

INDIVIDUALS SUFFERING WITH CHRONIC PAIN
RESULTING FROM BULGING, DEGENERATING,
OR HERNIATED DISCS CAN FIND RELIEF
THROUGH TREATMENT UTILIZING A SPINAL
DECOMPRESSION TABLE.

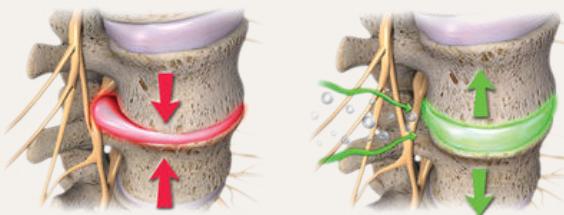


SPINAL DECOMPRESSION



WHAT IS SPINAL DECOMPRESSION?

Spinal decompression is a revolutionary treatment aimed at relieving pain and restoring function in the spine. It involves gentle stretching of the spine using traction therapy, which creates negative pressure within the discs, promoting the retraction of herniated or bulging discs and the influx of vital nutrients for healing.



At Health First Chiropractic and Wellness, we seamlessly integrate spinal decompression therapy with chiropractic care to provide comprehensive and effective treatment for a variety of spinal conditions.

Our state-of-the-art Hill DT Decompression Table is specifically designed to deliver precise and controlled traction therapy, allowing for customizable treatment protocols tailored to each patient's unique needs. With its advanced features and ergonomic design, the Hill DT Decompression Table ensures optimal patient comfort and safety throughout the treatment process.

Achieve lasting relief and improved spinal health!



Benefits of SPINAL DECOMPRESSION

1 Pain Relief

Spinal decompression is highly effective in reducing or eliminating chronic back and neck pain, particularly in conditions such as herniated discs, degenerative disc disease, or spinal stenosis. By decompressing the spine, pressure on nerves and other structures is reduced, which helps alleviate pain.

2 Reduced Nerve Compression

Spinal decompression can relieve nerve compression caused by conditions like herniated discs and spinal stenosis, reducing symptoms such as pain, numbness, and tingling in the extremities.

3 Surgery Alternatives

Spinal decompression therapy may be an alternative to surgery in some cases, providing relief for certain spinal conditions without the need for invasive procedures, reducing the risks associated with surgery and the associated recovery time.

4 Improved Disc Health

By reducing pressure on spinal discs, decompression therapy promotes better disc health, which may slow down the progression of degenerative disc disease and potentially help the disc heal.

5 Non-Invasive and Low Risk

Non-surgical spinal decompression is a low-risk treatment option compared to surgical interventions, involving fewer complications and a shorter recovery period.

IS SPINAL DECOMPRESSION RIGHT FOR ME?

How do you know if you're a suitable candidate for this revolutionary treatment? Here are some key indicators that suggest spinal decompression could be right for you:

1. Chronic Back Pain

If you've been experiencing persistent back pain, especially in the lower back region, spinal decompression may offer significant relief. This therapy targets the root cause of your pain, helping to alleviate discomfort and improve your quality of life.

2. Herniated or Bulging Discs

Spinal decompression is particularly effective for individuals suffering from herniated or bulging discs. By gently stretching the spine and creating negative pressure, decompression therapy helps reposition spinal discs, reducing pressure on nerves and alleviating associated pain.

3. Degenerative Disc Disease

If you've been diagnosed with degenerative disc disease, spinal decompression can help slow down the degenerative process and relieve symptoms such as stiffness, inflammation, and radiating pain.

4. Sciatica

Sciatica, characterized by sharp, shooting pain that radiates down the leg, can be debilitating. Spinal decompression targets the underlying compression of the sciatic nerve, providing relief and restoring mobility.

5. Failed Back Surgery

If you've undergone back surgery with unsatisfactory results or continue to experience pain post-surgery, spinal decompression offers a non-surgical alternative that may address your ongoing symptoms effectively.

6. Chronic Neck Pain

Spinal decompression is not limited to the lower back; it can also benefit individuals suffering from chronic neck pain due to conditions such as cervical disc herniation or degenerative disc disease.

CONTRAINDICATIONS

While spinal decompression therapy is safe and effective for many individuals, there are certain contraindications to consider. Patients with severe osteoporosis, spinal fractures, tumors, or pregnancy may not be suitable candidates for this treatment. It's essential to consult with a qualified healthcare provider to determine if spinal decompression is appropriate for your specific condition.

5★ PATIENT TESTIMONIAL

"I've been seeing Dr. Cherine at Health First Chiropractic for two years now, and I've visited chiropractors since I was 21 due to severe back issues, including crushed vertebrae and ruptured discs."

"I had tried various treatments, including ablation and steroids, and even contemplated surgery because I was in so much pain and nothing was helping. However, after just three decompression sessions, I started feeling significantly better, and after a total of 13 sessions, my sciatica pain was gone."

"It's been six months since those initial 13 sessions, and I've had minimal issues since. My life has changed for the better, and I no longer even consider back surgery thanks to the decompression sessions."

"I highly recommend it to anyone experiencing similar problems. I have never felt better than I do right now!"



Before Treatment
(bulging disc, compression)

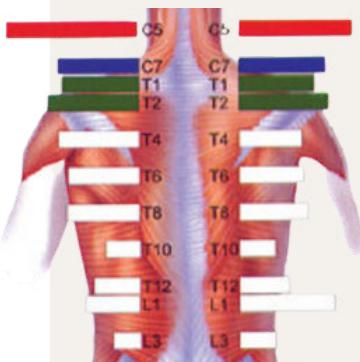
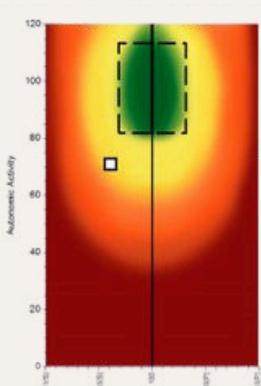


After Treatment
(decreased bulging,
restored disc space)

Your Initial EXAM

HRV Scans

This test measures your heart rate variability (HRV), a key indicator of your nervous system's ability to adapt and respond to stress. By analyzing the variation between your heartbeats, we can gain valuable insights into your body's resilience and overall well-being. Think of HRV as a window into your adaptability. A healthy HRV reflects your body's ability to respond effectively to both internal and external demands, like exercise, recovery, and even everyday challenges. This information can help us create a personalized approach to support your health and optimize your ability to thrive.

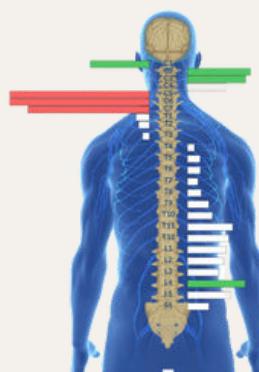


SEMG Scan

This advanced technology delves into the electrical activity of your muscles, particularly those responsible for posture, painting a picture of how clearly messages are being sent and received. Think of it as a translator, revealing areas where your muscles might be working overtime, contributing to discomfort or potentially impacting overall function. This valuable information can guide personalized approaches to optimize communication between your nervous system and muscles, potentially leading to improved posture, reduced discomfort, and enhanced well-being.

Thermal Scan

Detecting Spinal Misalignments with Temperature Testing. Temperature is an important indicator in measuring spinal misalignments and nervous system disturbances. When inflammation occurs, swelling causes an increase in temperature. This can be detected using our advanced technology.



PHASES OF DEGENERATION



Normal

In the neck (cervical spine), proper structure is just as important as proper function. Known as the "arc of life," a normal neck curve should have a 40 degree radial arc.



Phase I

The "Military Spine" or Phase 1 is approximately 300% weaker than the rest of our spine. This type of spinal decay has been happening for the last decade or so



Phase II

As the space between spinal discs continues to decrease and stiffness and discomfort become more frequent, many individuals may not recognize that they are experiencing spinal degeneration in its second phase.



Phase III

The final stage of spinal degeneration, individuals often experience a decrease in their quality of life. This is permanent damage to the vertebrae. Despite this, there may still be relief available through the proper chiropractic care

The level of decay in your spine is an indicator of how long the issue has been present, and helps determine the appropriate level of care. Additionally, spinal images can rule out any contraindications and help determine the right adjusting technique for optimal results.

Supplementation SUPPORT

Designed to support spinal decompression and promote optimal disc health, Designs for Health ArthroSoothe is a comprehensive blend of premium ingredients crafted to nourish and protect your spine.



Containing a synergistic combination of herbs, nutrients, and enzymes, ArthroSoothe works to alleviate discomfort, reduce inflammation, and promote flexibility in the spine. Its targeted formula supports the integrity of spinal discs, helping to maintain their cushioning properties and overall health.

With regular use, ArthroSoothe can be a valuable addition to your spinal care regimen, providing the support your spine needs to thrive.

Magnesium Glycinate Complex and OmegAvail Synergy play integral roles in supporting spinal health and promoting optimal disc function.

Magnesium is crucial for muscle relaxation, including the muscles surrounding the spine, which can help alleviate tension and pressure on the discs. Additionally, magnesium supports calcium absorption, contributing to bone density and overall skeletal health.

OmegAvail Synergy provides essential omega-3 fatty acids, such as EPA and DHA, which have anti-inflammatory properties that can help reduce inflammation in the spinal joints and discs. By incorporating these supplements into your daily routine, you can nourish your spine from within, supporting its structure, flexibility, and resilience against everyday wear and tear.

OUR MISSION

To create energetic and inspired living by providing world-class chiropractic and wellness care in all dimensions of life.

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ONE OF OUR DOCTORS](#)

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Live Your Life Pain-free

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