

S&E Center Regenerative Modalities with Spinal Decompression

Lumbar Decompression Program

Thank you for considering *Spine & Extremities Center* for your care. This document is for general informational purposes regarding common issues and questions for patients who have lower back pain and may benefit from a structured non-surgical spinal decompression program supervised by a Doctor of Chiropractic (DC).

“Typical” Symptoms, History, Imaging Findings

Patients in this program may have had chiropractic care or physical therapy in the past with some success but have off and on recurrent episodes. ***Many patients report that their pain is briefly relieved by traction, inversion tables, massage, or spinal manipulation, but then symptoms quickly recur.***



X-rays often show chronic findings in the lumbar spine. Facet arthritis and degenerative disks can be seen commonly on x-rays and can cause pain in the lower back and can often be relieved by decompression. MRI is commonly performed in patients with chronic or severe acute lumbar spine pain because spinal stenosis, disc herniations, and nerve impingements are common in the lumbar spine. Most disc herniations in the lumbar spine are broad based and do not cause compression of any neural elements but may cause pain through what is known as “neoinnervation”. CT scans, nuclear medicine bone scans, and other imaging studies also have roles in the evaluation of back pain.



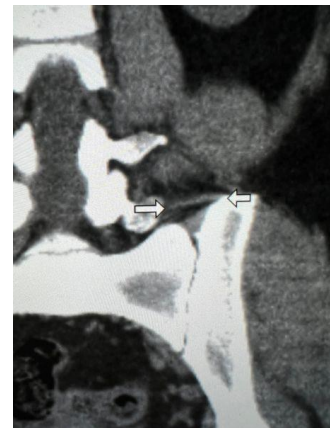
How we may be able to help...

We offer the use of a highly specialized KDT Spinal Decompression Table in combination with several advanced regenerative physical medicine modalities. In addition, we offer lumbar flexion-distraction techniques, manipulation and corrective exercise treatments that can be used to help heal the soft tissues and supporting structures in your lumbar spine and pelvis. These can help reduce your pain, decrease stiffness, and increase range of motion. This allows you to do your daily and recreational activities with decreased or no pain and overall may therefore improve your quality of life.

Some patients receive these treatments to be able to continue with their physically demanding work. Some just need relief from the pain as it interferes with their enjoyment of life. Others get treated to improve recovery and enhance performance for a wide range of sports and athletic activities.

Structures often targeted

In addition to the intervertebral disks and facets (joints) of the spine undergoing decompression sessions, your specific pain generators that we uncover during your evaluation and initial modality treatment sessions will be treated as well. ***We include directed regenerative treatments to reinforce the structural integrity of your lumbosacral spine:***



- Iliolumbar ligaments and lumbosacral ligaments
- Posterior Sacroiliac ligaments, sacrospinous ligaments, sacrococcygeal ligaments
- Interspinous and supraspinous ligaments
- Multiple muscle insertions primarily along the posterior chain muscles
- Each synovial (facet) joint of your lumbosacral spine

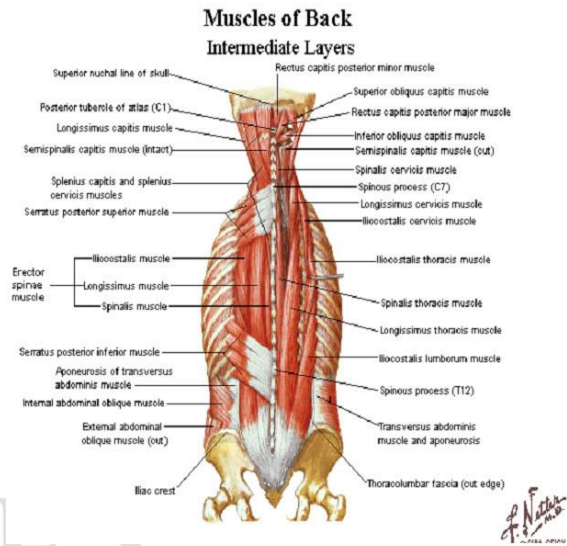


This program is to decompress and help decrease pain from the disks, facets (joints), structural soft tissues, and muscles along the spine that contribute to lower back pain. Many muscles support each level of the spine, and inflamed tendinous attachments can generate pain.

The muscle spasm that most people feel in this area is often more of a reaction of the body to the underlying structural pain generating tissue. The pain signals the body to limit motion of an injured body area as a natural splint. This "splinting" is accomplished by tightening of the muscles as they try to assume some of the support of the torso to take pressure/tension off the painful ligament. The immobility from muscle tightness causes restricted movement in the joints of the lumbar spine and pelvis.

Our **HEIT and Class IV Medical Laser** are both used to decrease muscle spasm as well as relieve pain by inhibition of painful nerve impulses. **HEIT** is also used for muscle reeducation. The **Class IV Medical Laser** increases blood flow and oxygen delivery to support tissue healing and regeneration while at the same time infusing the tissues with energy which targets the mitochondria at the cellular level to produce ATP, the "currency" of cellular energy.

Dr. Aaron Peters will do a structural and functional examination of your spine on the first treatment day and correct any segmental restrictions in your lumbar spine, lumbosacral articulations, sacroiliac joints, and release any fascial distortions manually if needed.



What does the program consist of?

Each program is individualized. Some modalities may not be indicated or useful in certain cases. The KDT Decompression System will be used with our four regenerative medicine modalities as well as chiropractic, corrective exercise, nutrition, and lifestyle counseling that will be given to each patient over the course of the program.



The combination of our advanced treatment modalities will be based on your diagnosis, imaging review, and response to therapy sessions. Most lumbar myofascial/spine pain patients are treated with a combination of ***Shockwave, Radial Pulse Shockwave, High-Energy Induction Therapy (HEIT), and Class IV Medical Laser Therapy.*** Please refer to our informational handout on our modalities.

KDT (Kennedy Decompression Systems) Spinal Decompression

The core of any decompression program starts with the type of table utilized. Ours allows the patient to be on their stomach or back. This allows us to adjust the degree of spinal flexion or extension, angle of the pull vectors, and allows us to set the treatment specific to your needs and the anatomic structures targeted.



Program notes

- Twenty (20) KDT Spinal Decompression sessions are the core of this program. These sessions are 2-3 times per week for about 8-10 weeks.
- We include six (6) sessions that use our advanced regenerative/rehabilitative modalities into your program. These six sessions are 7-14 days apart and will be scheduled on select days you are here for decompression.
- On your first modality treatment day, additional time/pulses with ***focused Shockwave Therapy*** will be performed to help in localization of your pain as there are many pain generating areas along the lumbar spine and lumbosacral areas.



Further treatments are sometimes needed to maintain your improved state. The frequency varies depending on your lifestyle, desired level of pain/functional outcome, and self-care.

Fee (not covered by or billed to insurance)

- The complete, comprehensive eight-week program is **\$1,795**.

Patients often have continued improvement for several months after the last session. Although most patients feel a very significant improvement in pain, motion, and function during the program, our treatments are also initiating a regenerative process and it takes time to repair the chronically damaged tissue.

