



## Spinal Decompression Therapy



### Overview

If you have pain related to your spine, decompression may help. With this therapy, your chiropractor gently stretches your spine with the help of an adjustable table.

### Decompression

To start, you lie face up on the table. A special harness is put around your waist. The harness is connected to the foot of the table. Your chiropractor carefully spreads apart the sections of the table. This stretches your spine. The stretching isn't painful. The amount and the angle of the stretching are set based on your specific needs. The stretching widens the spaces between your discs. It can relieve pressure on your discs, and it can relieve pressure on the nerves of your spine.

### Safe, Noninvasive Care

Spinal decompression therapy is a safe form of care. It can help relieve many types of pain, and it can help improve your range of motion. You may benefit from a continuing care plan. Your chiropractor can create a plan that is right for your needs.

