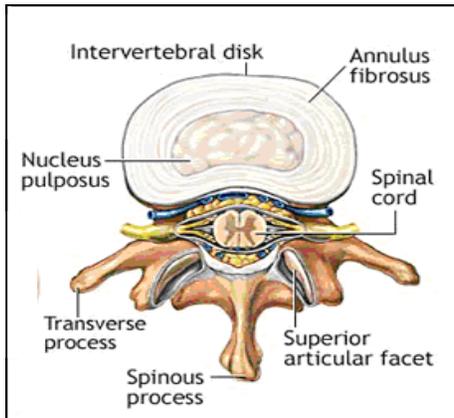




## Understanding Back Pain and Decompression Therapy

In this report, we will explain how **Disc Decompression Therapy** may help you defeat back or neck pain without drug or surgical intervention.

Not to be confused with the vertebrae themselves, **discs are soft, cushiony pads that fit between the vertebrae.** They provide shock absorption for the spine against the weight of gravity, in order to help prevent the vertebrae themselves from fracturing and breaking under gravitational stress and movement – and allow the spine itself to be flexible rather than rigid.



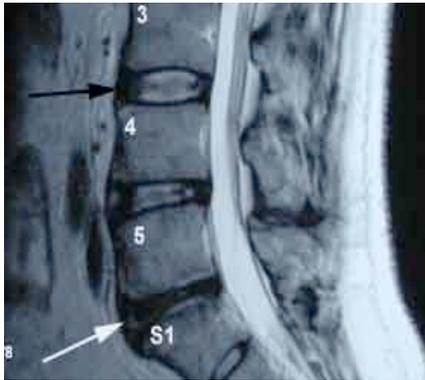
Discs are often described as looking like a **jelly-filled doughnut** and are made up of two parts. The outer aspect of the disc is called the annulus fibrosus. It is **layered together like the rings of an onion**, and is known as the containment ring that holds in the nucleus. The nucleus is the inner part of the disc containing a pressurized gel-like substance, that when contained within the annulus forms the shock absorbing qualities of the spinal discs. The discs also form a joint between each vertebra in order that the spine can bend, flex, turn and rotate from side to side. **The picture to the left** is of a normal disc in a top view as it sits on the vertebra below. Behind it are the spinal cord and two spinal nerves.

## Only As Strong As Its Weakest Link

**Like a chain, your spine is only as strong as its weakest link.** Healthy discs usually equal a healthy spine. Bad discs equal an unhealthy one. The weakest links in your spine are usually damaged discs that go through silent decay without symptoms. This is why back pain is often called “a silent epidemic.”



## Images Of Common Disc Conditions That Non-Surgical Disc Decompression Treatment Frequently Helps



### Degenerated Disc

Also known as a “decayed” or “thinned” disc. At the white arrow, notice the darkness of the disc versus the two above. This is a sign that nutrient filled fluids have ceased entering the disc necessary to keep it healthy and strong. This is what is causing it to thin, and is the first stage of disc disease leading to other more serious conditions.



### Bulging Disc

Also known as a “protuding disc.” The vertical white cord in the center is the spinal cord. This is a large and serious disc bulge that is applying pressure to the spinal cord at L4-L5. Notice how it is dark and free of the fluids necessary to remain healthy. Like a lineup of falling dominoes, it is also working its way up the spine to affect the motion of the vertebra above, also leading to a smaller bulge between L3-L4. Notice the smaller bulge developing above.



### Herniated Disc

Also known as a “disc prolapse.” This is an example of a severe herniation of L5-S1 with disc fluids having leaked into the spinal canal (the canal your spinal cord is in). Note how in the disc above it there is a small disc bulge and a loss of the ‘whiteness’ indicating loss of fluids in the disc. The top disc in this picture is whiter, though there is an even smaller bulge developing there. This is an example of a spine with multi-level disc challenges that slowly built up over time.

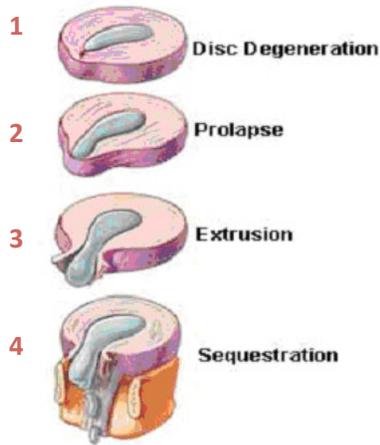


### Stenosis

This is an example of stenosis, a condition where irregular bony growth is compressing the spinal cord in both directions. See how the spinal cord (vertical gray-white structure) is being compressed or pinched from both sides. Notice also how the lowest disc is darker, indicating a loss of the joint motion needed to pump fluids into it to keep it nutrient rich and healthy, thus leading also to a small bulge at that level.

**These conditions and many others frequently respond well with Decompression Treatment.**

## A Brief Pictorial of the Stages Of Disc Decay



Coming about from silent joint restriction over several years which leads to a loss of disc hydration and the nutrients necessary to keep a disc healthy, disc decay happens in several stages. Below is the easy to understand version.

**Picture 1 First Stage of Decay.** Disc thin due to loss of Hydration. Torn annular fibers. Small Bulge. Minor pain – maybe.

**Picture 2 Second Stage of Decay.** More fibers torn. Bulge worse. Probable pain or numbness. Close to herniation.

**Picture 3 Third Stage of Decay.** Wall breakthrough. Severe pain or numbness. Pain often constant. Herniation.

**Picture 4 Fourth Stage of Decay.** Nucleus leaks out. Disc totally collapses. Great variation of very serious challenges.

**There is a wonderful non-surgical alternative available** that has helped hundreds of thousands of people to reduce or eliminate pain, and/or avoid spinal surgery. It's called Disc Decompression Therapy, and it frequently works even when nothing else will. In fact, it often works even for those who have previously had surgery. We'd now like to share it with you.

### Disc Decompression Therapy - New Hope for Bad Backs!



Disc Decompression Therapy is a **safe, drugless, non-surgical treatment** to help in the relief, management and/or correction of low back pain and leg pain, neck and/or arm pain caused by troubled discs. In many cases, it can relieve the pain associated with bulged, degenerated or herniated disc, facet syndrome and spinal arthritis. Decompression therapy relieves pain by unloading of the pressures of gravitational stress on the vertebral discs that compress discs, and irritate nerves causing

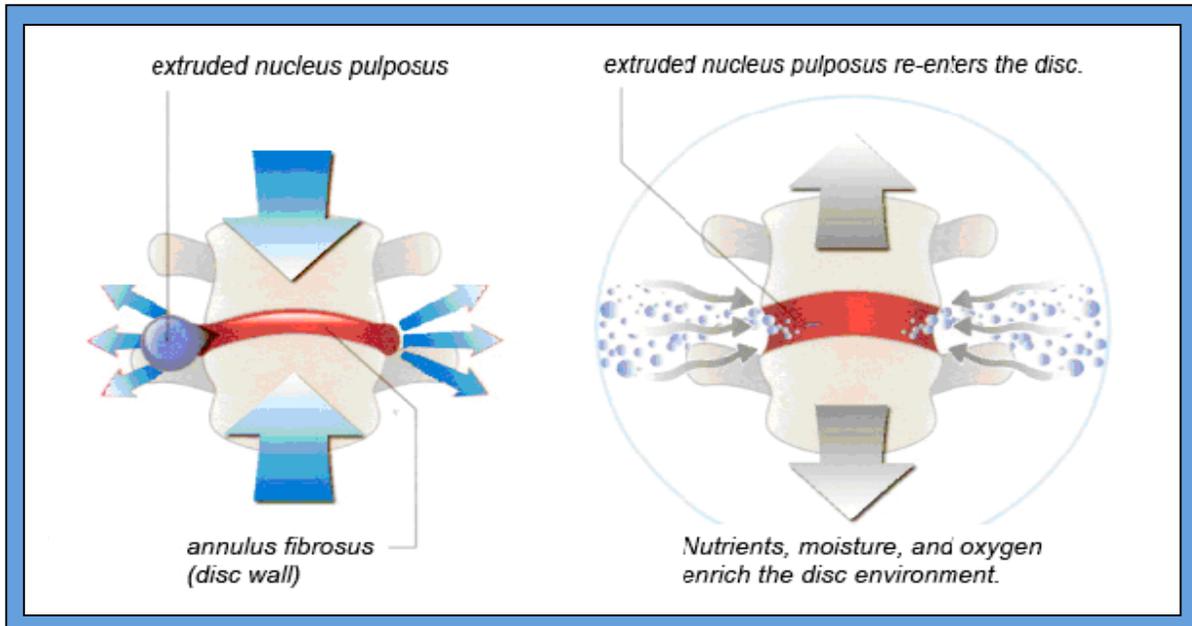
pain. **The gentle, stretching, revolving cycles help reduce pain allowing for natural healing.** Treatment is always provided “clothes on” and is **safe, relaxing and enjoyable**, so much that many patients actually fall asleep during treatment with their reduced state of pain.

### Do You Have Any Of These Conditions?

- Bulging Disc
  - Protruded Disc
  - Herniated Disc
  - Prolapsed Disc
  - Disc Dehydration
  - Disc Decay
  - Disc Degeneration
  - Disc Dessication
  - Disc Thinning
  - Disc Wedging
  - Sciatica
  - Spinal Arthritis
  - Stenosis
  - Hip Pain
  - Facet Syndrome
  - Facet Arthrosis
  - Foraminal Encroachment
  - Nerve Root Compression
  - Spinal Cord Compression
  - Nerve Impingement
  - Failed Back Surgery
- Pain, Numbness or Tingling in Your Legs Or Feet; Arms Hands Or Fingers?

**If so, there's a very good chance Disc Decompression Treatment may help you.**

## Here Is How Disc Decompression Therapy Works!



**ABOVE:** The picture on the **LEFT** shows a spinal disc under the pressure of gravity. The weakened disc is protruding out from under the vertebra. The pressure is preventing a normal flow of nutrients, fluids and oxygen from entering into the disc, causing the disc to further decay and weaken. In real life, this would most likely be exerting a great deal of pressure on the nerve root creating pain, numbness or a variety of other symptoms.

**ABOVE:** The picture on the **RIGHT** shows a spinal disc while undergoing disc decompression therapy. As the pressure is relieved, a negative vacuum is created which helps pull the protruding disc back under the vertebra and into its proper position. This provides the opportunity for nutrients, fluids and oxygen to re-enter the damaged disc through imbibation, or fusion, providing the disc with an opportunity to heal naturally.



two, made me relieve even more pain and helping the disc heal naturally with additional care.

There are some restrictions for use. Women who are pregnant, those with severe osteoporosis or severe obesity are not recommended, however every patient is evaluated on an individual basis. Patients who have surgical screw placements or bone fusions are generally contraindicated until one year has passed after surgery. **In these cases, we have other non-thrust forms of treatment that frequently help.**

## Do You Need Help?

The proper chiropractic techniques have proven to be extremely effective for a large majority of disc pain sufferers. The chiropractic decompression approach is to use carefully directed forces to remove the pressure off the nerves. To have the best non-surgical chance of success, the right chiropractic techniques must be utilized.

Decompression Therapy is a proven, highly-successful, non-surgical treatment in helping with pain from all kinds of disc conditions. Again, it often works when other things won't.

With disc decompression therapy, the gently, repetitive, cyclical, stretching revolution create a negative vacuum in the disc helping to remove pressure off the painful nerve. This also promotes fluid exchange to help the disc have the best opportunity to heal naturally.

The percentage of success is very high; treatment is relaxing, comfortable and always provided clothes on.



ChiroCenter is pleased to offer the people of Troy and surrounding communities more available disc decompression equipment options than any other spinal care facility in our area that we are aware of, and we offer the most time-tested, non-surgical techniques available in the field of back care. This is just one of the reasons why our percentage of success is so high for so many people.

## How Do I Get Started?

If pain or numbness in your back or legs is causing you concern, something is obviously wrong. **A complimentary conference** will allow us to discuss your concerns and come up with the best approach for you. Our office is staffed with **friendly people to help you**, and we are **equipped with latest in the field of therapeutics**; low level laser therapy, oxygen therapy, vibration therapy and a functional rehabilitation facility.

**We even have multiple kinds of decompression therapy** to provide you with even more options. Hopefully you can be the next person to benefit from our nearly 30 years of experience in dealing with these all too common and serious conditions.

Call us today at 339-5556. We're ready to help.....



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