

Non-surgical Decompression

Decompress. Restore. Move again.

BACK ON TRAC

What Is Spinal Decompression?

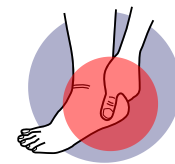
Spinal decompression is a non-invasive therapy that gently helps create space within the spine. This can help reduce pressure on discs and nerves while supporting the movement of water, oxygen, and nutrients into the discs.



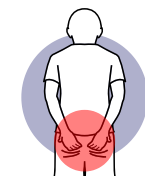
What It May Help With



Radiating leg pain



Numbness or tingling



Buttock or hip pain



Disc-related nerve pressure



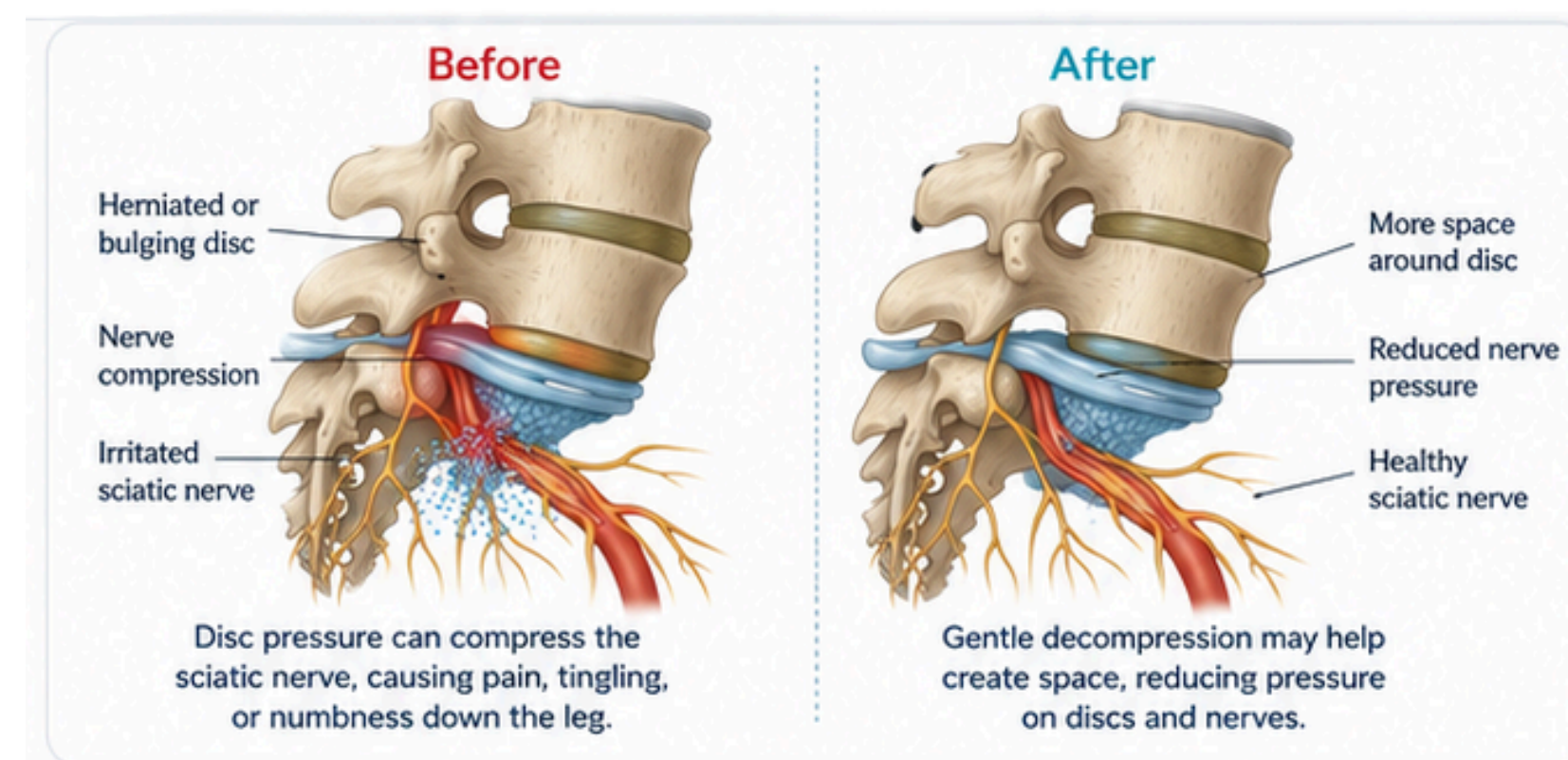
Low back discomfort



Mobility limitations from sciatic irritation

What Is Sciatica?

Sciatica is a term used for pain, tingling, numbness, or discomfort that can travel from the low back into the buttock and down the leg when the sciatic nerve becomes irritated or compressed.



Start
your recovery
today!



Re-Align Health CHIRO/PHYSIO