

## Common Conditions Treated With Spinal Decompression Therapy:

- ✓ Pinched Nerves
- ✓ Low Back Pain
- ✓ Degenerated Discs
- ✓ Arthritis
- ✓ Lumbar Disc  
Herniation
- ✓ Disc Bulges
- ✓ Neck Pain
- ✓ Cervical Disc  
Herniation
- ✓ Sciatica
- ✓ Numbness and  
Tingling
- ✓ Arm and Leg Pain
- ✓ Spinal Stenosis
- ✓ Chronic and  
Difficult Cases



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***DTS***

*SPINAL*

*DECOMPRESSION*

*THERAPY*

# DTS

## Spinal Decompression Therapy

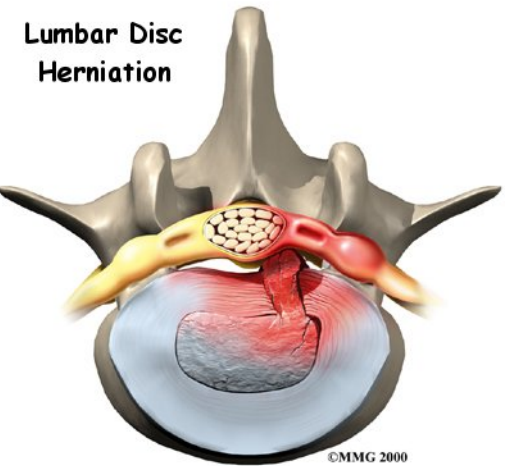


***This breakthrough technology brings new hope to those suffering from disabling spinal conditions such as disc herniations, disc degeneration, sciatica, and facet syndrome.*** Spinal Decompression Therapy is performed on a specially designed table in either a face up or face down position. Clinical consideration and your comfort are used in deciding which position will be best for you. You will remain fully dressed during the treatment. You will be comfortably positioned on the table and fitted with a wrap around belt. This restraint is what allows

the unloading of the spine and discs by the traction motor. Your position on the table, the harness and angle of distraction allows for accurate and focused treatment of the affected disc and area. Once comfortable on the DTS the computer controlled traction device is programmed to deliver a gentle stretching force to the spinal vertebra. The DTS system applies the gentle force then releases it approximately every minute throughout the session. Total treatment time is less than 18 minutes. Most patients report simple feeling a subtle and gentle stretching at their lower backs and hips. Since DTS therapy is a comfort-based procedure, patients usually report a sense of relief and relaxation during the session.

### Imbibing the Discs

The gentle stretching and relaxing of the spine fosters a phenomenon called "imbibition". This is the way the disc gets nutrition. This pumping action promotes nutrition intake into the discs, something often lost in damaged and degenerative disc conditions. In healthy discs, imbibition occurs naturally with daily motions and body positions. A disc with poor imbibition, fewer nutrients and hydration, is more likely to become injured and painful.



Stretching or tractioning the spine in a controlled and comfortable manner can help re-establish a more normal imbibition. This can re-supply the disc with nutrients and blood contact that help the disc heal from the inside out. Also the dramatic decrease of pressure in the disc (decompression) can foster the drawing in of a bulge and help take pressure off a "pinched" spinal nerve.