



Spinal Decompression Therapy is a very affective technique for treating bulging discs, herniated discs, pinched nerves, sciatica, degenerative disc disease and radiating pain in arms and legs. Using FDA approved equipment Spinal Decompression Therapy is a safe **non-surgical** approach to treating disc injuries. The treatment its self is performed in **painless twenty minute sessions** in which cycles of distraction (gradual stretching) forces are applied to spinal structures in a very precise manner followed by periods of partial relaxation. This technique has shown the ability to gently separate the vertebrae from each other, creating a vacuum inside the discs that it is targeting. The negative pressure created by the vacuum can induce the retraction of the herniated or bulging disc into the inside or the disc space, and off the nerve root. This happens gradually each session over the course of **four to six weeks** with remarkable results.