



**Do not accept lower back and neck pain as a fact of life.**

- **Safe and Pain-Free**
- **Pre-determined Period of Time**
- **A Non-Surgical, Drug-Free Procedure for:**
  - **Herniated Disc**
  - **Degenerative Disc**
  - **Sciatica**
  - **Radiculopathy**
  - **Facet Syndrome**
  - **Spinal Stenosis**
  - **Pre / Post Surgical Patients**



Back and neck pain are the number one complaints in North America, affecting 80% of us at one time or another. These problems often mean a permanent loss of some function, forcing us to give up things in life no one should have to give up. The highly advanced SpineMED® offers hope where other decompression\* systems fail.

**SpineMED®**  
**DECOMPRESSION\***

*Locations Throughout North America*



**Act now, call our free information line today about SpineMED® Spinal Disc Decompression at:**

**1-800-750-4188**

[www.spinemedtherapy.com](http://www.spinemedtherapy.com)



SpineMED® Spinal Disc Decompression is engineered and certified to worldwide medical standards. It is manufactured by CERT Health Sciences, LLC, an ISO compliant manufacturer. FDA 510(k) #K051013

\*Spinal Decompression, that is, unloading due to non-surgical distraction and positioning.

Version 1.2



**Tired of living with back or neck pain?**

**SpineMED®**  
**DECOMPRESSION\***



**A SAFE, NON-SURGICAL, DRUG-FREE PROCEDURE FOR:**

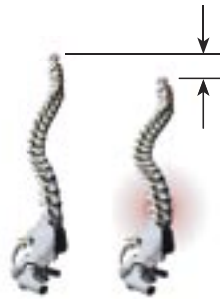
- *Herniated Disc*
- *Degenerative Disc*
- *Sciatica*
- *Radiculopathy*
- *Facet Syndrome*
- *Spinal Stenosis*
- *Pre / Post surgical patients*

## Why is the spine so prone to injury?

Your spine must be both stable and flexible to support upright posture, allowing you to bend and twist. This is mechanically very challenging and makes your spine vulnerable to injury. The spine is made up of a chain of bones, called vertebrae, connected together by ligaments and muscles. A disc separates each vertebrae and acts like a cushion, absorbing shock along the spine. The disc is made up of a jelly-like substance known as the nucleus, covered with many strong outer layers called the annulus. The discs do not have a supply of blood vessels to nourish and replenish them, rather they depend on a transfer of fluids, nutrients, and oxygen from the vertebrae above and below. This transfer of nutrients depends on the difference in pressure between the inside of the discs and the surrounding vertebrae and blood vessels. This is why most disc nutrition and regeneration takes place when we lie down and the pressure inside the discs is reduced. This process is not very efficient, and as we age, the disc is exposed to wear and tear greater than its ability to heal and regenerate.

The discs are prone to injury and degeneration as we use our backs each day, as they are compressed and torqued through sitting, bending and lifting. In the two lower levels of the lumbar spine, stress forces can equal 2,000 to 3,000 pounds of pressure per square inch. Repeated injury weakens and eventually tears the annulus. With increased pressure inside the discs, these tears allow the disc to bulge like an old tire with a broken casing. If all of the layers of the annulus break, the jelly-like nucleus will ooze out of the disc, causing a disc herniation. A bulging or herniated disc may press on spinal nerves, causing sciatica or radiculopathy.

During normal activities, the pressure inside the discs typically ranges between +100mm/HG to +300mm/HG



## Spinal Disc Decompression - What Is It Designed To Do?

Damaged intervertebral discs seldom heal as the discs are constantly under pressure. Decompression, or the reduction of pressure inside the discs, facilitates the transfer of fluids, nutrients and oxygen back inside the disc resulting in the retraction of bulging or herniated discs.

## The SpineMED® Procedure

All procedures are administered with the patient fully clothed. For lumbar procedures, the patient is comfortably positioned on the table, and the (patent pending) Pelvic Restraints are adjusted to comfortably secure the patient's pelvis. The upper torso is captured by a comfortable securing system incorporated into the fixed section of the table. The Pelvic Tilt section will be electronically tilted, so that specific spinal segments can be targeted. With precise and pain-free computer controlled tension, the specific disc segment is gently distracted.

For cervical procedures, the cervical unit is first electronically tilted to the angle required to target specific segments of the cervical spine. The patient is then placed on the table with their head positioned in the cervical cradle unit. The Cervical Restraints (patent pending) are designed to comfortably capture the base of the patient's skull for controlled distraction. A typical daily session consists of 30 minutes of decompression



**SpineMED®**  
DECOMPRESSION

**A Non-Surgical, Drug-Free  
procedure that is Safe and  
Pain-Free!**



on the SpineMED® Table followed by 15 minutes of ice therapy. The process is pain-free and safe, and it is not uncommon for patients to fall asleep during the procedure.

The average recommended course of procedure is 20 sessions. Ideally, the sessions are performed daily with rest on the weekend.

At the conclusion of the procedure series, patients are given mobilization and strengthening exercises to avoid further injury.

## Is SpineMED® Spinal Disc Decompression for me?



Spinal Disc Decompression with the SpineMED® Table has shown to be safe and without side effects or complications once abnormal conditions have been ruled out. Patients with conditions that compromise the integrity of the spinal column, such as gross osteoporosis, spondylolisthesis grade 2 and above, fractures, tumors, or congenital pars defects are not candidates for Spinal Disc Decompression.

Previous spinal surgery is not contraindicated unless hardware (screws, rods, cages, pins, etc.) has been implanted in the spine. Minimum age for SpineMED® procedures is 16 years. Maximum age to be determined by your healthcare practitioner, based on your health and physical condition.

## Safe, pain-free, and comfortable

- NON-SURGICAL procedure which is SAFE and PAIN-FREE.
- Pre-determined period of time.
- Procedure is designed for:
  - Herniated Disc - Degenerative Disc
  - Sciatica - Radiculopathy
  - Facet Syndrome - Spinal Stenosis
  - Pre/Post Surgical Patients



## Patients Praise the SpineMED®:

**"My original diagnosis was spinal stenosis. I would really recommend anyone with a back injury to use the SpineMED®. It sure has done a lot for me."**

**John Pauls**

**"I had a herniated disc. I couldn't sleep at night, and I couldn't work. I found out about SpineMED® procedures through a co-worker and my back is much better!"**

**Richard Needham**

**"I had a herniated disc and pinched nerve from a gardening accident. It was horrible pain. I absolutely recommend SpineMED® to relieve these symptoms."**

**Joan Bosworth**

**"My original diagnosis was a degenerative disc. There was pain in my lower back and numbness in my legs. SpineMED® allowed me to go without pain and allowed more flexibility."**

**Carolyn Platt**

**"After years of running and biking, an MRI showed bulging discs in my lumbar spine. I'm much better now after the SpineMED® spinal decompression. I wish I could have one at home."**

**Sal Fratianni**

**"On a scale from 1 to 10, my back pain was a 10 quite regularly. SpineMED® procedures have released that pain from my back. I have recommended this procedure to others with similar pain."**

**Tom Lundell**