



Guide to Eliminating Chronic Back and Neck Pain

In this breakthrough report, you will learn a major cause of your back, neck or sciatica pain and how a revolutionary new FDA cleared therapy can eliminate it!

In this report, you will learn about the medical breakthrough called DRST™ Non-Surgical Spinal Decompression. Even if you have already heard about Spinal Decompression, you owe it to yourself to read this report to get the whole story.

My purpose in providing you this report is to explain to you what DRST™ Non-Surgical Spinal Decompression is and to help you determine if and how it can help you.

Non-Surgical Spinal Decompression has an *astounding* success rate with the following conditions:

- | | |
|--|--|
| <input checked="" type="checkbox"/> Slipped, Herniated & | <input checked="" type="checkbox"/> Facet Syndrome |
| <input checked="" type="checkbox"/> Bulging Discs | <input checked="" type="checkbox"/> <i>Failed Back Surgery</i> |
| <input checked="" type="checkbox"/> Sciatica | <input checked="" type="checkbox"/> Spondylolisthesis |
| <input checked="" type="checkbox"/> Spinal Stenosis | <input checked="" type="checkbox"/> Chronic Back Pain, |
| <input checked="" type="checkbox"/> Degenerative Disc | <input checked="" type="checkbox"/> Neck Pain & Soreness |
| <input checked="" type="checkbox"/> Disease | |

If you have any of the conditions listed above, I have wonderful news for you: Spinal Decompression therapy has already helped many thousands of people just like you!

What is most amazing about this is that **spinal decompression has:**

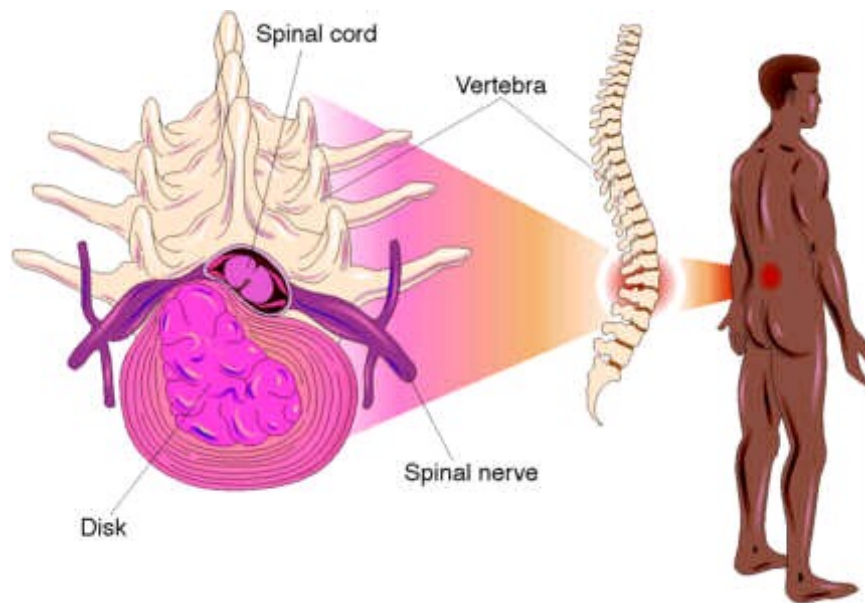
- | | |
|--|--|
| <input checked="" type="checkbox"/> No side effects | <input checked="" type="checkbox"/> There are no drugs to take |
| <input checked="" type="checkbox"/> Is completely non-invasive | <input checked="" type="checkbox"/> There is no recovery time! |
| <input checked="" type="checkbox"/> Does not involve surgery | <input checked="" type="checkbox"/> Treatment is pain free |
| <input checked="" type="checkbox"/> | <input checked="" type="checkbox"/> |

I know what you must be thinking...

“That’s Great Doc, But How Does DRS™ Non-Surgical Spinal Decompression Therapy Work and How Do I Know If It is Right For Me?”

Good question. The principle behind DRS™ Spinal Decompression Therapy is astoundingly simple, but it wasn’t until recent breakthroughs in medical technology that the treatment has become possible.

As you may already know, the most likely cause of your pain is nerve pressure caused by bulging or ruptured intervertebral disc tissue. In case you do not know, the intervertebral disc is the cushion like material that sits in between the vertebrae. The discs in your back keep the bones from rubbing together and give you the necessary flexibility to safely move your back. When the discs are injured or degenerate, lingering pain and impaired movement usually occur. See the picture below:



As you can see in the picture above, the ruptured disc material is pushing against a nerve which in most cases causes a great deal of pain. The critical thing to understand is that *disc tissue is one of the slowest healing tissues in the body and as a result, in most cases, if a disc problem goes untreated it is more likely to get worse than better.*

Due to normal everyday life, a typical disc injury or degenerated disc is constantly aggravated and made worse due to regular movement and the weight of the body pressing downward on the disc. As a result, the disc rarely is able to heal completely on it’s on. It is lot like what happens if someone breaks their foot and continues to walk on it – it never gets a chance to heal.

If you were to break your foot (I sincerely hope that never happens), you could easily have it put in a cast and you could stay off it by using crutches and eventually your foot

would heal. Unfortunately, it is impossible to stop using your back or neck. Even if you are on bed rest, you are still using your back just by lying on it (and much worse you are allowing the back muscles to get weak which makes it easier to re-injure yourself when you finally get out of bed). In order for a disc to heal optimally, pressure must be taken off of your spine, which is a very difficult thing to achieve considering gravity is constantly putting pressure on our discs in every day of lives.

Considering how hard it is to take pressure off a disc to allow it to heal, it is no wonder there are so few effective options in permanently curing back and neck pain.

Non-Surgical Spinal Decompression is the only non-surgical treatment currently available that is able to sufficiently relieve pressure on the disc, thus allowing the body to naturally heal itself. This fact alone puts Non-Surgical Spinal Decompression heads and shoulders above other treatment methods for most conditions.

I have taken the time to list common back and neck pain treatment options on the next page to illustrate my point. Read through it to see how DRS™ Non-Surgical Spinal Decompression compares.

Treatment Method	Pros	Cons
DRS™ Non-Surgical Spinal Decompression	<ul style="list-style-type: none"> • Very High Success Rate: Better than 7 out of 10 cases • Painless – many patients fall asleep during treatment • Drug free • Very Safe – virtually impossible to end up worse than where you started • 1/10th the cost of most surgeries • Can help with many conditions that other treatments such as surgery, chiropractic and physical therapy can't help with. 	<ul style="list-style-type: none"> • A very small percentage of patients see no difference after treatment – but they don't end up any worse off.
Surgery	<ul style="list-style-type: none"> • Some patients experience permanent pain relief 	<ul style="list-style-type: none"> • Risky – surgery is truly a last resort as there is a chance you could end up worse • Low success rate – many procedures have less than a 50% success rate • Painful and long recovery time • Very Expensive
Pain Pills: Non-Streroidal	<ul style="list-style-type: none"> • Immediate pain relief 	<ul style="list-style-type: none"> • Not a lasting solution – it is similar to taking a pain

Treatment Method	Pros	Cons
<p>Anti-Inflammatory Drugs (NSAID's): These drugs include aspirin, ibuprofen, and naproxen (e.g. Advil and Aleve)</p>		<p>killer to deal with a tooth ache caused by a cavity. No amount of pills will fix the cause of your pain: the injured or degenerated disc.</p> <ul style="list-style-type: none"> • <i>Without the pain, you are more likely to re-injure yourself.</i> • According to WebMD, 16,500 people die and 103,000 people are hospitalized each year because of NSAID-related problems
<p><i>Nerve Blocks/Spinal Injections</i></p> <p><i>Physical Therapy</i></p>	<ul style="list-style-type: none"> • Immediate pain relief • Can provide permanent pain relief • Low risk 	<ul style="list-style-type: none"> • <i>See the first 2 cons for pain killer medication</i> • Very expensive • Low success rate with chronic & lingering conditions • Treatment can take months, if not years • Rarely Effective: The body naturally resists having the spine pulled on by tensing up. The act of tensing up the muscles typically keeps the disc from being stretched which is what is truly needed for the disc to heal. • In some cases the battle between the body and the traction pull can make conditions worse
<p><i>Traction</i></p>	<ul style="list-style-type: none"> • Some patients experience relief 	<ul style="list-style-type: none"> • Puts your life on hold for months at a time • Can make your condition worse due to muscles becoming weaker due to lack of use. Weak back muscles make it more likely for you to re-injury yourself.
<p><i>Bed Rest</i></p>	<ul style="list-style-type: none"> • Sometimes works 	<ul style="list-style-type: none"> • Most cases, if left untreated, it will only get
<p><i>Doing Nothing or Waiting It</i></p>	<ul style="list-style-type: none"> • Works for the most mild of conditions 	

Treatment Method	Pros	Cons
<i>Out</i>		<p>worse because it is not possible to stop using the back or neck and thus relieve pressure on the injury which is necessary for healing to occur</p> <ul style="list-style-type: none"> • A recipe for disaster in most cases – many people who choose this option end up as candidates for back surgery.

Notice that DRS™ Spinal Decompression Therapy is by far the least risky. It only has the chance to help you and never make you worse. So back to the original question about how about how spinal decompression works...

DRS™ Non-Surgical Spinal Decompression therapy is administered using a very sophisticated FDA cleared machine that gently stretches the spine and decompresses discs. Unlike traction devices, Spinal Decompression machines are able to sense your muscles' resistance to the pulling forces and are able to cycle the pull so that your body does not resist the tension. Amazingly the machine is able to do this with causing little or no discomfort to the patient. It is because of the machine's ability to comfortably remove the pressure on the disc that the disc is finally able to heal - much like what happens when you take pressure off a broken foot. But spinal decompression is even better than that, because in addition to taking pressure off of the disc, the slow, controlled stretching creates a vacuum which naturally draws bulging disc material back into place.

I know what you may be thinking: stretching the spine sounds painful. I assure you our machine does it very gently and *it is very unlikely you will feel any pain or discomfort during treatment whatsoever. In fact, many patients fall asleep during treatment!*

Now at this point I am sure you have a bunch of questions, so I will dedicate the rest of the report to answering them.

How do I find out if I am a candidate for DRS™ Non-Surgical Spinal Decompression Therapy?

There is only one way to know for sure and that is to be evaluated. In my experience, the hard truth is if the *cause* of your pain goes untreated, chances are your problem will to get worse.

The longer you wait to get it treated, the worse off your condition can become and the chances of someone being able to help you also go down.

How soon will I see results?

Many patients feel results within as few as 2-3 treatments, some immediately, but this varies, every patient will respond differently. The only way to know is to begin treatment. The average is about 8 to 10 sessions.

How much time has to be set aside for this treatment or how long does it take?

The initial treatment plan varies by patient and individual condition. If you are a candidate, I will have to determine what is best for you. But generally treatment lasts 6 – 10 weeks, 3 to 5 times a week – 30 – 60 minutes each visit.

How is spinal decompression different from traction?

Traction is a simple static force that is put on the patient's body with the intent of relieving pressure off the body's joints, muscles and other structures. For example, hanging upside-down is a common method to put the spine into traction. Rather than one's body weight putting stress on the spine, which is what happens when standing up right, the body weight is working to take pressure off the spine. Various forms of traction have been around for over 1000 years; however, pain relief has been inconsistent and short-lived. In fact, several clinical studies have shown traction to be an ineffective form of back and neck pain relief. The reason is unexpected, but pretty simple. Our bodies react to pulling on the spine by contracting, or squeezing, the muscles surrounding the spine. Rather than achieving the desired effect of taking pressure off of the spine, the pressure on the spine is actually increased, thus increasing pressure on the discs. This does NOT allow the discs to rehydrate and heal, which is what ultimately yields pain relief.

Spinal Decompression, on the other hand, is a modified, updated form of traction. Computer technology is used to control variations in the unloading of the spine, effectively avoiding the body's muscle contraction response. The traction tension is varied over time. As the doctor, I am in complete control of how many progressive tension steps are experienced by the patient before reaching the maximum tension. I also have complete control over how long the tensions are held steady and how often they are repeated.

How is the DRS System™ different from other Spinal Decompression methods?

The DRS System™ was developed by C. Norman Shealy MD PHD, a board certified neurosurgeon. He began his career at Harvard University School of Medicine and is the founder of the Shealy Institute, one of the most respected pain management facilities in the world. The DRS System™ is comprised of these 3 components:

1. **Decompression** for reduction of disc pressure
2. **Reduction** of disc protrusion, joint and nerve pressure
3. **Stabilization** of the spine through core strength & flexibility exercises, as well as ergonomic education.

After extensive (and expensive I might add!) personal research I chose to use the DRS System™ at Olympic Spine and Sports Therapy because I believe it is the most advanced

& effective non-surgical decompression method available at this time. We are proud to be a part of this spinal pain treatment breakthrough.

Should I speak with my current doctor before coming in for a consultation?

Because this therapy is so new, the vast majority of doctors do not know what DRSTTM non-surgical spinal decompression is or understand what it truly does. Many confuse it with traction, which has been around for a long time – this is definitely not traction. So your doctor probably isn't qualified to advise you on this matter or else he or she probably would have recommended this therapy to you. You should rest assured there are plenty of well studied medical doctors who endorse this therapy.

If I determine you are a candidate for DRSTTM Spinal Decompression and we can in fact help you, I can contact your doctor and explain the therapy. I will be able explain it on a medical level and I am sure that is what your doctor would need to hear in order to understand what we do.

Can I continue to work while undergoing DRSTTM Non-Surgical Spinal Decompression Therapy?

Yes! Unlike surgery, we are not creating further injury to your body (cutting you open) in order to fix your problem, so there is nothing preventing you from living a relatively normal life while undergoing treatment. Most patients feel better after each session. Many patients schedule their appointments before or after work or during their lunch hour.

What kind of proof is there that DRSTTM Non-Surgical Spinal Decompression works?

According to many studies such as the American Journal of Pain Management, “decompression has provided relief for 86% of patients with herniated discs.” Out of 219 subjects, 86% who completed decompression therapy reported lasting reduction of symptoms. Keep in mind, many of these people were previously told that surgery was their only option, yet 86% now found relief with a non-invasive, non-surgical treatment, with no recovery time! I have personally had AMAZING results with decompression treatments for my own disc condition. On the next page there are actual MRI pictures of a patient with a herniated disc. The pictures show a disc before and after treatment using non-surgical spinal decompression.



MRI *before* treatment, demonstrating
Non-Surgical
L5 / S1 disc protrusion.

MRI *after* treatment with
Spinal Decompression revealing

reduction of L5 / S1 disc protrusion

Is the treatment painful?

There is a chance you may feel some discomfort, but nothing comparable to the pain you are suffering from now. Many patients even fall asleep during treatments. Our spinal decompression machine will provide your discs with room to reshape and repair in a way that is not possible with any other treatments.

Why should I consider an alternative before surgery?

Considering non-surgical treatment is going to give you the opportunity to see if avoiding surgery is possible. It is not going to cause you to miss work for any amount of time. Also, surgery is not always successful and many people end up worse afterwards. The worse thing that can happen to you with Spinal Decompression is that you don't get any better, but that is only in a small percentage of cases.

If I've had back or neck surgery, can I still benefit from DRS™ Non-Surgical Spinal Decompression?

Having back or neck surgery does not prevent you from qualifying for spinal decompression unless you have surgical hardware affixed to your spine. In fact, clinical studies show that some spinal decompression procedures provide relief for patients who have had one or more back surgeries!

How much does DRS™ Non-Surgical Spinal Decompression therapy cost?

It is much less than the cost of the years of pain and discomfort caused by doing nothing to treat your condition. I know that isn't what you were truly asking, but I think it is an important point for you to consider. Financially, Non-Surgical Spinal Decompression therapy is *one of the least expensive treatments available* for herniated, slipped, bulging or degenerated discs. This is a relatively new procedure and like Lasik, part of the cost isn't covered by insurance. Typical out of pocket costs for the therapy vary based on your insurance and your treatment plan, but *we can usually make it affordable for just about everyone – even if you don't have health insurance!*

How do I know that DRS™ Non-Surgical Spinal Decompression will work for me?

I have no way of knowing if you are a candidate until you get evaluated. No one could possibly give you that advice in a report like this – that would be careless and irresponsible. However, I will be able to determine if you a candidate during an examination. I won't even consider taking you on as a patient unless I am confident that we can help you.

To your health,

Dr. Mark Shelley, D.C.