

What is Spinal Decompression Therapy? Scott P. Zack Has The Explanation

According to Dr. Scott P. Zack of Michigan, it's one of the newest and most effective chiropractic treatments to hit the market in recent years.

BLOOMFIELD HILLS, MICHIGAN, UNITED STATES, August 28, 2018 /EINPresswire.com/ -- Radiculopathy, myelopathy, and claudication - what do these giant and complex words have in common? Firstly, they're all nerve diseases that affect either the neck, the [spinal](#) cord or both. And secondly, they're all treatable with spinal decompression therapy. Never heard of this treatment? You're not alone. According to Dr. Scott P. Zack of Michigan, it's one of the newest and most [effective chiropractic treatments](#) to hit the market in recent years.

Below, with the help of Scott Zack, we'll take a look at the minutiae of how to perform spinal decompression, who is eligible for it, and who to consult in the event that you suspect you may need spinal decompression.

How to Perform Spinal Decompression

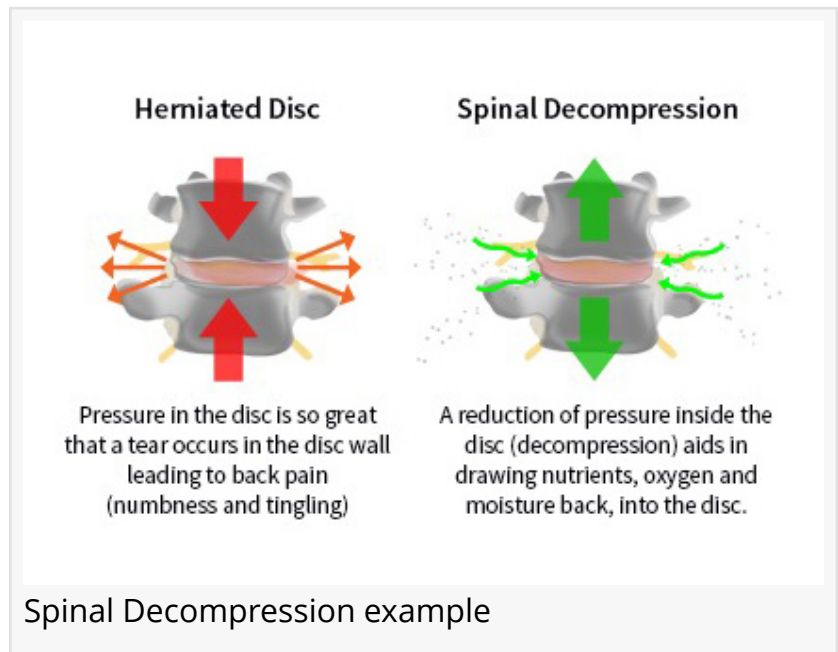
Spinal decompression is a technique used to lengthen the spine and relieve pressure on pinched nerves that may be causing pain. It helps speed up the healing process by increasing circulation around damaged discs in the spine, while also reducing compression on spinal nerve roots.

To perform spinal decompression therapy, patients lie on their backs on a motorized table while their lower half is secured and unable to move. The chiropractor places a harness around the patient's hips and attaches it to the table near the patient's feet. The lower part of the table will then, while the patient is harnessed, begin to move back and forth while the patient's upper body remains stationary. "It's quite relaxing," Scott Zack says. "But provides a lot of traction throughout the treatment." A patient shouldn't feel any pain during this process, only a certain stretching throughout the spine and its surrounding muscles.

Who is Eligible for Spinal Compression

There's no black and white list for the people who are eligible to receive spinal compression, and so professionals such as Scott P. Zack should always be consulted beforehand. However, there are a number of conditions which generally might necessitate a visit to a chiropractor and subsequently be recommended for treatment.

These include:



Patients with herniated discs and sciatic nerve pain
Degenerative disc patients
Facet syndrome patients
Patients who have received failed spinal surgery
Patients who show no sign of improvement after non-invasive treatments

Always Consult a [Professional](#)

Regardless of whether you have chronic lower back pain or a compressed nerve, it's imperative that you always consult a qualified professional with years of experience under their belts. Practitioners such as Scott Zack warn against receiving treatment from anyone with a dubious qualification, as it may result in injury instead of convalescence.

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