

# Kansas City Clinic Launches Advanced Spinal Decompression Program

*Crossroads Chiropractic and Wellness Center has announced the start of its new Advanced Spinal Decompression Program.*

KANSAS CITY, MO, UNITED STATES,  
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-- Crossroads Chiropractic and Wellness Center has announced the start of its new Advanced Spinal Decompression Program. This program is designed to help people who struggle with long-lasting back, neck pain as well as sciatica. Most people don't know they have disc issues, but sciatica can be detected. That's why this program should be joined by those who are suffering from it. It focuses on a gentle, non-surgical method that aims to reduce pressure on bulging and herniated discs and help the body heal naturally. With this launch, the clinic is expanding its services to offer another option for patients who have not found relief from other treatments.



Corporate Massage

## Introduction of Advanced Spinal Decompression Services

The Advanced Spinal Decompression Program uses a special medical device that slowly and carefully stretches the spine. By doing this, the treatment may lower the pressure inside the spinal discs. Spinal discs are soft, cushion-like structures between the bones of the spine. When they are damaged or pressed too tightly, a person can feel pain, numbness, or weakness in the back, legs, neck, or arms.

Many people with disc problems try several treatments before finding relief. Some try medication, physical therapy, or regular chiropractic adjustments. Others feel unsure if they want surgery. The goal of this new program is to give patients another choice, especially if they want

to avoid operations or long-term medicine use.

### Program Overview and Clinical Application

Before a patient begins spinal decompression sessions, the clinic completes a full checkup. This includes a review of the patient's health history, any current symptoms, and any previous imaging such as X-rays or MRIs. The chiropractor also examines the patient's posture and spinal movement. With this information, the care team decides if decompression therapy will be helpful and safe.

Once a patient is approved, the clinic creates a personalized plan. This plan includes the number of sessions, the strength of the pulling motion, and the time spent on each session. Patients lie comfortably on a decompression table while the device gently stretches the spine. Each session usually lasts several minutes. The process is designed to be calm and comfortable, and the settings can be changed at any time if the patient feels discomfort.

The clinic often combines spinal decompression with other treatments. Some patients receive chiropractic adjustments, which help improve joint movement. Others may be guided through simple exercises to help strengthen muscles and improve balance. The care team may also provide advice on how patients can move, sit, and lift objects more safely in daily life.

### Clinical Rationale and Patient Benefits



Corporate Wellness



Corrective Exercise



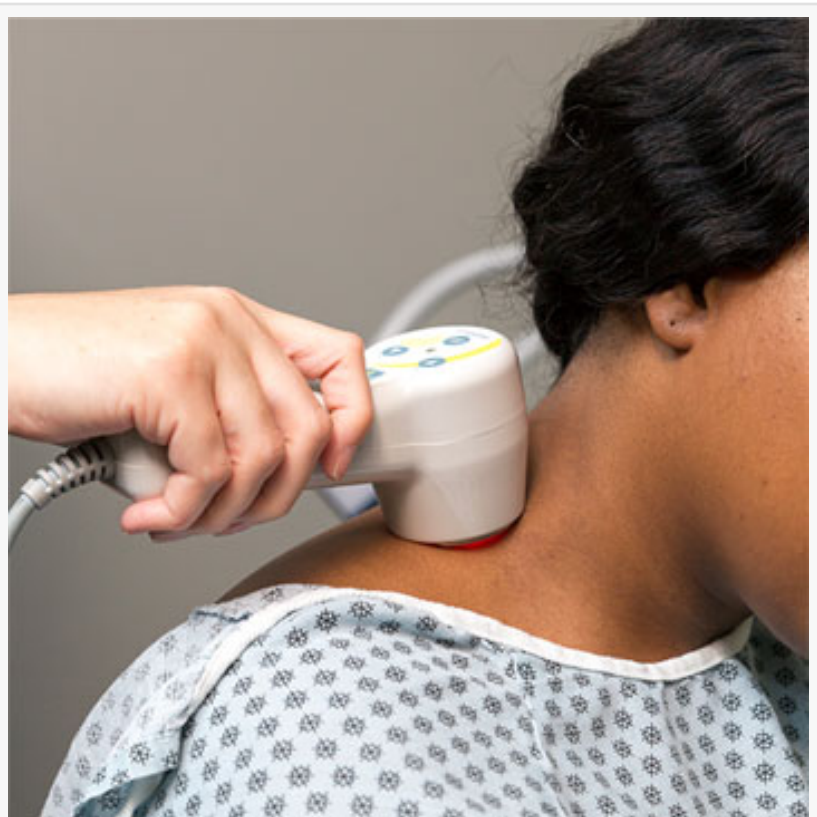
Spinal decompression works by reducing pressure inside the spinal discs. When the pressure lowers, the discs may be able to pull in more fluid. This fluid carries nutrients that support healing. Lower pressure may also help reduce the bulging of injured discs, which can lessen pain that spreads into the arms or legs.

Dr. Jessica M. Taylor, DC, Chief Executive Officer of Crossroads Chiropractic, explained the value of this new service. She stated that adding spinal decompression allows the clinic to support people who deal with very stubborn back or neck pain. She also said that it fits well with the clinic's approach of offering natural and non-surgical care whenever possible.

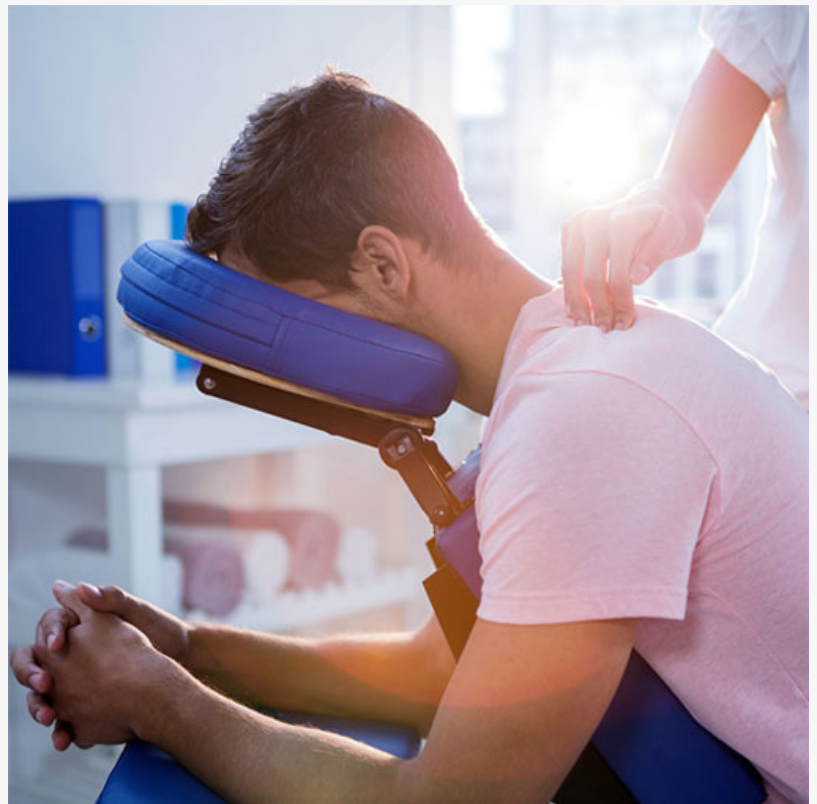
Spinal decompression may help people who have herniated discs, degenerative disc disease, or long-lasting lower back pain. These conditions can make it hard to play sports, work, or enjoy daily activities. The treatment is also an option for those who want to avoid pain medicines or who have not improved with other therapies.

#### Professional Expertise and Safety Protocols

The care team at Crossroads Chiropractic includes chiropractors trained in several methods, such as Diversified, Activator, and Thompson drop techniques. They are skilled in adjusting the spine and in working with soft tissue. This training helps them decide how to use spinal decompression safely and effectively for each patient.



pain reduction



Massage Therapy-

Safety is a major priority in the program. The team watches closely during every session and checks in regularly with each patient. If a patient feels unusual discomfort, the team can immediately adjust the equipment or pause treatment. Because the decompression process is gentle and controlled, most patients can relax during their sessions.

Along with treatment, the clinic helps patients understand how their daily habits affect their spine. They teach proper posture, safe ways to sit and stand, and helpful stretching routines. These tools can support long-term healing and help prevent future injuries.

#### Personalized Care with Financial Flexibility

During regular consultations, the clinic explains how long the treatment may take, how often sessions should occur, and what results patients may expect. The clinic works with several insurance plans and offers payment options for patients who may need financial support. This helps make the program easier for more people to access.

#### About Crossroads Chiropractic and Wellness Center

Crossroads Chiropractic and Wellness Center is located in Kansas City, Missouri. The clinic provides natural and evidence-informed care for people with back pain, neck pain, joint problems, and other musculoskeletal issues. The team includes experienced chiropractors, rehabilitation specialists, and wellness professionals who work together to help patients improve their health and daily function.

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