

# Flexion Decompression: Disc Repair

With Flexion Decompression, it's actually possible to correct disc bulges and herniations without surgery. It's even possible to halt disc deterioration. The first thing to understand is that 'Flexion Decompression Therapy' is totally safe and is about 92% effective.

Flexion Decompression Therapy begins with the patient being carefully aligned on the Flexion Decompression table. The patient holds the hand grips at the head of the table, the ankles are strapped at the foot of the table. The Doctor applies pressure above the compressed discs while the foot of the table is tractioned and lowered to a comfortable position. The patient feels a strong but painless decompression on the lumbar spine.

The Doctor's gentle upward pressure with one hand on the upper lumbar spine combined with the Traction and Flexion creates the 'decompression' and dramatically reduces the intradiscal pressure. This creates a negative intra-discal pressure which allows the disc to heal, re-heighten, rehydrate and realign.

This treatment results in significant yet painless decompression of the lumbar discs/spine.



## CONDITIONS TREATED

**Disc-related:** For patients with "slipped/ bulging/ ruptured/ herniated" discs Flexion Decompression provides the following benefits:

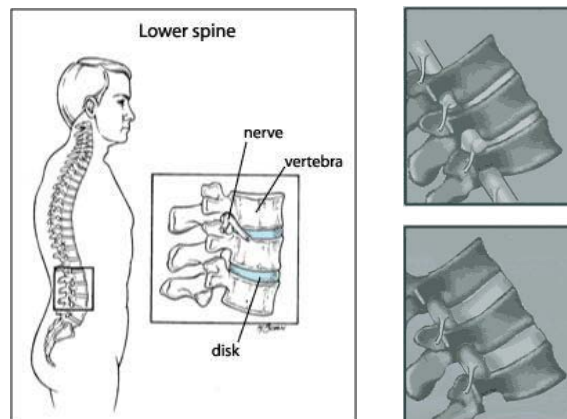
1. Increases the intervertebral disc height to remove annular tension on the annular fibers and nerve by making more room and improving circulation;
2. Allows the nucleus pulposus — the center of the disc — to assume its central position within the annular fibers and relieves irritation of the spinal 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), "F&D" Manipulation 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.

*(right) doctor performing flexion technique*

*(below) spinal detail*

*(right) disc space compressed & decompressed*



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*(below) disc space before/after decompression*

