

Frisco Spinal Rehab Expands Disc Recovery Program for North Texas

Frisco clinic combines DRX9000 spinal decompression, laser therapy, rehabilitation, and hands-on care for patients seeking conservative relief from disc pain.

FRISCO, TX, UNITED STATES, August 14, 2026 /EINPresswire.com/ -- FRISCO, Texas — Frisco Spinal Rehab has expanded its non-surgical Disc Recovery Program for patients experiencing [herniated discs](#), bulging discs, sciatica, degenerative disc problems and nerve-related neck or back pain.

The program is centered around the DRX9000, a computerized spinal decompression system designed to deliver controlled, targeted decompression to specific areas of the lumbar or cervical spine. Depending on the patient's examination findings and treatment goals, care may also incorporate advanced laser therapy, hands-on care, massage therapy, acupuncture, rehabilitation and other supportive technologies.

"We frequently meet patients who have been living with back pain, leg pain, numbness or sciatica and are concerned that surgery may be their only remaining option," said Dr. David Kaff of Frisco Spinal Rehab. "Our goal is to carefully evaluate each patient and determine whether a structured, non-



Disc Recovery Program



DRX9000 spinal decompression

surgical approach may be appropriate before they move toward a more invasive procedure.”

A Structured Approach to Disc-Related Conditions

Spinal discs act as cushions between the vertebrae and help the spine move and absorb stress. When a disc bulges, herniates or degenerates, it may irritate or place pressure on nearby nerves. Depending on the location of the affected disc, patients may experience symptoms including:

- Lower-back or neck pain
- Sciatica or radiating leg pain
- Arm or shoulder pain
- Numbness or tingling
- Muscle weakness
- Pain aggravated by sitting, bending or standing
- Reduced mobility and difficulty performing daily activities

The DRX9000 uses computerized controls to apply gradual decompression forces while attempting to reduce the muscle guarding that may occur with conventional traction. Treatment settings can be adjusted according to the spinal level being addressed, the patient’s condition and their response to care.

Spinal decompression is generally delivered as a series of sessions rather than a single treatment. Progress is monitored throughout the program, and treatment recommendations may be modified based on symptoms, function and clinical findings.

More Than Spinal Decompression Alone



Frisco clinic



Serving Frisco and the North Dallas

[Frisco Spinal Rehab's Disc Recovery](#)

Program is designed as a coordinated care pathway rather than a stand-alone machine treatment.

When clinically appropriate, a patient's program may include MLS robotic laser therapy or ARRC light-based therapy to support treatment goals, along with hands-on care intended to address joint mobility, muscle tension and movement restrictions. Massage therapy, acupuncture, shockwave therapy and rehabilitative exercises may also be incorporated when appropriate.



Frisco Spinal Rehab Texas

The specific combination of services varies by patient. Some individuals may primarily need spinal decompression, while others may benefit from additional therapies addressing muscle tightness, restricted movement, inflammation or physical deconditioning.

"We do not believe every patient needs the exact same combination of treatments," Dr. Kaff said. "The examination and imaging findings help us determine which therapies make sense and which ones do not."

Careful Patient Selection Remains Essential

Spinal decompression is not appropriate for every spinal condition and should not be presented as a universal replacement for surgery. Certain patients may require referral for additional diagnostic testing, medical management or surgical evaluation.

Before beginning care, patients at Frisco Spinal Rehab receive a clinical evaluation that may include a review of symptoms, health history, previous treatment and available imaging studies. The clinic then determines whether the patient appears to be an appropriate candidate for conservative treatment.

Treatment outcomes vary depending on the diagnosis, severity and duration of the condition, overall health and adherence to the recommended care plan.

Serving Frisco and the North Dallas Area

Frisco Spinal Rehab has provided chiropractic, spinal decompression and rehabilitative services to the Frisco area for approximately 25 years. The clinic serves patients from Frisco, Plano, McKinney, Allen, Prosper, Little Elm, The Colony and surrounding North Texas communities.

Patients interested in learning whether they may be candidates for the Disc Recovery Program can contact Frisco Spinal Rehab to schedule an evaluation.

About Frisco Spinal Rehab

Frisco Spinal Rehab is a chiropractic and rehabilitation clinic in Frisco, Texas, focused on conservative treatment options for disc, spine and nerve-related conditions. Services include [DRX9000 spinal decompression](#), chiropractic and hands-on care, MLS laser therapy, ARRC light-based therapy, massage therapy, acupuncture, shockwave therapy and rehabilitative care.

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