Non-Surgical Spinal Decompression

Treatment of Low Back Pain by Spinal Decompression and Spinal Exercises

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This paper is based on the study of patients treated at back and neck clinic using the spinal decompression appliance known as **DRX9000**.

**INTRODUCTION**

Low back pain is the third common problem present among patients seeking for physiotherapy. The greatest cause of low back pain is the degenerative disc disease. This disease is mechanical are the common causes of low back pain. The degenerative trend of work, lifestyle factors, anxiety and stress are the precipitating factors for low back pain.

The intervertebral disc is responsible for a significant amount of stress are the common causes of low back pain. The disc is an avascular non-invasive method. Since the disc is an avascular and thereby prevent further progression of symptoms.

Vacuum Effect in spinal decompression accomplishes two functions: 1. Mechanical: vacuum from a decompression device is a negative pressure to the nucleus pulposus. This results in a reduction of intradiscal pressure, affecting the nutritional exchange into the disc and facilitates influx of oxygen, protein and other substrates. The promotion of fibro elastic activity into the disc and facilitates influx of oxygen, protein and other substrates. The promotion of fibro elastic activity into the disc and facilitates influx of oxygen, protein and other substrates. The promotion of fibro elastic activity into the disc and facilitates influx of oxygen, protein and other substrates. The promotion of fibro elastic activity into the disc and facilitates influx of oxygen, protein and other substrates. The promotion of fibro elastic activity into the disc and facilitates influx of oxygen, protein and other substrates. 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