

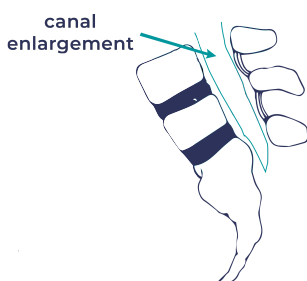
Flexion and Distraction

This non-surgical approach is used to relieve pain and discomfort associated with spinal conditions.

How does Flexion and Distraction work?

Flexion and Distraction involves the use of a specialized table that gently separates the vertebrae of the spine through a combination of flexion and distraction techniques. This process creates a vacuum-like effect within the disc, which can help to reduce pressure on the disc and alleviate pain. Additionally, the therapy may help to improve circulation, reduce muscle spasm, and increase the range of motion of the spine. The flexion distraction motion also maintains healthy discs through imbibition. Imbibition is the exchange of spinal fluid within the discs. The motion allows nutrients into the spinal disc and keeps them well articulated.

Flexion Distraction Therapy is well researched, and has been proven effective. Chiropractors have been using this method for many years to manage the symptoms of sciatica and disc herniation and have saved many patients from ongoing pain management, discomfort, temporary disability and spinal surgery.



It is important to note that this therapy should only be performed by a trained and licensed chiropractor. It is also essential to have a proper diagnosis and assessment to determine if flexion and distraction therapy is the appropriate treatment option for your specific condition.



Clinically Proven Benefits

- Relieves disc herniation pain
- Creates negative pressure within disc space
- Accelerates healing of damaged discs
- Liberates entrapped nerves
- Accelerates return to pain-free movement



Symptoms Addressed

- Disc pain
- Herniated discs
- Chronic low back pain
- Sciatica
- Muscle strains
- Low back stiffness