



Welcome to the Spinal Optimization System™

The SOS™ is an evidence-based treatment protocol utilizing a SpineMED™ vertebral axial decompression table (VAX-D). VAX-D therapy differs from traditional traction because it provides cycles of oscillating, progressive traction forces, which has been found to be clinically effective, especially for chronic spinal conditions, particularly those involving the spinal discs.

A review of published literature finds that most patients with conditions like yours, report successful outcomes with VAX-D therapy, with 10 or more treatments. This is great news for sufferers because the SOS™ combines VAX-D with other therapeutics to improve the quality and rate of cellular healing. Other therapies include: chiropractic medicine and physical therapy, cold laser therapy, hyperbaric oxygen therapy, nutrition supplementation, diet modification, etc... Such a combination can only improve the likelihood of success and quality of SOS™ outcomes.

The SOS™ is also an evidence-based research program. While we have pretty good idea already, we want to know the *best and most effective* way to optimize your spine. So, all participants will be anonymously catalogued as part of an ongoing clinical outcomes study.

Don't worry! Clinical outcomes studies are not "experiments." These types of studies simply track the effectiveness of certain treatments across certain populations of conditions. The opportunity to study the SOS™ will add to the body of VAX-D and other research trying to answer, "what is the best way to treat and optimize the human spine without drugs or surgery?"

As part of the study, even after treatment has ceased, we will be asking you to participate in follow up surveys at 3, 6, 12, and 24 months post intervention, to help track extended outcomes.

The SOS™ is unique. The SOS™ Outcome Study is endorsed by the Institute for Human Optimization, where Dr. Koloski has been an appointed medical advisor since 2020.

We are excited to help you optimize your spine; to learn from our practice, and to help other doctors and patients like yourself, experience the best non-surgical and drugless outcomes.

Sincerely Yours in Health,

Dr. John F. Koloski