

Effective Home Remedies that Doctors Give Their Patients



Hi, I'm Dr. Kukurin and I've been treating serious back conditions for two decades. In that time, I've studied back pain treatment at Harvard Medical School, the Mayo Clinic, in Russia and in Mexico. We have helped hundreds of patients avoid neck and lower back surgery and one of our cases was recently published in a journal indexed in the National Library of Medicine. In this issue of our newsletter we will discuss spinal decompression therapy. This therapy is the most exciting new development for avoiding back surgery in years. One word to the wise, in my opinion, it is better to have surgery than to have spinal decompression from anyone other than an expert in the technique.

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Major improvements in an age-old therapy offer hope to patients who want to avoid back surgery.

Modern spinal decompression therapy is an advancement of traditional traction procedures. In traditional therapy, traction causes the muscles supporting the spine to reflexively contract. This strong reflex muscle contraction resists decompression of the nerve root. In essence, the doctor is applying traction and the body is pulling in the opposite direction. These opposite actions create a tug-of-war on the nerve root. It is a very inefficient way for trying to relieve pressure on a spinal nerve. Modern spinal decompression therapy, is designed to apply separation and decompression of the nerve root at the precise location of the pressure. This minimizes the reflex muscle contraction that so often confounds traditional traction therapy. Controlled studies of spinal decompression are very encouraging. 1-5 Various forms of spinal decompression have been shown to reverse nerve dysfunction as documented by sensitive neurological tests called somatosensory evoked potentials 2 , reduce the size (cont pg2)

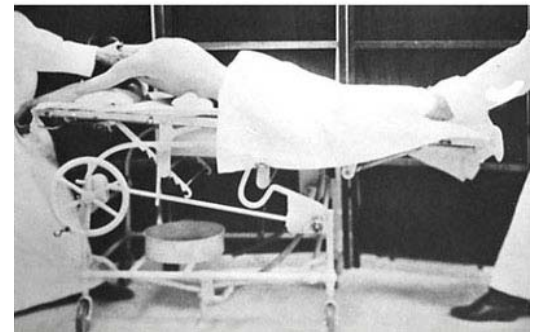
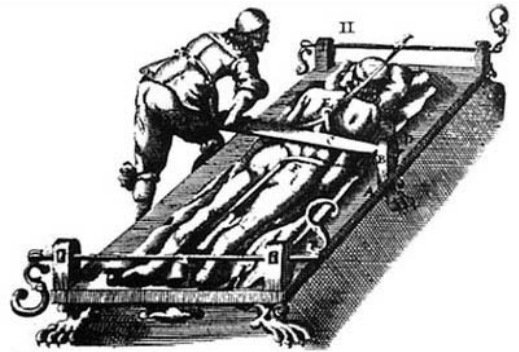


Figure 1: Traction has been applied to back pain since medieval times. These crude traction techniques were (not surprisingly) proven largely ineffective. Modern application of spinal distraction however appears to be a very promising technique to take pressure of the spinal nerves and help patients avoid surgery. Studies show that spinal decompression, rather than simple traction, can provide long term relief from sciatica, spinal stenosis , pinched nerves and herniated discs. Before you consider surgery call us for a free consultation.

This issue: *Alternative Medicine Info* to help people suffering from lower back pain, slipped discs and sciatica.



Figure 2: Traction has been a form of treatment for lower back pain for centuries.

An exhaustive review of published studies found that traction, as it was traditionally applied, was not very effective for the relief of chronic lower back pain with or without sciatica. 8. Many researchers believe that traditional traction, particularly when applied to a patient who is laying supine (face up), is ineffective at decompressing the nerves in cases of stenosis, herniated disc and sciatica.

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Non-surgical decompression is often possible



(from page 1) of spinal disc herniations. Improved walking distance and reduced lower back pain have also been reported in stenosis patients.

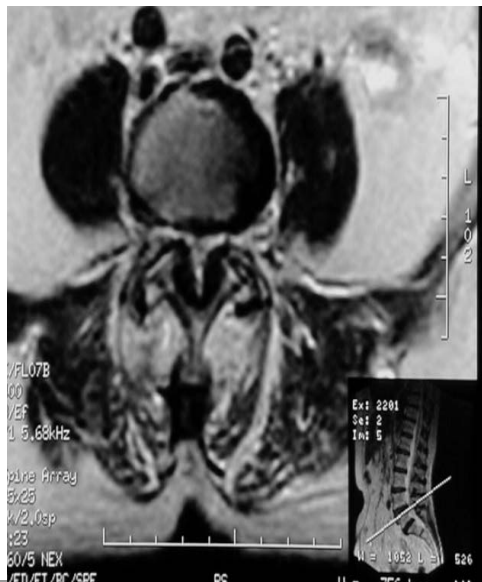
Figure 3. The MRI images to the left are from one of our patients who had spinal cord compression in her neck. We sent her for a very sophisticated up-right dynamic MRI study. The image to the far left shows some encroachment into her spinal cord with her head in a neutral position. (Looking straight forward.) This neutral position is the usual position for standard MRI studies. The image to the near right shows the same patients monuments later with her spine flexed forward (looking down). Only specialized MRI scanners are capable of this kind of study. Notice how the compression of the nerves is much worse when the spine is flexed. Successful spinal decompression depends on having a doctor trained in the procedure and requires the use of state of the art equipment. Before you consider surgery or spinal decompression therapy, research the qualifications of your doctor.



Figure 5, The Vertrac and Orthotrac ambulatory spinal decompression belts shown above offer yet another tool to decompress the spinal nerves of the lower back. Consider decompression therapy before surgery.

Figure 4 The image to the right shows one of our patients with severe spinal stenosis in the lower back. She had terrible leg pain and could not walk more than 10 to 15 feet before she had to sit down. After treatment, she has been able to function normally with a 75-80% reduction in back and leg pain.

Call us to discuss axial decompression therapy.



References

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