

SpineMED Decompression

What is SpineMED® Decompression?

SpineMED® Decompression is a remarkable non-surgical, drug-free procedure for the treatment of back and neck pain caused by injured or degenerated spinal discs. It works by targeting and gently relieving the pressure on the damaged segment of the spine, which eases pain and speeds up the body's natural healing process.

Can I benefit from SpineMED Decompression?

SpineMED Decompression is designed to help people suffering from disc-related pain. Back or neck pain caused in whole or in part by a damaged disc may be helped by SpineMED Decompression. These conditions include degenerated discs, herniated, protruding or bulging discs, pinched nerves, spinal stenosis, sciatica, facet syndrome and radiculopathy.

Why should I choose SpineMED?

The SpineMED System is patented technology. The SpineMED System has eliminated the use of antiquated nylon harnesses and pulleys. The patented pelvic restraint system provides a secure, comfortable and repeatable capture of the skeletal structure, eliminating the variability and inconvenience of pelvic harnesses. Increased specificity combined with a more efficient capture results in lower force requirements than previous technologies. The SpineMED System's ability to achieve results using lower distraction forces greatly increases the number of suitable patients, particularly patients with acute pain and older patients. Extensive computerization and hospital grade components make the SpineMED System the most sophisticated decompression device on the market.

Is there any pain during a SpineMED session?

SpineMED Decompression is very comfortable. The procedure is so gentle, that many patients fall asleep during the SpineMED sessions. The SpineMED System also has emergency stop switches for both the patient and the operator.

Can I try SpineMED Decompression if I have had spinal surgery but continue to have pain?

SpineMED Decompression can help people with back pain after failed spinal surgery, as long as no hardware (pins, screws, rods, etc...) is implanted in the section of the spine being targeted.

Is SpineMED FDA Cleared?

SpineMED has been FDA cleared and is the most sophisticated non-surgical spinal-decompression technology available. The re-developed Lumber/Cervical treatment was cleared by the FDA in 2005.

How long does a SpineMED session last?

Sessions are typically administered 5 times per week over a 4-6 week period. The 20-30 sessions are about 30 minutes in duration. The procedure is performed with the patient lying on their back and fully clothed. Each session has a cumulative effect that may significantly reduce pain and improve function as patients' progress through the SpineMED procedure.

How long does SpineMED Decompression work?

SpineMED Decompression is designed to correct the underlying condition, which can provide a long-term solution for some causes of back and neck pain. So long as the patient leads a healthy lifestyle and does not re-injure themselves, the results could be long-lasting.

Can I work while I'm undergoing the procedure?

Yes, many patients are able to maintain a normal work schedule, although you will want to limit your work activities if they are physically stressful.

What types of conditions cannot be helped by SpineMED Decompression?

The low force requirements associated with SpineMED Decompression limit the contraindications significantly. Contraindications for the decompression procedure are instabilities of the spine such as recent fractures, bilateral pars defects, spondylolisthesis grade 2 or above, gross osteoporosis, cancers or tumors of the spine, pregnancy and patients under the age of 15. Post surgical patients are not contraindicated unless they have surgical hardware implanted in the region of the spine being targeted.

Our office is the **only** office in Central Iowa offering FDA Cleared SpineMed Decompression. If you or someone you know is suffering from back or neck pain and have not found the relief for which you are looking, please contact our office. We may be able to help.

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