

*"Degenerative Disc Disease Sufferers..."*

# **New, Non-Invasive Treatment** *Relieves Pain from Degenerative Disc Disease* **With No Pills, Shots or Surgery"**

## ***Treats Symptoms Of:***

- Degenerated Discs
- Herniated/Bulging Discs

## ***Without The Use Of:***

- ~~X Drugs~~    ~~X Injections~~
- ~~X Surgery~~

## ***Spinal Decompression is***

- Effective up to 89%
- Non-Invasive
- Affordable
- Gentle
- Safe



**"The pain from my Degenerative Disc Disease is 90% improved!"**

*"I did Spinal Decompression treatments for back pain caused by degenerative disc disease. The pain is 90% improved. My bowling game has never been better!"*

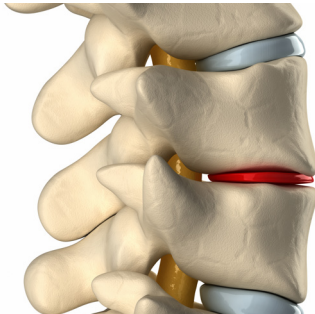
*~ Wanda T.*



# Degenerative Discs

## What causes Degenerative Discs?

Due to **genetics, age or injury**, our spinal discs break down, or degenerate, which may result in degenerative disc disease.



## What are the Symptoms?

With symptomatic degenerative disc disease, **chronic low back pain sometimes radiates to the hips, or there is pain in the buttocks or thighs while walking**; sporadic tingling or weakness through the knees may also be evident. Similar pain may be felt or may increase while sitting, bending, lifting, and twisting.

## How does Spinal Decompression help?

While lying comfortably on the spinal decompression table, gentle specialized traction forces are applied until decompression is achieved. Decompression produces a negative pressure inside the discs that acts like a vacuum. This negative pressure produces an influx of fluid and minerals which helps the discs to heal. Then with the addition of specific nutrients and minerals through supplements, the influx helps the discs to heal, become more flexible, more hydrated and even taller.



As disc bulges or herniations are drawn in, or as the discs begin to regenerate, **pressure is taken off of the nerves and surrounding structures** relieving the patient of pain, numbness and tingling.

## What are the Treatments Like?

During a session of spinal decompression, you will notice a slow lengthening of your spine as your discs are gradually decompressed and relieved of pressure. The treatment process is safe and relaxing. While some patients with extensively injured discs have reported mild discomfort during the first few treatment sessions, their discomfort generally subsides upon subsequent visits.

## What is the Typical Treatment Protocol?

A typical spinal decompression treatment protocol consists of about 12–20 sessions over four to six weeks. Some conditions require fewer visits; some require more. Many patients report relief from their pain and other symptoms during the first few treatment sessions, and most experience dramatic pain relief after completion of their prescribed treatment program.

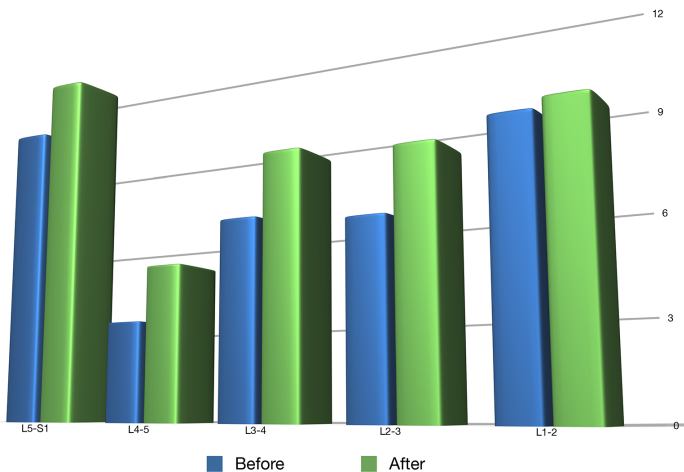


## How Long Will It Take to See Results?

About 20% of patients will start seeing relief of pain within the first week. Around 40% of patients will have significant relief within 2–3 weeks. The remaining 20% will get significant relief between 4–6 weeks. Less than 20% will experience no relief or minimal relief. Very rarely will a patient get worse.

# Research Proves Spinal Decompression Can Lead to an Increase in Disc Height And an up to 90% Reduction in Pain

## Increase in Disc Height



A report by Joseph V Pergolizzi Jr, Adjunct Assistant Professor, Department of Medicine, Johns Hopkins University School of Medicine, Baltimore; Frank Florio, Director of Clinical Research, Axiom Worldwide, Tampa; William R Martin, Medical Director, Upper Valley Interventional Radiology, McAllen; and Charlotte Richmond, Director of Clinical Research, NEMA Research, Inc., Miami Beach.

### Symptoms Prior to Treatment

- Radiating pain into the buttocks and legs
- Burning sensation down both legs into feet and the right inguinal region.

### Activities Making Symptoms Worse

- Walking and standing for more than 15 minutes
- Disrupted sleep
- Difficulty moving from a sitting to a standing position

### MRI showed

- Disc protrusions at all lumbar levels
- Degenerative changes throughout lumbar spine
- Decreased Disc Space

### 7 Week Protocol

- 22 Treatments

### Post Treatment

- Pain went from a 10 on a scale of 1–10 down to a 1
- No longer felt the burning sensation in the buttocks or legs
- Decrease in the frequency of burning in the right inguinal region
- Improvement in muscular strength

### MRI revealed

- Decreased herniation size
- Increased disc height at multiple lumbar levels



**“...this program has worked wonders....”**

*“When I started this program, I had burning, stabbing pain down my right leg and numbness and tingling in my foot. Doctors told me I had Sciatica complicated by Degenerative Disc Disease. I tried chiropractic and physical therapy with only minimal relief. Sometimes the physical therapy actually made it worse. After beginning the spinal decompression treatments **the pain is now gone**. My back was always sore and stiff. Now it feels much, much better. Overall, **this program worked wonders for me** and I hope it will for everybody.” ~ Tim S.*



**“My back used to hurt all day, everyday”**

*Doctors told me I have Degenerative Disc Disease. That’s when I saw an ad for Spinal Decompression and Deep Tissue Laser Therapy. After my second treatment, **I could get out of bed in the morning with no pain**. 3 weeks later I am pain-free! Thank you for making my life better.*  
~ Bess K



# Do You Qualify? Why You Should Choose Us!

Here are a few questions to see if you might qualify for our 5-step spinal decompression program

1. Do you have pain in the neck or back?
2. Has your back or neck pain restricted you physically preventing you from doing your job, playing your favorite sport or spending time with your loved ones?
3. Have you tried other forms of "conventional treatments" such as physical therapy, pills, or chiropractic that have failed to produce lasting results?
4. Have you been diagnosed with a herniated disc, bulging disc, degenerated disc, sciatica or chronic neck or back pain by a doctor.

You may not qualify if you have been diagnosed with any of the following.

1. Have fusion or have had a surgical fusion in the area of your pain.
2. Have cancer that has spread to the bones of the spine
3. Are pregnant

While the majority of the patients we treat experience significant pain relief, our program is NOT for everyone! In order to determine if you qualify for our program or not we offer a complimentary consultation. We only want to treat patients that we feel confident that we can get better so we only accept a select group of patients. If we don't feel like we can help we will refer you to someone who can.

## Why should you choose our clinic? What makes us different than other clinics?

We feel that we offer the most comprehensive, unique, and cost-effective back pain relief program in the state. We have spent years searching out the most advanced, most effective technologies out there to ensure that we are offering our patients the best possible care. Here are a few other ways that separate us from the competition.

- ✓ **Financing Options - Finance your care over 12 or 24 months**
- ✓ **Only use state of the art true spinal decompression equipment**
- ✓ **Most advanced rehab protocols to ensure the longest lasting results.**

**Take charge of your pain NOW by calling**

**Back In Action**  
**828-898-9000**

Or Visit Us at:

**141 Shawneehaw Ave**  
**Banner Elk, NC 28604**  
***BeBackInAction.com***

