



## PAIN

Pain may be defined as either an acute or chronic condition that can interfere with an individual's overall mental state and daily activities such as work, recreation, and relaxation. Back pain can make sleeping difficult or even impossible, causing fatigue, irritability, and a feeling of isolation. For many people, back pain is an ongoing condition from which there is no relief.

### DeLand Chiropractic & Spinal Decompression

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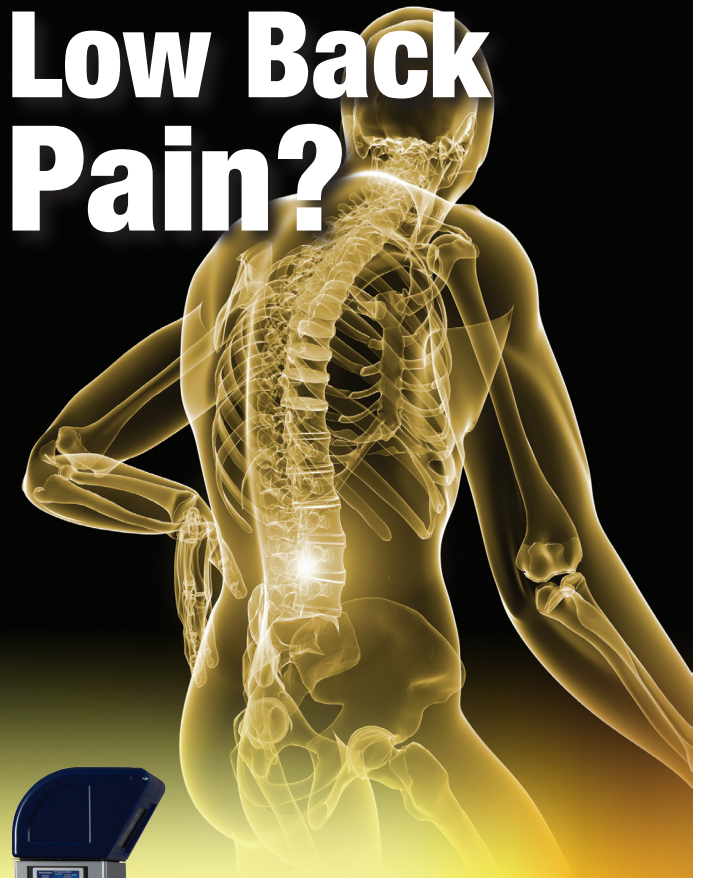


MAKING LIFE BETTER, ONE TREATMENT AT A TIME.™

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## Low Back Pain?



Do you suffer from chronic low back pain associated with:

- **Herniated Discs**
- **Bulging Discs**
- **Degenerative Disc Disease**

**DRX9000** TRUE NON-SURGICAL SPINAL DECOMPRESSION SYSTEM™



## Common Causes of **BACK PAIN**

A **herniated disc** (also referred to as a *protruding* or *extruded disc*) is a condition where a portion of the gel-like center of the disc has migrated through the layers of the annulus fibrosus. This can cause mechanical pressure on neighboring structures and trigger chemical reactions resulting in pain and inflammation. These changes will often irritate the nerves, producing numbness or tingling in the legs or feet.

**Degenerative disc disease** is a state of dehydration and deterioration marked by the gradual erosion of the discs ability to distribute and resist mechanical loads. As discs deteriorate, they become more susceptible to injury from physical stress. Degenerative disc disease may also play a contributing role in conditions such as disc bulges, disc herniations, and stenosis.

**Facet syndrome:** Facets are the posterior joints of the spine that aid in keeping the vertebrae aligned. Facet syndrome is often associated with injury or degeneration of the disc and is characterized by pain, stiffness, and inflammation. The pain generally increases with motion and is relieved by rest.

**Sciatica** is a condition often associated with a herniated or ruptured disc. When the injured disc compresses one of the spinal nerves leading to the sciatic nerve, it can produce a shock-like pain that travels through the buttocks and down one leg to below the knee. Tingling and numbness are common in this condition. Sciatica can occur suddenly, or develop gradually. The pain and symptoms of sciatica can be intensified by coughing, sneezing, or sitting in the same position for prolonged periods of time.



### Who are the best candidates for treatment?

Patients that will benefit most from the DRX9000 True Non-Surgical Spinal Decompression System™ may be those diagnosed with herniated discs, bulging discs, sciatica, degenerative disc disease or facet syndrome.



### What may I experience during the course of treatment?

Some patients may experience light side effects with this type of therapy. Mild muscular soreness during or after treatment may occur. The sensation would be similar to what a person might experience at the onset of a new exercise regimen. Most patients find this therapy quite comfortable and relaxing. During an average 30-45 minute treatment, most patients experience a gentle stretch in the lumbar spine and tend to fall asleep. Adjunctive therapies to non-surgical spinal decompression may include electrical stimulation and cold therapy. Exercise and/or the use of a lumbar support belt may be prescribed to support the benefits of non-surgical spinal decompression therapy and may improve patient compliance.

*\*Individual results may vary due to differing medical conditions and experiences.*

