestered/free floating fragment)
- ➔ Metastatic cancer
- ➔ Multiple myeloma, or osteosarcoma
- ➔ Osteoid Osteoma
- ➔ Pelvic / Abdominal cancer
- ➔ Pregnancy
- ➔ Prior lumbar surgical fusion
- ➔ Severe osteoporosis
- ➔ Tumors



# What to Do Now?

Are you interested in finding out if you're a good candidate for Spinal Decompression Therapy?

If so, just call our office to schedule your FREE Consultation at:

 **801-793-0057**

Here's what happens when you schedule your Free Consultation:

- You will schedule an appointment with our office and at that appointment, you'll sit down with myself for about 10-15 minutes and tell me what you're experiencing.
- If I feel that it truly is a disc condition or a condition that potentially warrants spinal decompression, I'll recommend a complete evaluation that includes a thorough spinal exam as well as x-rays and potentially an MRI. These services are typically covered by most major insurance plans.
- Once we have performed the full evaluation, I'll know whether you're a good candidate for care and provide a recommended treatment plan based on your condition and severity of that condition. At that point, you can make a well-informed decision about your health.
- Please keep in mind that our office is very busy so the sooner you call or schedule, the sooner we'll be able to bring you in for an evaluation to determine if you're a good candidate for care.
- And if so, the sooner you'll be able to get back to doing those things that you love, and that the condition you're suffering from has taken away from you.

Thank you for taking the time to read this report and I look forward to seeing you in the office!

To Your Health & Success,



Dr. Casey Simmonds

Chiropractic Physician & Disc Specialist



# PATIENT REVIEWS!



**Heidi Edwards**

1 review

★★★★★ 11 months ago

If it weren't for Dr. Simmonds, I wouldn't be able to work. In fact, I'd probably be bed ridden. He's THAT good! I hope I never have to stop using his services. Thank you Casey!



**Gabriella Sanoguel**

3 reviews

★★★★★ a year ago

I started seeing Dr. Simmonds almost 3 weeks ago! I was hesitate to go to a chiropractor from a fear of getting "addicted" or paralyzed because I had no education. Dr. Simmonds is super down to earth and makes sure to walk me through each ... [More](#)



**Marissa C**

1 review

★★★★★ a year ago

Dr. Simmonds is great. I've just started coming and I have military insurance which doesnt cover chiropractics, but his prices are fair and his service great. He is very kind and cares very much about making you feel better and stay better. ... [More](#)



**Tish VanRavenhorst**

3 reviews

★★★★★ a year ago

I began seeing Dr. Simmonds not because I had any desire to see a chiropractor, but because my insurance only covered a massage therapist if I saw a chiropractor the same day. I had NO IDEA I needed a chiropractor! Casey took x-rays, and ... [More](#)



**Chelsi Lish**

1 review

★★★★★ a week ago

After having my 3rd baby I needed some chiropractic care and I am so glad I chose Dr. Simmonds. He was very informative and I felt like I could really trust him. The office was clean and well taken care of and flexible with scheduling.



**AngelSpit64**

4 reviews

★★★★★ 3 months ago -

Every time I go in for a chiropractic visit, I feel 100% cared for! Dr. Casey and his wife Rachel are wonderful. A few months ago I had the unfortunate event of experiencing an auto accident, and I don't know what I would have done without ... [More](#)



**Megan Quinn**

1 review

★★★★★ 2 months ago

Dr. Casey is amazing! I had headaches for years and he was able to resolve my discomfort easily and I saw positive results immediately! At my first visit I was nervous when it came to my neck adjustment. Dr. Casey was very understanding and ... [More](#)

