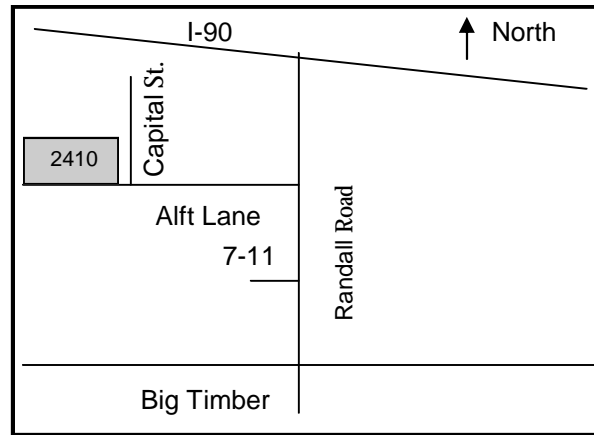


## What is Spinal Decompression?

Spinal Decompression is a non-surgical and drug-free answer for disc related syndromes of the lumbar or cervical spine. Many people across the country have found relief from the pain associated with herniated discs, bulging discs, facet syndrome, degenerative joint disease, pinched nerves, and other spinal afflictions. Spinal Disc Decompression uses computer-aided technology to apply gentle, non-surgical decompression to your spine, increasing circulation into the spinal discs and joints, thus helping to relieve the symptoms that cause pain and dysfunction.

Call today for a Complimentary Evaluation to see if you qualify for state of the art Spinal Decompression treatment.



**We offer Cervical and Lumbar Disc Decompression**

2410 Alft Lane, Ste 100  
Elgin, IL 60124

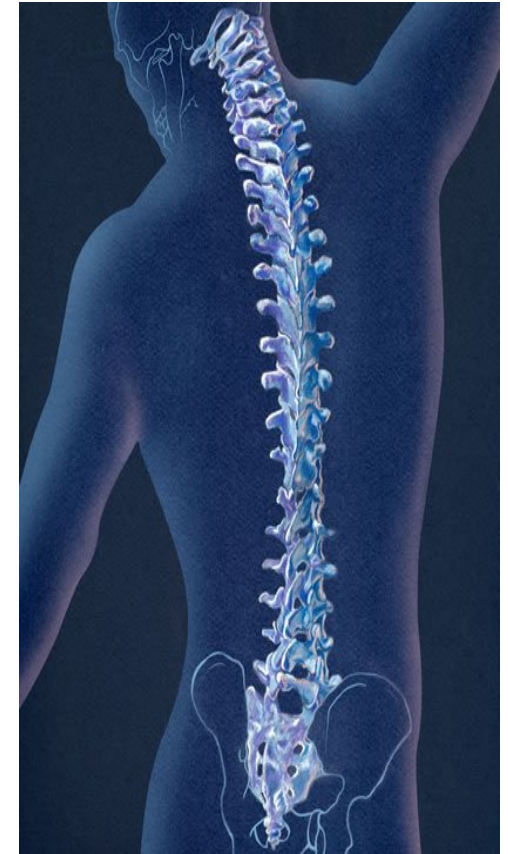
Phone: 847.888.3383

Fax: 847.888.3332

[www.NeckandBackSpecialists.com](http://www.NeckandBackSpecialists.com)

# Spinal Decompression Institute

A division of  
Rominski Active Healthcare

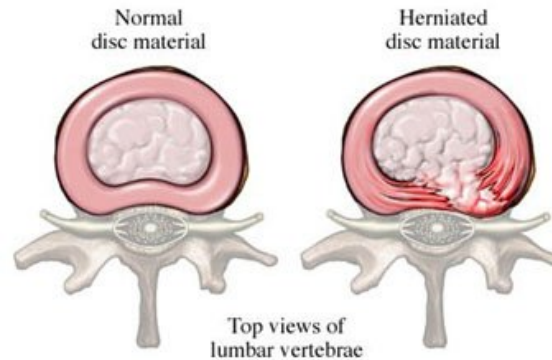
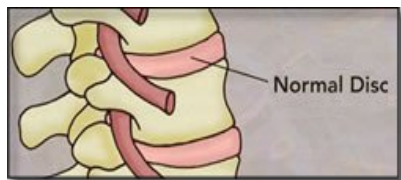


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## Why Spinal Decompression is so effective...

Spinal Disc Decompression is an FDA approved technology that relieves pain by enlarging the space between spinal discs. Spinal Disc Decompression is the reduction of pressure on spinal discs and facet joints through the unloading created by distraction and positioning. The negative pressure of decompression releases pressure that builds up on spinal discs and nerves, allowing herniated and bulging discs to eventually normalize. Decompression is the only treatment that is truly most effective for severe cases of herniation, degeneration, arthritis, stenosis and pressure on the nerve root. According to a clinical study performed by the Orthopedic Technological Review in 2004, 86% of cases experienced pain relief with disc decompression.



Many patients with lower back syndromes may experience pain relief as early as the third treatment session. Comparison of pre-treatment MRIs with post-treatment MRIs has shown a 50% reduction in the size and extent of herniation. In clinical studies, 86% of patients reported relief of back pain with our system. Within the past five years, some private practice clinicians have reported success rates as high as 90%.

### We offer Cervical and Lumbar Disc Decompression



Research has demonstrated that a protocol of 20-30 sessions over a 4-6 week period is required for optimal healing. Each treatment session averages 25 to 30 minutes in duration (research has established that optimum results are achieved with sessions that incorporate 10 to 15 decompression/relaxation cycles).

Our Decompression units are comfortable and use a combination of restraints, angle position and equipment engineering to isolate the appropriate disc and pressure to create an environment essential for repair.

### What our patients are saying...

*-I suffered for years with **severe low back pain from a herniated disc...** after multiple epidural shots, daily medication and extensive physical therapy I was told my only option was to have back surgery... I decided to find another option... now, after 20 treatments of Spinal Decompression I have almost **no pain** at all and I have my life back. **Thank you so much!***

- T.S.

*-I was injured at work and diagnosed with **2 herniated discs** in my low back... the pain in my back and **down my leg** were so severe I could barely get out of bed... after completing Decompression therapy I am back to work with no pain. **Thanks again.***

-S.K