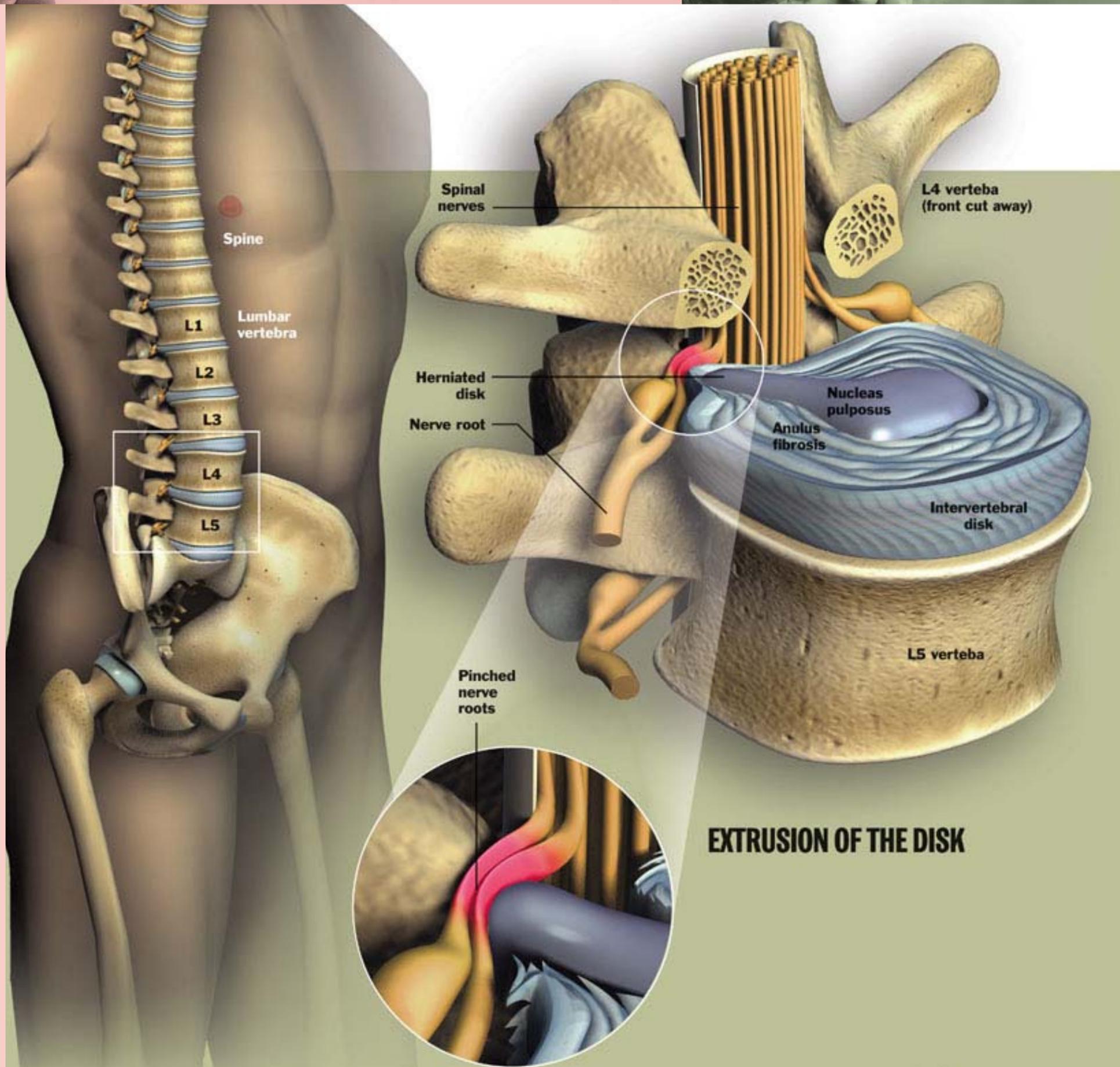


5 SIGNS OF SERIOUS INTERVERTEBRAL DISC DAMAGE...

- 1 Severe, worsening and intractable pain is oftentimes the hallmark of serious disc damage.
- 2 Loss of muscle strength or muscular coordination in one or both extremities may represent severe disc impingement upon a nerve root. Left untreated, this could become permanent.
- 3 Beware loss of bowel or bladder control; this includes inability to start or stop urination or defecation when you want to, or being unaware of the passage of urine or feces until you've had an "accident".
- 4 A change in or loss of sensation, such as a numbness, vague heaviness or tingling in an extremity, or difficulty sensing when your feet strike the ground, may represent disc damage to the spinal cord or nerve roots.
- 5 Fever and increasing pain in the spine several days following an injection or surgical procedure to that area could represent infection.



ASK DR. BOB

OSTEOPATH, EMERGENCY SPECIALIST AND TRUE SPINAL DECOMPRESSION ADVOCATE ANSWERS YOUR QUESTIONS!

Q It has been eight months since my accident, and I am unable to sleep through the night or to lift my baby because of persistent pain. **Is it ever too late to hope for an end to this back pain?**

A No doctor, no matter how talented, should *promise* that every case of spinal pain can be aborted. Most patients find adequate resolution of acute pain from conservative therapies. Medications can help with relief, but actually only cover up the underlying problem and are not curative. I recommend first a thorough medical evaluation, with imaging (such as MRI) to identify the full extent of your pathology, and I would encourage you to have a positive attitude that your condition can be directly addressed and resolved.

Q **Why do some people get relief from manipulative therapy or acupuncture, while I still hurt?**

A The spinal vertebrae are interconnected not only by a series of supporting ligaments but also by a three joint unit consisting of a flexible intervertebral disc and two dorsal facet joints. Of these structures, the disc is relatively insensitive to treatments except by surgery and decompression therapy. When manipulation, physical therapy and prescribed medication fail to relieve symptoms, first look to the disc as a source of under-appreciated pathology, and consider decompression with an FDA-approved device such as the DRX9000C.

Q **You have mentioned spinal decompression therapy as an alternative to surgery for herniated discs; are there any contraindications to this form of therapy?**

A Absolutely. Examples of contraindications include surgical fusion or surgical hardware in the area of concern, underlying severe osteoporosis and cancers involving the bone. There are other conditions which would contraindicate the use of spinal decompression, and a spinal decompression expert should be consulted.

To learn more about non-surgical treatment options, including true spinal decompression, and for a no-fee consultation; call 575-556-0200 .