



Back Column

Pinnacle Physical Medicine & Rehab
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April 2005

What is Spinal Decompression?

The Low Back

After undergoing a thorough examination which leads the doctor to a diagnosis of the back condition to be treated, the patient lies on a table that is built to traction the spine and also to produce motions that are normal for the spine. To attain these motions, the table goes "up and down" (flexion and extension), goes "side to side" (lateral flexion), or moves in a circular motion (circumduction). All movements are slow. The doctor will hold a spinous process (the back part of the vertebra that feels like a "bump" on your spine) to isolate a single segment for treatment. The distraction manipulation is applied manually by the doctor to the patient's low back at the levels of the spine to be treated or that are painful. **Tolerance testing** is performed prior to the application of Spinal Decompression to be sure it causes no pain to the patient. This technique is designed to help patients with low back pain and leg pain.

The Neck

The patient will lie face down on the table whose headpiece moves in motions that are normal for the cervical spine (Flexion, Extension, Rotation, Lateral flexion, and Circumduction). This headpiece allows traction to be applied to the neck or midback alone or while these

motions are being administered. The doctor will hold the appropriate spinous process (back of the vertebra) of the neck to isolate the level of pain or the level of vertebra to be adjusted.

Lowback research with Spinal Decompression

The procedure is based on decreasing the pressure within the disc. This helps in the reduction of the disc bulge or protrusion. Research done by Gudavalli MR, Cox JM, Baker JA, Cramer GD, (all from NCC) Patwarden AG (Loyola University Chicago): Intervertebral disc pressure changes during the Spinal Decompression procedure for low back pain. *International Society for the Study of the Lumbar Spine Meeting Proceedings*, June 6-8, 1997, Singapore, pgs. 88-89. They showed that the disc pressure at L4-5 applications of the Spinal Decompression technique with the downward motion decreased the disc pressure. **Spinal Decompression procedure significantly decreased the disc pressure in both the unpressurized and pressurized discs.** In the unpressurized discs, the pressure went into the negative range at the distracted position corresponding to the extreme downward motion of the table.

The decrease in intradiscal pressure varied from 39-192mm Hg among the four discs tested in unpressurized mode, and the decrease was

statistically significant. Injection of water in the disc raised the initial disc pressure to a mean value of 456 mm Hg in the prone (on stomach) position. The decrease in pressure ranged from 117-720 mm Hg during the procedure and the decrease was also statistically significant.

Conditions Treated:

Disc Related

For patients with a "slipped/bulging/ruptured/herniated" disc (**without** cauda equina syndrome), Spinal Decompression provides the following benefits:

1. Increases the intervertebral disc height to remove anular tension on the anular fibers and nerve by making more room and improving circulation;
2. Allows the nucleus pulposus -- the center of the disc -- to assume its central position within the anular fibers and relieves irritation of the spinal nerve;

3. Restores vertebral joints to their physiological relationships of motion;

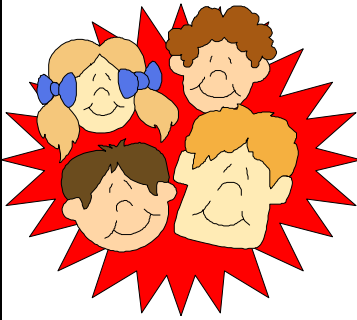
4. Improves posture and locomotion while relieving pain, improving body functions, and creating a state of well-being.

Non-Disc Related

For patients with other conditions causing back pain (facet syndrome, spondylolisthesis, sprain/strain, scoliosis, transitional vertebra, sacroiliac subluxation, stenosis), Spinal Decompression provides all of the above benefits plus the ability to place the spinal joints into normal, painless movements so as to restore spinal motion without pain.

Spinal Decompression is a gentle, non-force adjusting procedure which works with the body's natural design to aid it in healing properly. We now employ this technique at our office. Call today for an appointment.

Reference: Coxtechnic.com



Welcome New Patients!

Here are the new patients that became members of our practice recently! We'd like to welcome you publicly and wish you all the best!

Darlene Sammons

Tim Gentry (referred by Dr. Klinner...thanks!)

Randy Ennis (referred by Dr. Orquia...thanks!)

Brenda Day

Joy Faller (referred by Mary Anne Foster...thanks!)

Madonna Ellis (referred by Dr. Chandler..thanks!)

Mark Russell (referred by Dr. Duff...thanks!)

Josh Abdella

Jim Faller (referred by Joy Faller...thanks!)

Inez Hall (referred by Lucy Smith...thanks!)

Thanks to all of our friends who referred patients to us. We want to say "thank you" in a special way. For each person you refer that becomes a patient, we give a "referral reward". Ask Diane how you can receive an extra bonus for sharing the good news about chiropractic.

The Right Multivitamins for You—at Optimum Health Clinic!

The cornerstone to any health maintenance program, Ultra Preventive III is a comprehensive, highly concentrated vitamin-mineral-trace element supplement containing more than 30 essential nutritional ingredients. Ultra Preventive III is more than just another multivitamin. It is a potent antioxidant formula with beta-carotene and natural vitamin E; a high-potency B-complex supplement; a significant source of bioavailable calcium and magnesium; and a full-spectrum trace element supplement.. It is ranked 14th out of 500 in the "Comparative Guide to Nutritional Supplements."

Ultra Preventive® X is a concentrated multivitamin supplement in a special green food base that now includes the recommended daily amounts of lutein and lycopene as well as zeaxanthin and natural beta-carotene in a blend of selected extracts of 25 fruits, vegetables and herbs. This high potency multiple vitamin and mineral product is formulated to support a complete range of health conditions. Ultra Preventive X is rated the #1 multi-vitamin in the professional healthcare market by the independent "Comparative Guide to Nutritional Supplements."

While most people know why certain vitamins and minerals such as vitamin E, B-complex, beta-carotene, calcium and magnesium are good for them, but many may never have even heard of lutein, lycopene, and zeaxanthin. **Lutein** is an antioxidant that appears to quench or reduce harmful free radicals in various parts of the body. Free radicals can play a role in a variety of chronic diseases. **Lutein** has also been linked to promoting healthy skin as well. Ongoing preliminary research suggests that **lycopene** is associated with reduced risk of macular degenerative disease, serum lipid oxidation and cancers of the lung, bladder, cervix and skin. A recent Harvard study confirmed the importance of taking **zeaxanthin**, in conjunction with **lutein**, which plays an essential role in protecting the retina of the eye from the damaging effects of light and reducing the risk of macular degeneration. Call Dr. Showalter's office today to find out if Ultra Preventive III or X is right for you and Get on the Right Path to Optimum Health!





Lauren's Recipe Corner

Tropical Mango Mousse

2 mangos-peeled, seeded, and cubed
1 banana

2/3 c. nonfat plain yogurt
2 tsp. honey

6 ice cubes
1 tsp. vanilla extract



Directions

1. In a blender combine mangoes, bananas, yogurt, honey, ice cubes, and vanilla extract until smooth.
2. Refrigerate for 3 hours.
3. Pour into individual dishes and enjoy!

Question of the Month: the correct answer will win a FREE T-shirt. (once per patient, please). The answer to last month's question was: C. Vertebral Subluxation. There was no winner this month. Our **Patient of the Month** for March is **Brenda Day**.

True or False:
Spinal Decompression is a gentle, non-force adjusting procedure which works with the body's natural design to aid it in healing properly.

The first patient to call with

Congratulations! Brenda will receive a free 30 minute massage. A random number is picked each month so everyone has a chance to win!! The winners for the **March Madness** drawing were Carolyn Koontz, Jeff Abbott, Chris Copher, Lila Kiswani and Frances Fox.

Quotable Quotes

The highest appreciation is not to utter words, but to live by them.

John F. Kennedy

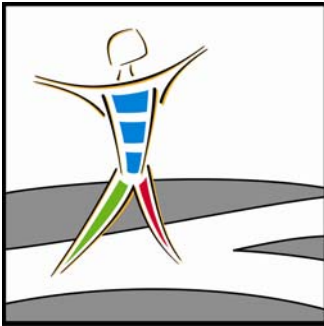
Luck is a matter of preparation meeting opportunity. **Oprah**

Kind words are the music of the world.
F. W. Faber

DID YOU KNOW....?

Our Office Manager Diane Zemsta and Assistant Lauren Pieniaszek are both licensed Chiropractic Therapy Assistants. They had to have 50 hrs. of schooling via videos and work books, pass a test given by the TCA (Tennessee Chiropractic Association) and accrue 1200 hours of on-the-job training. Each year, they must also accrue 6 hours of continuing education to renew their licenses. This year the class was held in Knoxville and covered techniques to improve patient outcome and was presented by Dr. Todd Abernathy. Chiropractic Therapy Assistants from all over the state of Tennessee met together to discuss patient case histories in an effort to improve future chiropractic care for their patients.





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We're on the web!

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Contact us today to subscribe to our free monthly
newsletter!

*The articles in this newsletter are not meant to be or replace medical advice; they were written for information purposes only. Before doing anything seek the advice of your Medical Doctor or talk with Dr. Showalter.

Mark your calendars...

Patient Appreciation Day is May 18th

On Wednesday, May 18th, all of our existing patients will receive a **FREE** adjustment in honor of our 5th year anniversary.

If you know a family member, friend or co-worker who would like to try chiropractic care, new patients will be seen on Thursday May 19th or Friday May 20th for **FREE.***

*Consultation with Dr. Showalter and exam

It's only a couple of weeks away, so call for your time now!!

(Worker's comp and P.I. cases excluded)

