

Triton DTS Spinal Decompression

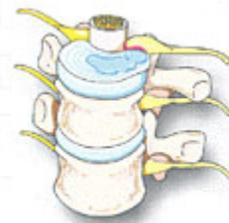
What is Spinal Decompression Therapy?



Spinal decompression therapy is FDA approved and been clinically proven with an 86% success rate for pain associated with herniated or bulging discs...even after failed surgery. It is a non-surgical, traction therapy for the relief of back and leg pain or neck and arm pain. During this procedure, by cycling through distraction and relaxation phases and by proper positioning, a spinal disc can be isolated and placed under negative pressure, causing a vacuum effect within it.

What can this vacuum effect do?

The vacuum effect accomplishes two things. From a mechanical standpoint, disc material that has protruded or herniated outside the normal confines of the disc can be pulled back within the disc by the vacuum created within the disc. Also, the vacuum within the disc stimulates growth of blood supply, secondarily stimulating a healing response. This results in pain reduction and proper healing at the injured site.



What machine is used for this purpose?



There are a number of spinal decompression systems presently used in the United States. After significant research, we at Warner Family Chiropractic chose the Triton DTS system manufactured by Chattanooga, Inc., the premier manufacturer of physical medicine equipment. This machine allows us to provide our patients with quality decompression for a fraction of the cost of some of the other machines.

How is Spinal Decompression Therapy Different from Regular Traction?

The DTS computer is the key. It controls the variations in the traction allowing for spinal decompression and eliminating muscle reaction and subsequent compression that is typical in conventional traction devices. The preprogrammed patterns for ramping up and down the amount of axial distraction allows for higher levels of spinal decompression and disc rehydration.



Are there conditions where Spinal Decompression Therapy is not indicated?

Spinal decompression therapy is usually not recommended for pregnant women, patients who have severe osteoporosis, severe obesity or 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.

How often do I take treatment sessions? How long does each session last?

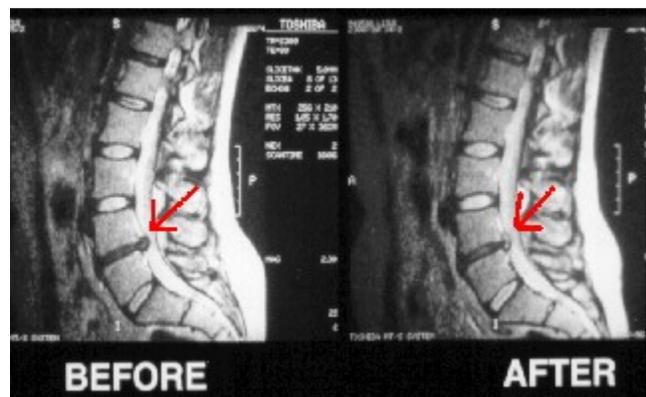
The specific treatment plan is determined by the doctor after your examination and evaluation. Based on current research, the best results have been achieved utilizing a protocol of 20 sessions over a 6-7 week period. Each session of spinal decompression therapy takes about 40 minutes. We also work with some spinal stabilization exercises, massage and core strengthening to further speed your recovery.

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 radiculopathy (pinched nerves).

Are there medical studies that document the effectiveness of Spinal Decompression Therapy?

Most certainly! The Eyerman study documented by MRI up to 90% reduction of disc herniations in 10 of 14 cases! The Sealy-Borgmeyer study reported that 86% of ruptured disc patients achieved "good" (50-89% improvement) to "excellent" (90-100% improvement) results after spinal decompression therapy! The results we have achieved in our office reflect this exactly.



Do Most Patients Also Receive Therapy and Rehabilitative Exercises in Addition to Spinal Decompression Therapy?

To reduce inflammation and assist the healing process, supporting structures are usually treated initially with passive therapies (ice and/or heat), stretching and chiropractic adjustments . Once improvement occurs, active rehabilitation is implemented in order to strengthen the spinal musculature.

How much does Spinal Decompression Cost?

If you have done any research into this type of Spinal Decompression, you will find that many other facilities are charging \$3000.00 to \$4000.00 for just the Traction and this does not include the passive and active rehab and most importantly, the chiropractic adjustment. Without the chiropractic adjustment, your care will not be as effective because your nervous system will not be functioning at its optimum and could prevent the proper healing to take place.

Because this is a specialized treatment above and beyond routine chiropractic adjustments and requires the additional skill and supervision of trained staff, the cost is separate from our regular fees.

In our office, we are not in-network with any insurance plans so if your insurance has out-of-network benefits, we will gladly bill for these services. We ask that you pay, up front, for your care and get reimbursed from your insurance company.

The fee for this care is \$58.00 to \$68.00 per visit for the typical 20 visit protocol. (Some cases take more time; an evaluation will be done during your care to determine your status). We also offer a pre-pay discount that, if paid in full, the total cost would be \$1000.

Because the results that we expect with this care happen over time and with the consistency of care, we will ask you to commit to the entire length of care that we recommend.

How can I be scheduled for Spinal Decompression Therapy?

Simply call our office on Monday, Wednesday or Friday to Schedule a Consultation with Dr. Warner or go on our website to "Schedule Now" for a New Patient visit to discuss if this is right for you.

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