

## What is Spinal Decompression Therapy?

Spinal decompression table therapy, also known as spinal decompression therapy or nonsurgical spinal decompression, is a treatment method designed to relieve pain and promote healing in the spine. It involves the use of a specialized table to gently stretch your spine, which creates space between your spinal discs. This relieves pressure on nerves and helps heal injured discs by allowing nutrients and fluids to flow in.



## OTHER SERVICES OFFERED AT PWC

Red Light Therapy

Shockwave Therapy

Massage Therapy

Normatec Compression Therapy

Bemer Mat-PEMF Therapy

Kinotek Session

EMS

## Spinal Decompression

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## Can decompression therapy be combined with other forms of treatment?

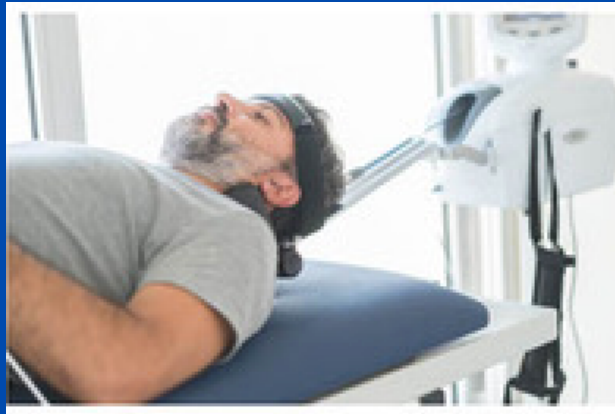


Absolutely! The decompression table is often used with other forms of treatment including chiropractic adjustments, massages, short tissue mobilization, rehabilitative exercises, electro-muscle stimulation therapy, shockwave therapy, red light therapy, & MORE!

## Effects & Benefits

The effects of spinal decompression therapy vary depending on the individual and the condition being treated. However, some common effects and benefits may include:

- Pain relief
- Improved mobility
- Reduction of nerve compression
- Enhanced healing
- Avoidance of surgery



## What can Spinal Decompression Therapy Help With?

Herniated discs  
Bulging discs  
Degenerative disc disease  
Sciatica  
Spinal Stenosis  
Chronic low back pain  
Old injuries  
Pinched nerves  
And MUCH MORE!

