

# Spinal Decompression Therapy

ORTHOCURE offers Non-Surgical Spinal  
Decompression Therapy from  
Canadian Decompression and Pain Centres, Canada

FIRST SUCH FACILITY IN GURGAON



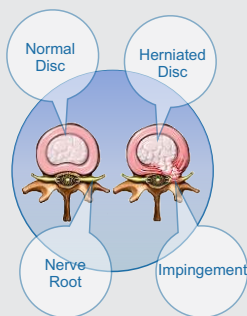
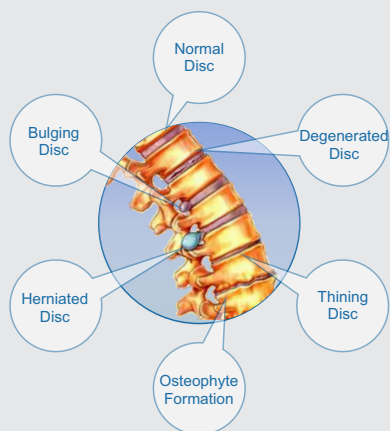
ORTHO|||CURE

India's 1<sup>st</sup> Chain of Speciality Clinics for Orthopaedic Problems

## What type of back and neck patients can benefit from Spinal Decompression Therapy?

Non-Surgical Spinal Decompression is a technology used primarily to treat disc injuries in the neck and lower back. Our Spine is made of vertebra. In between the vertebra, there is a gel like substance called the "disc" which acts as a cushion against forces on our spine. Either due to an accident or lifestyle related reasons (desk job) or ageing, our vertebra might get "compressed" resulting in disc pushing out. Sometimes it pushes out to such an extent that it presses upon the nerves in the spinal cord. This often causes tingling pain across the arm and legs.

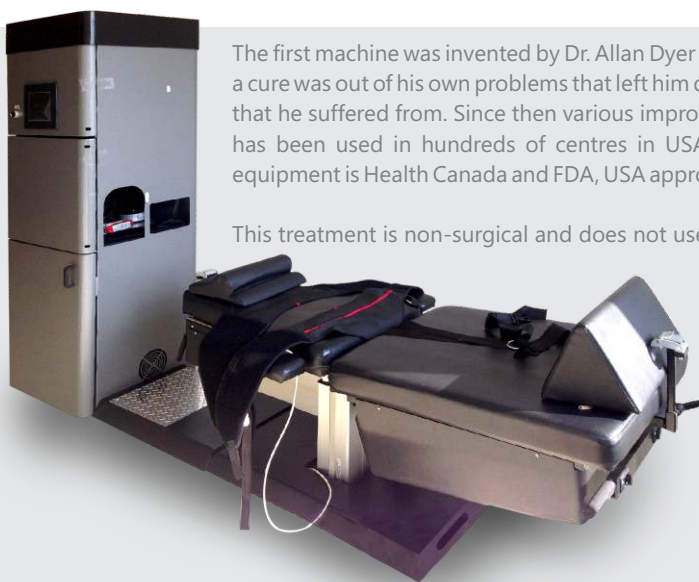
The figure below demonstrates the various stages of disc herniation and conditions treated by this technology:



### Conditions Treated

- Disc Bulging
- Disc Herniation
- Degenerative Disc Disease
- Spinal Arthritis
- Radiculopathy (pinched nerve)
- Sciatica
- Spinal Stenosis
- Neck Pain

## Spinal Decompression Machines/Therapy



The first machine was invented by Dr. Allan Dyer in 1996. His motivation for finding a cure was out of his own problems that left him debilitated due to a Herniated Disc that he suffered from. Since then various improved models have come out and it has been used in hundreds of centres in USA & Canada all these years. The equipment is Health Canada and FDA, USA approved.

This treatment is non-surgical and does not use involve usage of any medicines.

## What happens during the treatment?

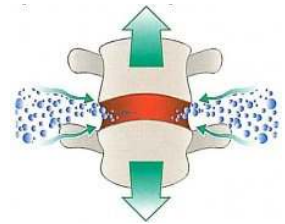
The patient is made to lie down on a table which is made of two halves. For the low back, the patient lies comfortably on his/her back or stomach on the decompression table, with a set of nicely padded straps snug around the waist and another set around the lower chest. For the neck, the patient lies comfortably on his/her back with a pair of soft rubber pads behind the neck.

Small distraction forces to spinal structures are applied in a precise and graduated manner gently separating vertebrae from each other. Distraction is followed by periods of partial relaxation. The whole process is computer controlled and carefully calibrated. Most patients find the treatment quite relaxing, as it is usually quite comfortable and well tolerated.

## How does it benefit the spine?

Spinal Decompression Therapy is considered to have the following beneficial effects on the spine:

- It “decompresses” the spinal structure.
- The separation of vertebrae from each other, creates a vacuum inside the discs that are being targeted. This “vacuum effect” is also known as negative intra-discal pressure. The negative pressure helps in reducing the compression on the nerve.
- The cycles of decompression and partial relaxation, over a series of visits, promote the diffusion of water, oxygen, and nutrient-rich fluids from outside the discs to inside. These nutrients enable the torn and degenerated disc fibers to begin healing.
- It is designed to bypass the proprioceptive response of muscles to distraction force. This “muscle guarding” prevents traction from being effective. Spinal Decompression Technology solves this problem making it a more effective treatment.



### SPINAL DECOMPRESSION

The reduction of pressure inside the discs (decompression) aids in pulling Nutrients, Oxygen and moisture back into the disc

## How long does the treatment take?

Each treatment session lasts about an hour. While you may be on the Spinal Decompression Machine for about half an hour, there are some pre-treatment and post-treatment protocols which are required to be done. The treatment is normally given thrice a week for first two weeks and, then, twice a week. Normally, 10-20 treatments are advised but this might vary according to your condition. Hence, the entire treatment could take 1-2 months.

We know that spinal problems are generally caused out of a severe injury or have taken several years of ageing or misuse to reach where they are now. Hence, its very important for patients to be

- **“Patient for results to come”**: Although you might start seeing the results within few sessions, we should appreciate that if problems have taken years to form, they will take at least few weeks to resolve.
- **“Persistent to complete the treatment”**: We request you not to leave the treatment if you start feeling little better. Our objective should be to eradicate the problem so that it does not recur again and this would require you to complete the treatment.

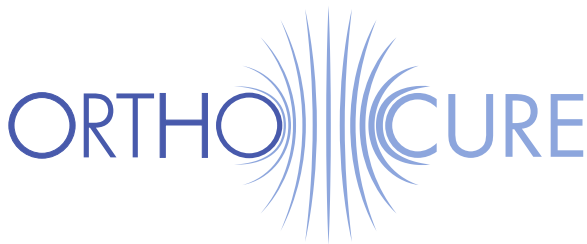
## Who cannot benefit?

Not all cases of back and neck pain benefit from Spinal Decompression. Our doctors will carefully review each case and put only those patients through this therapy who are likely to benefit from this treatment.

ORTHOcURE is a full fledged ORTHOPAEDIC centre treating all Orthopaedic problems whether related to back, neck, knee, shoulder, elbow etc. Our attempt is to create an "Orthopaedic Centre of Excellence" with highest level of cure and care available globally. We are trying to bring the best what medical science can offer, including know how from abroad all under one roof. Now no need to go through strain of Hospital OPDs to solve you Orthopaedic problems.

We offer

- Consultation with Senior Orthopaedic Doctor , Physiotherapists and Spine Therapists
- Advanced Physiotherapy Facilities using internationally proven equipment
- Comprehensive Back and Neck Treatment Program
- BackProtect – our unique Prevention Program for preventing back and neck pain
- Sports Medicine
- Orthotics – for treatment and prevention of many foot and related problems that can affect ankle, knee, hip and lower back



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#### OUR CENTRES IN GURGAON:

##### **DLF Phase V**

SPO 214, Office Block,  
2<sup>nd</sup> Floor, South Point  
Mall, DLF-5,  
Golf Course Road,  
Gurgaon

##### **SECTOR 40**

House No : 423,  
Ground Floor, Near  
Huda Market,  
Sector 40, Gurgaon

##### **NIRVANA COUNTRY**

C-410, 4<sup>th</sup> Floor,  
Nirvana Courtyard,  
Nirvana Country,  
Sector 50, Gurgaon

##### **Sector 14 (Gurgaon)**

C/O Miracles Mediclinic,  
SCO-1, 2 & 3, Sector-14,  
Gurgaon

**For More Information:**

Phone: 98214 51214

Email: [enquiry@orthocure.co.in](mailto:enquiry@orthocure.co.in) | Website: [www.orthocure.co.in](http://www.orthocure.co.in)