

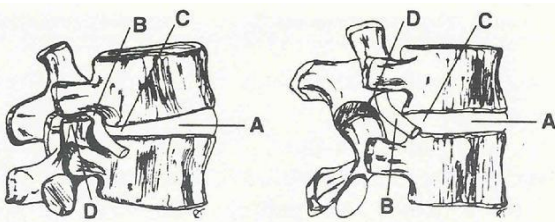
# Spinal Traction

The **goal of chiropractic care** is the **detection, treatment, and prevention of musculoskeletal pain**. Find out if Spinal Traction is the answer you've been looking for. You've got nothing to lose...only your pain!

## *What is Spinal Traction?*

Spinal traction is an FDA-registered method of relieving pain and disability by repairing damaged spinal discs and reversing nerve degradation. Following examination by the doctor, a computer-controlled device gently distracts (pulls very slightly apart) your spinal discs. The decompression of the discs lets oxygen and blood flow into the affected areas to speed up healing and relieve pain, allowing the specific discs that are causing your pain to be targeted for correction.

To date, this modality has been over 86% successful in dealing with chronic, debilitating back pain. If you experience back and/or leg pain on a regular basis, you can find relief through Spinal Traction!



## Goals of Treatment

~ Increases the intervertebral disc height (C) by removing tension on its fibrocartilage. This action increases foramen diameter and subsequently improves circulation and decreases tension on the exiting spinal nerve (B).

~ Allows the center of the disc (nucleus pulposus) (A) to assume its central position within the annular fibers and relieves irritation of the spinal nerve.

~ Restore vertebral joints (D) to their physiological relationships of motion.

~ Improve posture & locomotion while relieving pain, improving body functions, and creating a state of well being.

## Causes of Back Pain

- ÉSports injuries
- ÉAge
- ÉRepetitive stress
- ÉSpinal nerve condition
- ÉStrain
- ÉEveryday activities and events
- ÉCar accidents
- ÉDiet
- ÉPoor Posture
- ÉSprain
- ÉArthritis

## Symptoms Associated with Back Pain

- ÉRadiating pain in back and neck
- ÉNumbness, tingling or weakness in the legs or feet
- ÉPain over the buttocks, down the back of thigh and into the calf
- ÉPain in one or both legs

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