

Breakthroughs in Treating Your Back Pain



By

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New Non-Invasive Treatment Programs for Disc Problems

New treatment combinations dramatically reverses symptoms, improves function and gets you back to work...

Managing acute severe or chronic back pain in



private practice can be one of the most frustrating clinical experiences for Primary Care Physicians and Neurologists, Orthopedists and Neurosurgeons alike.

Until now, too many medical treatments have focused only on symptom control. Physical Therapy alone often provides little to any lasting benefit. As you know, drug costs as well as medication side effects have left us all wishing there was more we could do for our patients.

Well, now there is! Using a combined program of care which includes nutrition and weight loss, exercise and clinically tested **spinal decompression therapies, herniated and degenerated disc** patients can achieve not only lasting relief, but long term self management tools and strategies. You can even be transitioned to home care after a successful clinical trial.

Whats different about our treatment programs?

Simply, multi-modal treatment plans including **Spinal Decompression and Long-Axis Traction** with an eye towards long term management, stability and better lifestyle and self care.

Multidisciplinary rehabilitation programs have been successfully advocated for chronic low back pain.⁽¹⁾ Today's patients are largely better educated, and understand the need for



compliance and healthier lifestyles. You are also fully aware of the limitations of medications alone.

Some Studies have also shown that chiropractic manual therapy, decompression and long axis mechanical traction can provide significant, non-invasive relief for those patients with disc degeneration and herniations, including resolution of **herniations**.⁽²⁾

What about large herniated discs?



In the absence of acute spinal cord signs, you may benefit from a wide variety of supportive modalities, which may help not only with recovery, but to actually reduce the size of the disc herniations on follow up MRIs.⁽³⁾

The purpose of mechanical spinal long axis traction and spinal decompression machines is to facilitate spinal mobility, as well as reducing nerve root irritation, thus preventing the need for more invasive procedures. We carefully monitor all patients with regular orthopedic and neurological testing, and insist that they also are to continue appropriate medical treatment as well. In this way,

your healthcare team is greatly enhanced, and results thus increases dramatically.

What about Exercise? Exercises are introduced at the earliest appropriate point in their care program. Individual, rather than blanket programs are instituted. You are encouraged to purchase our materials (books/videos/exercise tools) for home usage, and to track and report back on your progress.

This is a key component of long term successful outcomes.

Many patients need Monitored Nutrition Therapy, fitness protocols and weight loss programs...but never get it. In our office, this service is provided as well. We can even place you on a monitored weight loss program, and provide educational literature and support materials. Weight loss products are only supplied by professional sources, with patient auto shipping to foster compliance, and better clinical outcomes.

References:

1. **The outcome of a functional restoration programme for chronic low back pain** [Sivan M, Sell B, Sell P](#) Department of Orthopaedic Surgery, University Hospitals of Leicester NHS Trust, Leicester, UK, drmanojisivan@yahoo.com



2. **Magnetic resonance imaging and clinical follow-up: study of 27 patients receiving chiropractic care for cervical and lumbar disc herniations.** J Manipulative Physiol Ther. 1996 Nov-Dec;19(9):597-606. Review. PMID: 8976479 [PubMed - indexed for MEDLINE] [BenEliyahu DJ](#).

3. **Comparison of 3 physical therapy modalities for acute pain in lumbar disc herniation measured by clinical evaluation and magnetic resonance imaging.** [Unlu Z, Tasci S, Tarhan S, Pabuscu Y, Islak S](#). Department of Physical Medicine and Rehabilitation, Medical Faculty, Celal Bayar University, Manisa, Turkey. zelihaunlu@yahoo.com.

4. **To find out more about our Non-Invasive Disc Disease Management:** Call our office at 781-659-7989 and have Amanda Schedule a Spinal Decompression Protocol Evaluation for you. I of course would be more than happy to personally consult with you on this exciting new program for a particularly challenging problem.
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