

Chiropractic Expert Dr. Patrick Ess of Locust Clarifies Spinal Decompression for HelloNation

How does spinal decompression work, and why is it considered a gentle option for disc-related pain?

LOCUST , NC, UNITED STATES, January 7, 2026 /EINPresswire.com/ -- How does spinal decompression work, and why is it considered a gentle option for disc-related pain? A [HelloNation article](#) featuring Chiropractic Expert Dr. Patrick Ess of Stanly Wellness Center in Locust provides clear answers, showing how this therapy relieves pressure on the spine and nerves while supporting long-term recovery.

The article explains that spinal decompression is often misunderstood. Many patients assume it involves high-force pulling or aggressive techniques, but in reality, the process is carefully controlled and non-invasive. Using a specialized table, the therapy

applies gentle cycles of stretching and relaxation to the spine. This motion targets compressed discs and nerve tissue, creating conditions that support natural healing.

According to the HelloNation feature, spinal decompression is effective for conditions such as herniated discs, degenerative disc disease, and sciatica. These problems occur when disc material pushes against surrounding nerve roots, often causing pain, weakness, or numbness. Decompression works by gradually reducing this pressure and creating negative pressure inside the disc, which encourages both rehydration and repositioning of disc material.

Unlike surgical approaches or medication, spinal decompression does not mask symptoms. Instead, it directly addresses the mechanical issues behind disc-related pain. This makes it an appealing option for patients seeking long-term solutions without the risks of invasive



Dr. Patrick Ess of Stanly Wellness Center

procedures.

The HelloNation article emphasizes that one of the most important benefits of spinal decompression is its cumulative effect. Relief is not immediate but builds gradually with multiple sessions. Over time, this process restores better mobility, reduces inflammation, and supports normal spinal motion. Patients often find that their improvements become more noticeable as treatment continues, allowing for more consistent relief.

In addition to its gentle method, spinal decompression also improves circulation to the tissues around the spine. This increased blood flow brings oxygen and nutrients that support healing while also reducing stiffness in spinal segments that have become rigid. As mobility returns, many patients experience a broader improvement in overall function.

The article notes that spinal decompression is not suitable for every case, but when applied appropriately, it can be a central part of restoring spinal health. Combining decompression with rehabilitative exercises or complementary therapies further improves outcomes. This balanced approach reduces dependence on more invasive interventions and helps patients regain long-term stability.

Chiropractic Expert Dr. Patrick Ess highlights that spinal decompression is not about quick fixes but about creating lasting change in spinal structure and function. By steadily lowering disc pressure and restoring movement, the therapy supports a more sustainable recovery compared to temporary relief methods.

For patients living with herniated discs, degenerative disc disease, or sciatica, spinal decompression offers an important non-invasive alternative. As the HelloNation article makes clear, it is a treatment built on gentle mechanics, gradual progress, and real improvement in spinal health.

The full article, titled “Spinal Decompression: A Gentle Approach to Disc-Related Pain”, features Chiropractic Expert Dr. Patrick Ess of Stanly Wellness Center in Locust and provides an in-depth look at how decompression therapy works and why it can be effective for disc-related conditions.

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