

Spinal Decompression



What is Spinal Decompression?

When the joints in your neck or low back get compressed, they can become stiff, painful, or irritate nearby nerves. Lumbar decompression, commonly called 'traction,' gently stretches the spine to create more space between the vertebrae. This takes pressure off discs and nerves, relaxes tight muscles, and helps your spine move better. It also supports a natural healing process called imbibition, where discs push out waste when compressed and pull in fresh nutrients when pressure is released. Think of it like an accordion moving in and out. Traction helps this work more efficiently and can provide relief for herniated discs, pinched nerves, or general stiffness.

Benefits:

- Decrease pain
- Stimulate healing response in the disc
- Improve range of motion and mobility
- Improve functional capacity

What is the difference between lumbar decompression and an inversion table?

Lumbar decompression gently and precisely relieves pressure on specific discs or nerves using a computer-controlled table that adjusts to your comfort and condition. An inversion table simply uses your body weight to create a general stretch, which isn't targeted and can be uncomfortable or risky for some people. Decompression is essentially a safer, more precise, and more effective version of spinal traction for disc injuries, stenosis, or nerve irritation.

Is the process painful?

During lumbar decompression, you'll feel gentle, rhythmic stretching or traction through your spine as the machine slowly moves to take pressure off the joints and discs. Most people describe it as a comfortable pulling or lengthening sensation that helps the spine decompress. You shouldn't feel sharp pain, just a mild stretch or relief of pressure, especially if nerves are irritated. Afterward, you may notice your back feels looser, lighter, or less tense.



Ask our team about lumbar decompression therapy. By gently tractioning the spine, it can help relieve pressure on discs and nerves, improve mobility, and support your spine's natural healing process.