



Dr. Staker, left and Dr. Schemmel assess the condition of a patient's spine. Graphic at right illustrates the three phases of spinal degeneration that may occur over time.

REMARKABLE BENEFITS OF IDD THERAPY

If you have nagging back pain and may even be a candidate for back surgery, you may well benefit from an in-depth discussion of IDD therapy on the Accu-SPINA table with the resident experts at Staker Chiropractic Center.

Dr. Schemmel notes that "patients who have an MRI that diagnoses a herniated or bulging disc, severe disc degeneration, or spinal stenosis that has not responded to typical conservative care such as chiropractic, physical therapy, or acupuncture, are potentially perfect candidates for this Accu-SPINA IDD therapy."

The Accu-SPINA table is computerized to deliver the IDD and spinal decompression therapy with great precision. The doctors have extensive training and experience in monitoring and adjusting the complex computer system as patients progress through their treatment protocol.

"Thus," notes Dr. Schemmel, "each treatment is highly individualized, factoring in the patient's specific condition, where the disc is herniated or bulging, and significant other variables including the patient's weight and size."

"Once we have a patient in place and the computer properly set up, this advanced technology isolates the specific area requiring treatment and applies exactly the right amount of tension and traction, as well as decompression."

"In many cases, IDD therapy offers these patients their best prospect for relief: it is a non-invasive, non-surgical, non-pharmaceutical approach with an extraordinary high-tech medical device."

"With IDD therapy, the primary objective is to elicit different levels of mobilization and manipulation to develop strength and endurance, range of motion and flexibility. Treatment parameters vary according to each condition or pathology being treated. Each condition has specific goals and desired outcomes of therapy and the treatment parameters are individualized accordingly. The treatment regimen can also be modified according to patient response and changing needs throughout treatment."

Adds Dr. Staker, "In each treatment session, in addition to spinal decompression on the affected discs, micro-trauma is introduced into the body. This challenges the supporting muscle and ligament tissue to become restructured and retoned, in effect providing for neuromuscular re-education."

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ance, increased nerve damage, permanent scar tissue, and advanced bone deformation. Treatment options become more limited. And there may be severe degeneration of the cartilage and bone, bone fusion, constant pain, loss of height, and inability to turn, bend and twist. Often, the best we can offer Phase III patients is some measure of relief.

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"I well remember a 90-year-old woman who came to our office. She told me she had been under chiropractic care since the age of 20, because her brother was a chiropractor. She had come to me because she was looking for a graduate of Palmer College, where her brother had gone to school. He had died five years earlier, when she was 85, and she had not had an adjustment since."

"I took an X-ray of her spine. At age 90, she was perfectly normal—with the spine of a healthy 20-year-old. She was a walking example of the potential for each of us of regular chiropractic adjustments." **h&h**

Phases of Spinal Degeneration:

Boomer Alert!

"Some people claim they are 'too busy' to attend to something as 'minor' as nagging back pain," says Dr. Todd Staker of Staker Chiropractic Center in Cary.

Adds his colleague, Dr. Ben Schemmel: "Others, in today's uncertain economic environment, put caring for themselves way down on their 'To-Do' list, and we think that is an unfortunate mistake. The old saying, 'An ounce of prevention is worth a pound of cure' is absolutely true when we're talking about the health of the spine."

"That nagging back problem, left untreated, could develop into a long-term, chronic problem. More than 80 percent of adults in the U.S. have back problems, and that number is not going to come down because of economic instability. It's more likely to rise."

CRITICAL SELF CARE

Notes Dr. Staker, "There is one thing we are all empowered to do, and that is to render healthy self-care. We can exercise,

eat healthy foods, get restorative rest, and maintain spinal health with periodic chiropractic care. The simple truth is that the health problem you put off today could be a *major* health problem in the near future."

Chiropractors such as Drs. Staker and Schemmel have a fundamental interest in the health of the spine, and most of their work is involved with adjusting the spine to promote good health.

"Spinal degeneration is of critical concern to us," notes Dr. Staker, "and we separate our cases into three phases. Phase I degeneration is most common up to age 20. There's a loss of the normal spinal curve, and evidence of disc, joint, muscle, and nerve damage—all of which respond extremely well to chiropractic treatment. Our goal is always to encourage patients to come to us with their aches and pains, and for regular adjustments, to keep all problems from advancing beyond Phase I."

"In Phase II degeneration, most commonly seen between the ages of 20 and 40, there's increasing decay, disc narrowing, and bone deformation, and a narrowing of the spinal canal may occur. Fatigue is a common symptom of the problem. Phase II also responds very well to chiropractic treatment."

"Phase III is the most severe, and is seen in our patients age 50 and older if proper care has not been maintained earlier in life. There's greater posture imbalance,

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