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#### 4. Who are the best candidates for treatment?

Patients that will benefit most from the DRX9000 True Non-Surgical Spinal Decompression System™ may be those diagnosed with herniated discs, bulging discs, sciatica, degenerative disc disease or facet syndrome.

#### 5. What can I expect during the course of treatment?

Some patients may experience light side effects with this type of therapy. Mild muscular soreness during treatment may occur. The sensation would be similar to what a person might experience at the onset of a new exercise regimen. Most patients find this therapy quite comfortable and relaxing. During an average 30-minute session, most patients experience a gentle stretch in the lumbar spine and tend to fall asleep. Adjunctive therapies to spinal decompression typically include electrical stimulation and cold therapy. Exercise and/or the use of a lumbar support belt are often prescribed to support the benefits of spinal decompression therapy and improve patient compliance.



# DRX9000.....

## True Non-Surgical Spinal Decompression System™

**The therapeutic protocol\* consists of 20 treatments over the course of six weeks. There are three phases that will occur during this time.**

### 1

#### PHASE ONE

- Five treatments per week for the first two weeks

*During this phase, your healthcare provider may also prescribe:*

- Restricted physical activity
- Disc Distractor/ lumbar support may be prescribed to supplement the effects of decompression
- *Adjunctive therapies including electrical stimulation and cold therapy.*



**Disc Distractor**

### 2

#### PHASE TWO

- Three treatments per week for two weeks

*During this phase, your healthcare provider may also prescribe:*

- Gentle stretching exercises
- Light activity
- Reduce the use of the Disc Distractor
- *Adjunctive therapies including electrical stimulation and cold therapy.*

### 3

#### PHASE THREE

- Two treatments per week for two weeks

*During this phase, your healthcare provider may also prescribe:*

- Stabilization exercises for strength and support of affected disc
- Use of Disc Distractor as needed
- *Adjunctive therapies including electrical stimulation and cold therapy.*

\* Ask your healthcare provider if this treatment option is right for you.

# Resources .....

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14. National Institute of Neurological Disorders and Stroke, National Institutes of Health, "Low Back Pain Fact Sheet," July 2003.
15. "Back Pain Guide." *WebMD Medical Reference from eMedicineHealth*. Last Updated: September 20, 2005. Date Retrieved: May 11, 2007. <<http://www.webmd.com/back-pain/guide/home-relief-for-low-back-pain>>.
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17. Clarke JA, van Tulder MW, et al. Traction for low-back pain with or without sciatica (Review). *The Cochrane Collaboration*, Issue 2, 2005.

## Additional Resources Used:

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*The material in this booklet is for informational purposes only. No medical advice and/or opinion is intended. Only your healthcare provider can determine if Axiom's recommended treatment protocol is right for you. Individual results may vary.*