

Spinal
Decompression
Perth

by Perth Chiro Centre

Pre-Appointment Spinal Decompression Patient Guide



Advanced
Bio-feedback
system!

Safe, proven, non-surgical help for:

- Bulging & herniated discs
- Chronic non-responsive cases
- Spinal degeneration
- Failed back surgery
- Facet syndrome

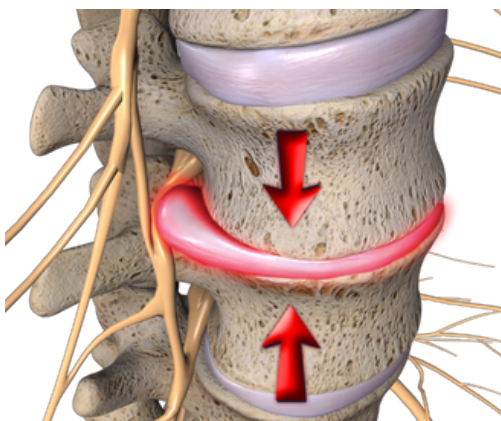
TGA
APPROVED

What is Spinal Decompression Therapy?

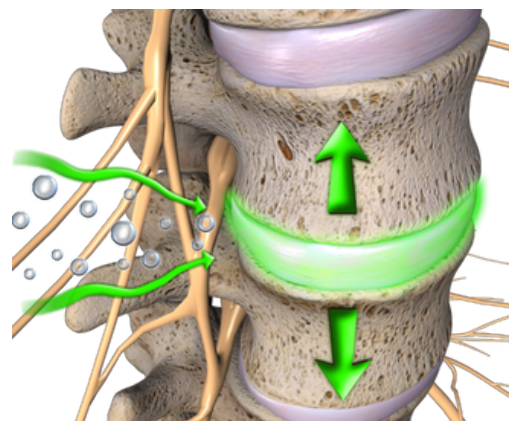
Spinal Decompression Therapy is a non-surgical, safe & proven treatment that works by gently lengthening & releasing the spine, creating negative pressures within the targeted spinal discs.

This decompression creates a vacuum within the disc space, and helps to pull the bulging disc material back into place, taking stress off pinched nerves & surrounding soft tissue.

Nutrients, oxygen, & fluids are also drawn back into the disc, which helps stimulate the body's natural healing process. Life changing results for chronic back & neck pain have been achieved with this innovative technology.



**Intervertebral Disc
Before Decompression
Therapy**



**Intervertebral Disc
After Decompression
Therapy**



Hill DT Decompression Table

New to Australia, the TGA approved Hill DT is the industry leading Decompression Table on the world market - with an unrivalled instant biofeedback system that ensures safety & total comfort for patients:

Why Did We Choose the Hill DT Table?

- The Hill Decompression Table has in-built sensors to safely prevent patient muscle guarding via immediate bio-feedback.
- The Hill Decompression Table has over 15 years of clinically proven success in treating the pain and symptoms of:
 - ~ disc bulges & herniations
 - ~ degenerative disc disease
 - ~ foraminal stenosis
 - ~ facet joint arthrosis
 - ~ both lumbar & cervical decompressions
- The Hill Decompression Table uses a non cable-based system which means gentle, smooth & safe decompression.

Is Spinal Decompression Therapy Always Successful?

While we have achieved a high number of successful outcomes with spinal decompression therapy, it is important to acknowledge that results are not guaranteed for everyone, particularly since we treat patients with severe and complicated symptoms. Your chiropractor will be clear if your particular case has a lower prognosis on the first visit.

Some patients may still require surgery. By adhering to the recommendations in the pre- and post-treatment manuals, we aim to help you achieve the best possible results and avoid the need for surgery, ultimately improving your quality of life.

Your progress will be regularly monitored by your chiropractor, allowing us to determine if and when further treatment options may be necessary.



What can I expect from Spinal Decompression Therapy?

Some people will notice a slight stretching sensation to start with, others may not.

- We do start on a low setting of pull, to ensure your safety and comfort. Once you have been assessed that you can cope with this, on future visits we can steadily increase your setting, and during this time you may feel a gentle stretch.

• If you stop feeling a stretch it does not mean that the decompression table is not working, in fact your discs are still being pumped and your joints are still being opened, even when you feel no pull. The reason you may feel less of a stretch on a previous setting where you did feel a stretch is due to your ligaments adapting to the stretch. We need to see that you have adapted before we can increase your stretch force so that your back and neck are always safe.

• Due to the stretching of scar tissue sometimes you may get an increase of pain and stiffness while you are on the decompression table, or shortly after, however it will only be temporary lasting 24hrs. This is normal and, in fact, expected in some cases.

• As part of your care we expect that any leg pain or arm pain will centralise or recede to your lower back or neck. During this period you may feel that your arm or leg pain is getting better but that your back or neck pain is actually getting worse. This is normal and only temporary, and is a good sign that you are progressing.

Important Guidelines for Safety and Comfort During Treatment

- **Keep your hands on your chest during treatment.**
- **Try not to move too much while on the table**, as the sensors on the table will detect your movement and think that you are resisting the pull, or having a muscle spasm, which will result in the table automatically reducing the pull for safety.
- If you are uncomfortable or if you have concerns while you are on the table, please use the emergency button provided to stop the decompression table.
- Due to safety concerns associated with moving parts, **children are not permitted in the spinal decompression therapy room.**
- **Don't chew gum** or eat while on the table, as it is a choking hazard.
- **Don't use the table if you have had an abdominal aortic aneurysm or cancer of the spine, recent surgery of the spine (less than six months ago), or if you are pregnant (for lower back decompression).**
- We suggest you **go to the toilet before each decompression session** as lower back treatments involve a belt that may press on the bladder.

Important Guidelines for Safety and Comfort During Treatment Continued

- We suggest you **go for a walk for 10 minutes after every decompression treatment**, and that you avoid sitting immediately after every decompression session.
The walk helps the circulation to the discs.
- You may find it more comfortable to **wear track pants** or slacks for your sessions.
- For decompression of the neck, we recommend you **remove your necklace prior to treatment**.
- If you have a belly button piercing, we advise you to let your technician know, so they can make sure you are comfortable when the lumbar belt is strapped on.

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Our team is enthusiastic and committed to assisting you in reclaiming your quality of life.

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