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Neck and back pains are common and socioeconomic problems in our society which have affected several people in North America. Although symptoms are usually ignored, they are recurrent and cause disturbances in the relationships and jobs of people who experience them. According to the American Spinal Decompression Association, there is a 70 percent chance that undergoing spinal decompression will help ease the pain of individuals suffering from chronic back pain and/or spinal problems, however, the chances are still dependent on each individualâ€™s current state. Spinal decompression New York City experts can help eliminate these health problems after careful analysis.

Spinal decompression is a non-invasive spinal treatment and an alternative to surgery. It is used for several individual cases which have chronic back pain and spinal disorders. This therapy is an FDA approved treatment which leaves a positive and long-term relief from chronic back pain. Spinal Decompression NYC experts carry out this practice by gently stretching the spine very slowly which helps in relieving some or all of the pressure that has amassed on the compressed discs and also on the individualâ€™s vertebrae. In order to achieve the long-term relief from back pain, one has to involve himself in regular treatments as the problem cannot be corrected with a single treatment.

Degenerative disc disease, facet joint syndrome, sciatica and herniated disc are common types of back conditions that can be removed by spinal decompression therapy. All of these conditions improve from the release of pressure, thus creating distances between each focal point of the vertebrae or spine. Moreover, there are also other chronic back conditions that can be treated by spinal decompression therapy but it is advisable to first consult the Spinal Decompression New York City experts before signing on to the treatment.

Like others, Spinal Decompression New York City makes use of decompression tables, qualified back specialists and related systems. The receiver or patient is made to lie down and is comfortably strapped on the decompression table. The decompression table is then made to move in a series with intervals of one-minute while the system takes care of the of the distraction force. The spine is steadily and slowly pulled apart making a small vacuum between the vertebrae, and then the spine and the discs will be pulled back toward a normal, painless structure.

Spinal decompression therapy is a non-surgical treatment that is basically a form of traction therapy that has been around for decades. Decompression therapy is highly expensive but it is now a far more effective and efficient form of modern day traction.

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If you are suffering from lower back pain or spinal decompression, contact a Spinal Decompression NYC specialists. Get rid of chronic low back pain at a Manhattan Physical Therapy and improve your physical functionality as well as improve fitness level.

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