

## **Laser Enhanced Spinal Decompression**

Clugston Chiropractic offers the latest edge technology in the non-surgical treatment of serious chronic neck and lower back pain and sciatica. Our commitment to offering the highest quality of care resulted in the addition of the FDA cleared Laser Enhanced Spinal Decompression technology for the treatment of the neck and back pain due to:

- Spinal Stenosis
- Osteoarthritis
- Herniated and/or bulging discs
- Degenerative disc disease
- Sciatica
- Facet Syndrome
- Acute Lumbosacral Strain
- Failed Low Back Surgery

At Clugston Chiropractic we are dedicated to improving the health and function of our patients. We do this by combining traditional chiropractic care with state-of-the-art technology to deliver an unprecedented level of service. Our results speak for themselves...

In the past, a patient suffering from disc problems usually was given pain medications, instructed to refrain from physical activities, referred for physical therapy, and when they weren't progressing they were sent for spinal surgery. Conservative chiropractic care proved very helpful in many cases, yet there have been some cases when surgery seemed to be the only other option... until now!

Today, you don't have to live with that pain anymore. Thanks to the concerted efforts of a team top physicians and engineers, Laser Enhanced Spinal Decompression was developed to effectively treat neck and lower back pain and sciatica resulting from herniated or deteriorated discs. This not only significantly reduces back pain in many patients, but also enables the majority of patients to return to more active lifestyles.

### **Frequently Asked Questions:**

#### **What causes neck and low back pain?**

Neck and back pain can be caused by a number of factors from injuries to the effects of aging. The spinal cord is protected by the vertebrae, which are made of bone. Between each vertebra are soft discs with ligamentous outer layers, called lamella. These discs

function as shock absorbers to protect the vertebra and the spinal cord. Many of the problems that cause neck and back pain are the result of herniation and degeneration of the intervertebral disc.

Degeneration is the process where wear and tear causes deterioration of the disc.

Herniations, or bulging of the disc are protrusions from the disc that press on surrounding nerves, causing pain or numbness.

### **If I undergo Laser Enhanced Spinal Decompression treatment, how long does it take to see results?**

Most patients report a reduction in pain after the first few sessions. Typically, significant improvement is obtained by the second week of treatment.

### **How long does it take to complete Laser Enhanced Spinal Decompression treatment?**

Each treatment will take approximately 20-30 minutes. The frequency of your visits will be determined by your doctor and your symptoms. *It takes roughly 6 weeks for the disc to re-hydrate & heal.*

### **Are there any side effects to the treatment?**

No, though there have been some mild cases of muscle soreness for a short period of time.

### **What is Laser Enhanced Decompression Therapy?**

A non-surgical, non-invasive, painless procedure that unloads pressure from a degenerated and or herniated disc. When laser is added to the procedure, we can dramatically increase the healing of the damaged tissue, greatly reducing or eliminating pain and discomfort.

### **How does Laser Enhanced Decompression work?**

A computerized table is utilized to distract the affected joint, which creates a negative pressure within the disc. This negative pressure allows the retraction of the herniated disc material and increases blood flow to the damaged disc. By enhancing this procedure with laser, we are able to accelerate the healing process, eliminating or reducing pain.

### **Will it hurt?**

There is no pain involved, with some patients actually falling asleep while the procedure is being done.

### **What are the benefits of Laser Enhanced Decompression for me?**

Reduction or elimination of pain and discomfort, returning you to your normal way of life!

### **How does Laser Enhanced Spinal Decompression separate each vertebra and allow for decompression at a specific level?**

Laser Enhanced Decompression is achieved by using a specific combination of spinal positioning and varying the degree and intensity of force. The key to the producing decompression is the gentle pull that is created by a logarithmic curve. When distractive forces are generated on a logarithmic curve, the typical muscle response is avoided. Avoiding this response allows decompression to occur at the targeted spinal level. When laser is added to the procedure we are able to accelerate the healing process of the damaged tissue.

### **How does Laser Enhanced Spinal Decompression treatment differ from ordinary spinal traction?**

Traction is helpful at treating some of the conditions resulting from herniation or degeneration. Traction cannot address herniated or degenerated disc in the same way that laser spinal decompression can. Laser Enhanced Spinal Decompression creates a negative pressure or a vacuum inside the disc. This effect causes the disc to pull in the herniation and the increase in negative pressure also causes the flow of blood and nutrients back into the disc allowing the body's natural fibroblastic response to heal the injury and re-hydrate the disc. Traction and inversion tables, at best, can lower the intradiscal pressure from a +90 to a +30 mmHg. Spinal decompression is clinically proven to reduce the intradiscal pressure to between -150 to -200 mmHg. Traction **triggers** the body's normal response to stretching by potentially creating painful muscle spasms that can worsen the pain in affected area. The logarithmic curve on our spinal decompression table is programmed to avoid this muscle response. When laser is applied, the healing process of the damaged tissue is accelerated.

### **Can Laser Enhanced Spinal Decompression be used for patients that have had spinal surgery?**

YES, in most cases Laser Enhanced Spinal Decompression treatment is not contra-indicated for patients that have had spinal surgery. In fact many patients have found success with Laser Enhanced Spinal Decompression after a failed back surgery.

### **Who is the ideal Laser Enhanced Decompression patient?**

Anyone who does not want drugs, surgery, injections or have tried these procedures with a little or no success and are suffering with the following conditions:

- Herniated Disc
- Degenerated Disc
- Disc Bulge
- Sciatica- leg & hip pain
- Low Back – pain & numbness
- Arm – pain & numbness
- Shoulder – pain & numbness
- Hip pain
- Neuropathy
- Stenosis

### **Is Laser Enhanced Decompression covered by my insurance?**

After you are deemed a candidate for laser enhanced decompression, a pre-authorization will be sent into your insurance company to review your benefits. If there is no coverage, we offer a number of payment plans that will allow you to pay for your treatments over a period of time with no interest.

### **How can I find out more about this revolutionary new therapy?**

- Call Clugston Chiropractic Life Center P.C. At (734-261-7590)
- Email us with your questions anytime at [Clugstonchiro@gmail.com](mailto:Clugstonchiro@gmail.com)
- visit [clugstonchiropractic.com](http://clugstonchiropractic.com)

Thank you for taking the time to learn more about Laser Enhanced Spinal Decompression.

-William Clugston, D.C.