

Conditions that can be treated by spinal decompression:

- Herniated Disc
- Bulging Disc
- Sciatica
- Degenerated Disc Disease
- Spinal Stenosis
- Facet Syndrome

## Apex Chiropractic

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## Nonsurgical Spinal Decompression

*Z-Grav is the treatment for spinal disc injuries.*

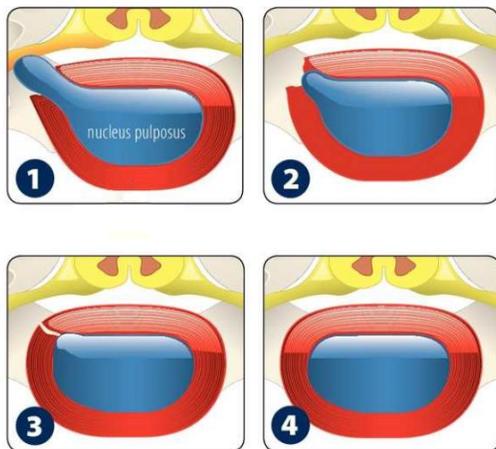


## Nonsurgical Spinal Decompression

Apex Chiropractic Coquitlam is one of the first clinics in the Tri-Cities to offer nonsurgical spinal decompression therapy. Spinal decompression is an effective and research proven treatment.

### What is Decompression?

Nonsurgical spinal decompression is a computer controlled therapy that slowly lengthens and decompresses the spine, taking pressure off of spinal nerves. It creates a vacuum in the spinal disc resulting in the resorption of the inner nucleus pulposus.

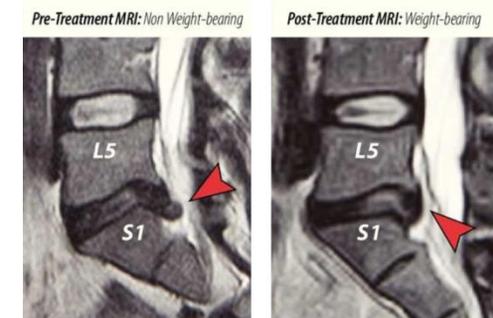


### How does it differ from traction and inversion tables?

When traction or inversion is applied, the body's natural reaction is to pull in the opposite direction. Spinal decompression equipment contains sensitive computer-feedback mechanisms, such as strain gauges, to compensate by re-adjusting its distraction parameters. Each treatment is centered on a variety of adjustable logarithmic ramp-up, hold and release protocols implemented by the computerized system designed to bypass the proprioceptive response of ligaments and muscles to distraction. Pressure in the nucleus pulposus of herniated lumbar discs is -100 mm Hg when distraction tension is applied from decompression therapy. The lowest intradiscal pressure measured during traction was 40 mm Hg compared to 75 mm Hg resting supine position. Standard decompression therapy differs from standard traction by creating a unique prolonged negative intradiscal pressure which creates a vacuum to draw in fluids, oxygen, and nutrients. Decompression is a quantum leap in traction therapy!

### What to expect?

Therapy sessions are usually 20-30 minutes in length. You will lie on your back and you will feel a slow gentle stretch in the affected area of your spine. Some patients describe an immediate pain relief while the machine is on, though this relief does not always last after the treatment session. Because the decompression table is a gradual stretch over the general affected area of the spine, patients often need several weeks to measure the effectiveness of the treatment. Sometimes pain is dramatically reduced in as little as one or two treatment. Typically, 10 to 24 treatments are required.



# 86% Success Rate!