

Family Chiropractic

*Courtesy of Harbourfront Family Chiropractic
by Dr. Warren Gage*



Spinal decompression versus standard traction or an inversion table

A very common source of spinal pain and disability comes from disc thinning (osteoarthritis), disc bulges and herniations, and a commonly recommended therapy is traction. While many who have tried standard traction or an inversion table may think they are achieving the same results as spinal decompression, the research shows otherwise. There are a number of unique benefits achieved with spinal decompression, not seen with other types of traction.

Decompression is different from inversion in that a person is laying flat on the table reducing the effects of gravity. Specific protocols are programmed in the computer depending on the person's condition and symptoms. Decompression slowly increases tension to the desired pull, and then gently pumps the discs by going through a hold/release pattern. This pumping motion of the discs creates "Imbibition," which is the scientific name of the process of suctioning lost fluids back into the discs. This pumping motion also reduces disc bulges and herniations, relieving pressure off of pinched nerves, reduces inflammation and gently releases muscle guarding. Traction and inversion both apply a constant strong pull, which differs significantly from a spinal decompression table. Research has also revealed the pressure inside of the disc actually increases instead of decreases when patients undergo inversion.

While decompression is very effective for disc herniations and disc bulges, it also helps many people with osteoarthritis, whiplash, and chronic neck and back pain.

** Results may vary from patient to patient.*