



Dr. Staker prepares a patient for an IDD spinal decompression treatment.

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the injured disc by 5 to 7mm. Distraction is also offset by cycles of partial relaxation.

“This cycling of tension prevents muscle spasm. It also increases circulation of fluids and oxygen to the disc to promote healing. Negative pressure within the disc is maintained throughout the treatment session allowing the bulging disc material to retract back into the disc space, thereby relieving pain. Although it takes several sessions for lasting results, patients often notice improvement within the first two weeks. IDD therapy typically requires four to six weeks to complete.

“Because the protocol is not covered by insurance, there have been instances where prospective patients have chosen options and therapies that their insurance would cover,” Dr. Staker notes. “Some elect to do surgery, which is of course a major health event. Others seek relief from a variety of medical doctors, get multiple injections and multiple therapies, work with other chiropractors, try acupuncture, physical therapy, and whatever else offers the prospect of some relief.

“It’s quite striking how many of these people come back to us, because the options they explored simply offered no relief. In some instances, their pain and disability has become more intense. And so we stand ready to help these patients, and many others, with a tested protocol that offers an excellent chance of improvement.”

Addressing the Pain of Bulging Spinal Discs

Without question, says Dr. Todd Staker of Staker Chiropractic Center in Cary, “there’s a strong relationship between bulging bellies and bulging, painful, herniated spinal discs.

“The near-epidemic we are seeing in obesity and diabetes is reflected in degrading spinal health, and as a consequence we’re seeing more patients than ever before with bulging and degenerative spinal discs, resulting in low-back pain that is too often debilitating.”

Major issues for many patients who have diabetes and obesity are poor diet and lack of exercise, Dr. Staker points out. “It’s a struggle to exercise if you’re 100 pounds overweight, and those excess pounds are literally assaulting the discs of the spine—from the neck to the lower back—with every step.”

Dr. Staker and his colleague, Dr. Ben Schemmel, implement spinal decompression treatment for many patients to relieve low-back pain resulting from bulging and degenerative discs. Often, their therapy of choice is use of an IDD decompression device (*see photo*).

“IDD Therapy,” Dr. Staker points out, “is a credible, non-surgical and non-invasive treatment option that was developed by a team of spine specialists including neurosurgeons, orthopedists, physiatrists, osteopaths, chiropractors, neurologists, and physical therapists.

“IDD Therapy utilizes treatment forces to distract, manipulate, and mobilize specific spinal segments so that pressure can be unloaded off the affected disc, thus allowing it to heal.

“With this type of spinal decompression therapy, many of our patients have experienced dramatic pain relief and healing that continues long after treatment completion.”

HOW IT WORKS

Acute or chronic neck or back pain, sciatica, or pain down the arm is often caused by spinal arthritis, degenerative disc disease, or bulging or herniated discs, Dr. Staker explains. “These disc conditions put pressure on the nerve, which causes the symptoms of pain and radiating numbness.

“IDD Therapy treatment utilizes the application of distraction forces to spinal structures in a precise and graduated manner. It can distract the vertebrae surrounding

COMMENTS BY PATIENTS

In the past five years, dozens of patients at Staker Chiropractic Center have benefited from IDD therapy, and many have put their thoughts down on paper. Here are three examples:

“I finished my IDD therapy several weeks ago, and I feel wonderful. There is absolutely no pain after I was sure my pain would never go away without surgery. I have a whole new appreciation for my good health, and I will not take it for granted again. Thank you so much!”

—Carol

“I had several cervical herniated discs. Nothing helped, including massage therapy, physical therapy, and cervical injections. After I was treated with IDD Therapy, I was quickly given my life back. My last IDD therapy treatment was one year ago. I am pain-free and on a chiropractic maintenance program.”

—Leslie

“I had episodic sciatic pain down my left leg for 10 years, which developed into three herniated discs in my low back. The pain was so bad I had to set aside my business. I was out of work for five months feeling desperate as if my life was slipping away. A friend suggested IDD therapy. It was a suggestion that changed my life!”

—Matt

BENEFITS OF IDD/SPINAL DECOMPRESSION THERAPY

In summary, the IDD protocol offers important benefits:

- It is non-surgical and non-invasive.
- Treatment is comfortable and relaxing.
- Non-strenuous work can continue throughout treatment.
- Treatment protocol is approximately 20-25 sessions with no post-treatment recovery period.
- No up-front commitment. Pay as you receive treatments.

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