

FREQUENTLY ASKED QUESTIONS

■ CAN DTS THERAPY HELP MY PAIN?

Though each patient is different and no doctor can guarantee success, the clinical results of this type of therapy have been effective in a very high percentage of patients treated. The common problems to many back conditions are damaged discs and poor spinal muscle control. Our treatment program addresses both of these core problems. The DTS System creates a controlled unloading of the vertebra to decrease disc pressure thus increasing blood and nutrient exchange. This exchange of fluids is something the damaged disc desperately needs to help it heal from the inside out. Muscle strength, control and endurance can all be improved with other facets of DTS Therapy that include specific controlled exercises.

■ HOW LONG WILL MY TREATMENT PROGRAM BE?

It depends on the complexity and extent of the rehabilitation needed, however we typically treat 3-4 times a week for 4-8 weeks, transitioning from passive to active treatments as you respond. The treatment is administered over a reasonable time frame and your response is continually evaluated. Further treatments may be necessary or a reduced frequency may be recommended at that time. The rehabilitative phase may include additional DTS Therapy treatments, with spinal adjustments to enhance the results. Most patients are released from treatments after 8 weeks .



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DTS

SPINAL
DECOMPRESSION
THERAPY®

FAQs

*Frequently
Asked
Questions*



■ WILL DTS THERAPY TREATMENTS HURT? IS IT SAFE?

DTS Therapy treatments are one of the most gentle and comfortable therapies available. The treatments utilize equipment with proven safety and efficacy. Most patients report a mild sense of stretch on their back or hips, and often fall asleep during treatment sessions. The DTS System is produced by one of the world's largest manufacturer's of hospital based rehabilitation equipment, with over 67 years of experience.

■ IS DTS THERAPY NEW?

Although traction therapy has been around for thousands of years, Decompressive Traction is relatively new. Advances in equipment and procedures have dramatically improved effectiveness. DTS Therapy is the most comprehensive program available, allowing the safe delivery of this previously hospital based therapy in our office. Continual improvements in the delivery system and regular updates in protocols keep the DTS in the forefront of non-invasive disc therapy. Each year over 50,000 patients are treated with DTS Therapy, a number that continues to grow.

■ WHY IS DTS THERAPY MORE SUCCESSFUL THAN OTHER TREATMENT OPTIONS?

DTS Therapy is a comprehensive program of the newest traction techniques and targeted "core" stabilization exercises with Biofeedback. In addition we use other adjunctive treatments that have proven effectiveness in back care. It is this multi-faceted approach that makes the overall treatment so effective. Additionally, discs have been shown to be a predominate site of pain, so treating it as directly as possible makes sense. The blending of focused traction to the site, rehabilitation to the supporting structures, and overall strengthening of global musculature makes the treatment unique. DTS Therapy affects the disc as directly as possible without surgery.

■ WHY THE NEED FOR EXERCISES AND OTHER THERAPIES?

Along with the damage in the disc we also need to treat the supporting spinal muscles. A complete program targeting the function of the stabilization muscles is a vital part of DTS Therapy. Heat, muscle stimulation, Ultrasound, and laser therapy can offer an additional benefit for inflammation and spasm reduction. Our hope is not only to help heal the disc but enhance muscle control and support of the low back. A gradual breakdown of the foundational support of your back is what puts undue stresses on the discs and leads to pain and loss of function. Exercise and adjunctive therapies will assist in rehabilitating these structures.

■ WILL MY PAIN GO AWAY FOR GOOD?

Although it is difficult to predict the future our experience is that most patients do find long-term relief or effective management of their pain when they complete the entire program of treatments. Regular home exercise and periodic visits to our clinic will help in maintaining your spinal health and reduce the probability of reoccurrence. As with any comprehensive rehabilitation program your continued home care exercises and discretion in some daily activities is key to long-term relief.

■ HOW MUCH WILL IT COST?

Our office visits vary as to the extent of care needed, (DTS Therapy, adjustments, laser therapy, muscle stimulation, ultrasound, massage, etc.). However we promise to only do those procedures necessary for your fullest recovery. You always have the choice as to the extent of care. Our staff will review all costs and payment options up front. We want to help, and believe finances shouldn't stand in the way of you and good health.

3 PHASES OF DTS SPINAL DECOMPRESSION THERAPY®

- *Treatment*
- *Stabilization of Structure*
- *Support of Muscular System*