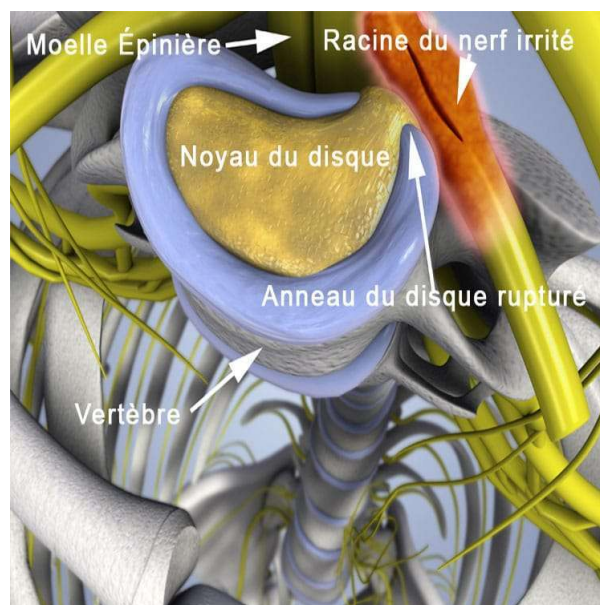


Non-surgical spinal decompression therapy

Non-surgical spinal decompression therapy: a safe and effective solution to chronic back and neck pain, herniated discs and bulging discs



Non-surgical spinal decompression therapy is a non-invasive, non-surgical treatment for certain types of chronic back and neck pain. Mechanical decompression is done slowly by gently but thoroughly stretching the spine with a computer-controlled decompression table to reduce pressure in the compressed discs and vertebrae. Non-surgical spinal decompression therapy is one of the most impressive technological breakthroughs in the medical world in recent years, as it offers good long-term statistical results for the relief of pain caused by herniated disc, disc bulge, crushed discs, the sciatica, facet syndrome and many other chronic back and neck conditions.



Conditions treated by Non-surgical spinal decompression therapy

Herniated Disc and Non-surgical spinal decompression therapy

The herniated disc is, without a doubt, the most common condition treated with Non-surgical spinal decompression therapy. In addition, when the compressed spine is not properly treated, herniated discs can expand over time and put pressure on the spinal nerve roots, increasing pain and symptoms. Decompression reduces the pressure on these damaged discs so that the disc bulge gradually decreases until it is reduced to near its original size.



Osteoarthritis and Non-surgical spinal decompression therapy

Degenerative disc diseases such as **osteoarthritis or disc disease** are also common conditions treated with Non-surgical spinal decompression therapy. The decrease in disc size in thickness can be aggravated by compression of the spine, causing the vertebral bodies to move closer together. This can cause nerve compression and other forms of [back pain](#). Neurovertebral decompression eliminates the pressure that crushes degenerated discs, thereby reducing or eliminating painful symptoms.



Disc bulge and Non-surgical spinal decompression therapy

Disc bulge is a less serious condition than disc herniation, since the annulus of the disc is usually not cracked and the disc nucleus does not leak through this opening. However, it can be just as painful. The bulging disc responds well to Non-surgical spinal decompression therapy. On the other hand, when the compressed disc is not properly treated or « decompressed », the bulge could develop into a herniated disc over time and put even more pressure on the spinal nerve roots or spinal cord, thus increasing pain and symptoms. Similar to herniated discs, decompression reduces the pressure on these damaged discs so that the disc bulge gradually decreases until it is reduced to near its original size.



Facet syndrome and Non-surgical spinal decompression therapy

Facet syndrome is also a condition that is successfully treated with Non-surgical spinal decompression therapy. However, of all the conditions, this one shows the least promising results for permanent pain relief. Conceptually, facet syndrome causes arthritic pain due to changes in the bone structure of the vertebrae. In addition, decompression helps create more space between the vertebrae, which reduces painful symptoms.



Finally, all patients who suffer from **chronic back pain or neck pain** can expect relief with Non-surgical spinal

decompression therapy. We are talking about patients who have tried everything so far (massage, acupuncture, physiotherapy, osteopathy and chiropractic) without result.

Sciatica and Non-surgical spinal decompression therapy

If your sciatica [pain](#) is caused by a pinched disc, bulging disc or herniated disc, spinal decompression therapy is a safe and effective treatment for these conditions.

Published research/studies in Non-surgical spinal decompression therapy

Download the research that has been published regarding Non-surgical spinal decompression therapy:



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