

Health Update: Non-surgical pain relief
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How damaged discs heal

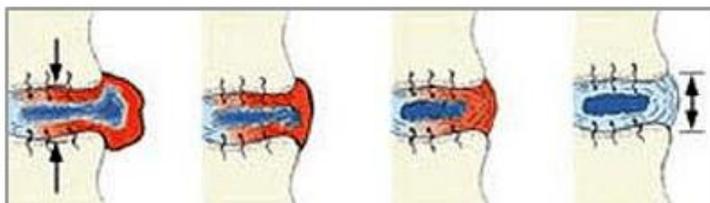
We specialize in non-surgical solutions for lower back, hip or leg pain. In most all cases we have a solution that can relieve the pain and prevent progression of the condition. We can usually help as long as the degeneration or wearing process has not advanced to the point where the disc is gone and you are left with bone-on-bone. Our SpineTRES[®] spinal decompression program has saved thousands from the risks and complications of surgery.

Progressive stages of disc damage: The disc goes through a drying out process called disc degeneration that usually takes place over several years. The disc becomes brittle, while cracks and tears appear

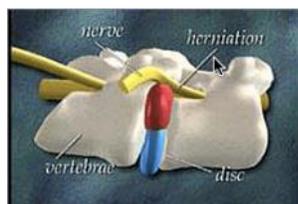


through the outer ring – the annulus. Next the nucleus pushes through the annulus causing the disc to bulge. The annulus then tears completely through and a herniation is produced.

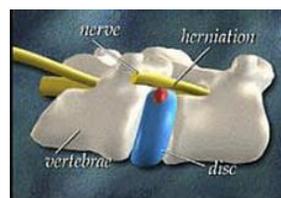
Reversing the damage with the SpineTRES decompression program: The pressure inside the disc drops from a positive 25 Millimeters mercury to a negative 150 millimeters mercury producing a vacuum effect. This negative pressure draws water, oxygen and nutrients into the disc so rehydrates the degenerated disc. Repeated



pressure differential draws the center herniated nucleus – a jelly-like substance – back into place.



The red protrusion is the herniated nucleus of the disc, pressing on the nerve that can send abnormal sensations such as pain or numbness down the leg.



You can see the red protrusion representing the herniated disc is retracting due to the vacuum effect produced by the decompression.

This patient had five-year history of on-and-off pain until a fall produced a sharp shooting pain down her right leg. The MRI demonstrated a significant disc herniation. The radiologist who was unfamiliar with the SPineTRES decompression program, stated he thought her only option was disc surgery. After six weeks of SpineTRES treatment she was pain free. A follow-up MRI was taken a few months later and demonstrated the disc was healed.

