

Kessinger Diagnostic Centre

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Spinal Decompression Therapy (DTS) at Kessinger & Wellness Center Diagnostic Center

Spinal Decompression Therapy (DTS) is the most comprehensive program available, allowing the safe delivery of this (previously hospital based) procedure in our office. DTS treatments are one of the most gentle and comfortable therapies available. Patients often report that they fall asleep during treatment sessions. The worlds' largest manufacturer of hospital based rehabilitation equipment, with over 58 years of experience, produces the Spinal Decompression Therapy system.

A DTS treatment is a non-invasive disc therapy with more than 50,000 patients being treated annually. DTS is a comprehensive program of the newest traction techniques with targeted "core" stabilization. This therapy affects the disc as directly as possible without surgery. In the majority of cases, patients experience long-term relief of their pain when they complete the entire program of treatments, which consists of 20 office visits in close succession. In fact, clinical results of this type of therapy have been effective in over 75% of patients treated.

A gradual breakdown to the foundational support of your back is what puts undue stress on the discs and leads to pain and loss of function. The DTS system creates a controlled unloading of the vertebrae to decrease disc pressure, thus increasing blood and nutrient exchange. This exchange of fluids is something that the damaged disc desperately needs to help it heal, from the inside out.

The three phases of Spinal Decompression Therapy are; Treatment, Stabilization and Support. We typically treat three times a week for one month, transitioning from passive to active treatments as you respond. Most patients are released from treatment after eight weeks. The best advantage is that you are able to continue working during the entire treatment program, so there is no loss of income.



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Frequently Asked Questions:

What is Spinal Decompression Therapy?

Spinal decompression therapy is a non-surgical traction based treatment outcome for herniated or bulging discs in the neck and lower back.

Anyone who has back, neck, arm or leg pain may be helped by spinal decompression therapy.

How many spinal decompression sessions will be needed and are they painful?

The number of sessions needed and your specific treatment plan will be determined by the doctor after your examination.

In almost all cases, the treatments are completely painless. In fact, some patients fall asleep during the spinal decompression session.

What type of decompression system is used and are the doctors certified in spinal decompression therapy?

The doctors at Kessinger Health and Wellness Center carefully investigated several decompression table options. After a significant amount of research, they selected the ISO 9001 decompression system. This system is FDA registered and FDA cleared.

What Makes Spinal Decompression Therapy so Effective?

Doctor skill combined with the table and computerized traction head are the keys.

Proper assessment, correct positioning and the use of preprogrammed patterns of distraction and relaxation may reduce disc pressure allowing necessary nutrients to enliven and accelerate disc healing.

Who can benefit from Spinal Decompression Therapy?

Anyone who has back pain or neck pain caused in whole or in part by a damaged disc may be helped by spinal decompression therapy. These conditions include herniated, protruding or bulging discs, spinal stenosis, and sciatica or even failed surgery.

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Are there medical studies that document the effectiveness of Spinal Decompression Therapy?

Yes! One study documented by MRI up to 90% reduction of disc herniations in 10 of 14 cases and other studies reported that the majority of herniated disc patients achieved "good" to "excellent" results after spinal decompression therapy.

Are there conditions where Spinal Decompression Therapy is not indicated?

Spinal decompression therapy is not recommended for pregnant women, patients who have severe osteoporosis, severe obesity or severe nerve damage.

Spinal surgery with instrumentation (screws, metal plates or "cages") is also contraindicated. However, spinal decompression therapy after bone fusion or non-fusion surgery can be performed.

Do most patients receive therapy and rehabilitative exercises in addition to Spinal Decompression Therapy?

To reduce inflammation and assist the healing process, supporting structures are treated with passive therapies (ice/heat/muscle stimulation), chiropractic adjustments (as indicated) and/or active rehabilitation in order to strengthen the spinal musculature.

How do I get started?

We want to make it easy for you to learn if you are a candidate for spinal decompression therapy. Just call our office at **573-341-8292** to arrange a consultation with one of our doctors.

Please remember to bring any MRI reports so the doctor can review them and best advise you about your treatment options.

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