



Spinal Decompression Therapy* is a **painless, non-surgical therapy** aimed at relieving back pain and other problems associated with spinal disc injuries.

Using the most advanced US technology, it involves slowly and gently lengthening and pumping the vertebral disc of the spine through repetitive movements by a highly specialized decompression table. The oscillatory motions can be customized to target troubled spots and creates a negative pressure change within the vertebral disc.

Damaged intervertebral discs seldom heal as the discs are constantly under pressure. Decompression allows the disc bulges and nutrients to be drawn back into the center of the disc. This not only helps to **relieve the compression at the nerve root**, it also **speeds up your body's natural healing process**.

