

# lumbar/cervical decompression

## **About lumbar/cervical decompression therapy**

Lumbar/cervical decompression therapy is a technique used at by Dr. Bryan Boerjan to help relieve lumbar (low back) or cervical (neck) pain. The treatment is a safe and effective treatment for pain that is rapidly gaining popularity due to its exceptional results in treating chronic neck and back pain without surgery. Clinical studies are reporting that more than 70 percent of patients show significant reduction of pain.

## **Necessary equipment for decompression therapy**

Lumbar/cervical decompression therapy uses FDA-approved equipment. Simply described, this method of treatment uses a therapeutic table that is connected to a computer, to electronically distract and decompress your spinal structures. You rest on the table while a padded harness focuses the gentle, distractive force along your spinal column. This decompresses your spine, specifically the intervertebral discs and joints, and stretches your spinal muscles. These three spinal structures produce most of your pain.

## **About a treatment session**

At the beginning of a treatment session, the patient is fitted with a comfortable harness designed to offer optimal decompression. The computer is programmed in accordance with the specific treatment plan. Additionally, the patient is in complete control and can shut down the treatment at any time if discomfort should occur. During each session, the patient experiences multiple cycles of distraction/relaxation, which may take 15 to 20 minutes to complete. Each cycle is between 3 to 5 minutes. During the distraction cycle, the patient may feel some relief of the pressure in the area where their pain exists. During this time, the body is responding by flooding the area with valuable oxygen, blood and nutrients which help promote the body's natural healing process.

## **Interactivity with other pain treatments**

Dr. Boerjan believes strongly in the multi-disciplinary approach to treating pain. Therefore, each patient will be encouraged to continue all of their other treatments while undergoing decompression. The combined approach of multiple modalities is the most effective way to treat these complicated chronic pain problems.

