

## **Questions about DTS Spinal Decompression Therapy**

### **Will DTS Therapy treatments hurt? Is it safe?**

DTS Therapy treatments are one of the most gentle and comfortable therapies available. The treatments utilize equipment with proven safety and efficacy. Most patients report a mild sense of stretch on their back or hips, and often fall asleep during treatment sessions. The DTS System is produced by the world's largest manufacturer of hospital based rehabilitation equipment, with over 58 years of experience.

### **Is DTS Therapy new?**

Although traction therapy has been around for thousands of years, Decompressive Traction is relatively new. Advances in equipment and procedures have dramatically improved effectiveness. DTS Therapy is the most comprehensive program available, allowing the safe delivery of this previously hospital based therapy in our office. Continual improvements in the delivery system and regular updates in protocol keep the DTS in the forefront of non-invasive disc therapy. Each year over 50,000 patients are treated with DTS Therapy and that number is growing.

### **Why is DTS Therapy more successful than other treatment options?**

DTS Therapy is a comprehensive program of the newest traction techniques and targeted "core" stabilization exercises with Biofeedback. In addition, we use other adjunctive treatments that have proven effectiveness in back care. It is this multi-faceted approach that makes the overall treatment so effective. Additionally, discs have been shown to be a predominate site of pain, so treating it as directly as possible makes sense. The blending of focused traction to the site, rehabilitation to the supporting structures, and overall strengthening of global musculature makes the treatment unique. DTS Therapy affects the disc as directly as possible without surgery.

### **Why the need for exercises and other therapies?**

Along with the damage in the disc we also need to treat the supporting spinal muscles. A complete program targeting the function of the stabilization muscles is a vital part of DTS Therapy. Heat, muscle stimulation, Ultrasound, and cold laser therapy can offer an additional benefit for inflammation and spasm reduction. Our hope is not only to help heal the disc but enhance muscle control and support of the low back. A gradual breakdown of the foundational support of your back is what puts undue stresses on the discs and leads to pain and loss of function. Exercise and adjunctive therapies will assist in rehabilitating these structures.

## **Will my pain go away for good?**

Although it is difficult to predict the future, our experience is that most patients do find long-term relief or effective management of their pain when they complete the entire program of treatments. Regular home exercise and periodic visits to our clinic will help in maintaining your spinal health and reduce the probability of reoccurrence. As with any comprehensive rehabilitation program your continued home care exercises and discretion in some daily activities is key to long-term relief.

## **How much will it cost?**

Our office visits vary as to the extent of care needed, (DTS Therapy, adjustments, cold laser therapy, muscle stimulation, ultrasound, massage, auriculotherapy, etc.). However, we promise to only do those procedures necessary for your fullest recovery. You always have the choice as to the extent of care. Our staff will review all costs, payment options and insurance coverage up front. We want to help, and believe finances shouldn't stand in the way of you and good health.

## **Can DTS Therapy help my pain?**

Though each patient is different and no doctor can guarantee success, the clinical results of this type of therapy have been effective in over 75% of patients treated. Common problems too many back conditions are damaged discs and poor spinal muscle control. Our treatment program addresses both of these core problems. The DTS System creates a controlled unloading of the vertebra to decrease disc pressure thus increasing blood and nutrient exchange. This exchange of fluids is something the damaged disc desperately needs to help it heal from the inside out. Muscle strength, control and endurance can all be improved with other facets of DTS Therapy that include specific controlled exercises.

## **How long will my treatment program be?**

It depends on the complexity and extent of the rehabilitation needed; however, we typically treat 3 times a week for 1 month, transitioning from passive to active treatments as you respond. The treatment is administered over a reasonable time frame and your response is continually evaluated. Further treatments may be necessary or a reduced frequency may be recommended at that time. The rehabilitative phase may include additional DTS Therapy treatments, with spinal adjustments to enhance the results. Most patients are release from treatments after 8 weeks.

## **What conditions are not appropriate (contra-indicated) for decompression therapy?**

The DTS Therapy System is an inherently safe procedure that can be used, without complications, for a wide variety of anatomical dysfunctions of the low back, which are commonly associated with back pain. However, patients with the following conditions should NOT be treated with decompression therapy:

- Severe Osteoporosis
- Vertebral Fractures
- Spondylolisthesis (Grade 2 or higher)
- Spondylolysis
- Unstable Post Surgical Conditions
- Any kind of surgical hardware

Other factors that could exclude the use of Decompression Therapy are pathological lesions or congenital deformities of the vertebral column that disrupt the integrity of the vertebral and ligamentous structures, such as fractures, tumor, severe osteoporosis, or spina bifida; and progressive disease or inflammatory processes of the spinal joints or muscles.