

CHRONIC NECK AND BACK PAIN CHANGES YOUR LIFE.

But there's hope
for lasting relief with

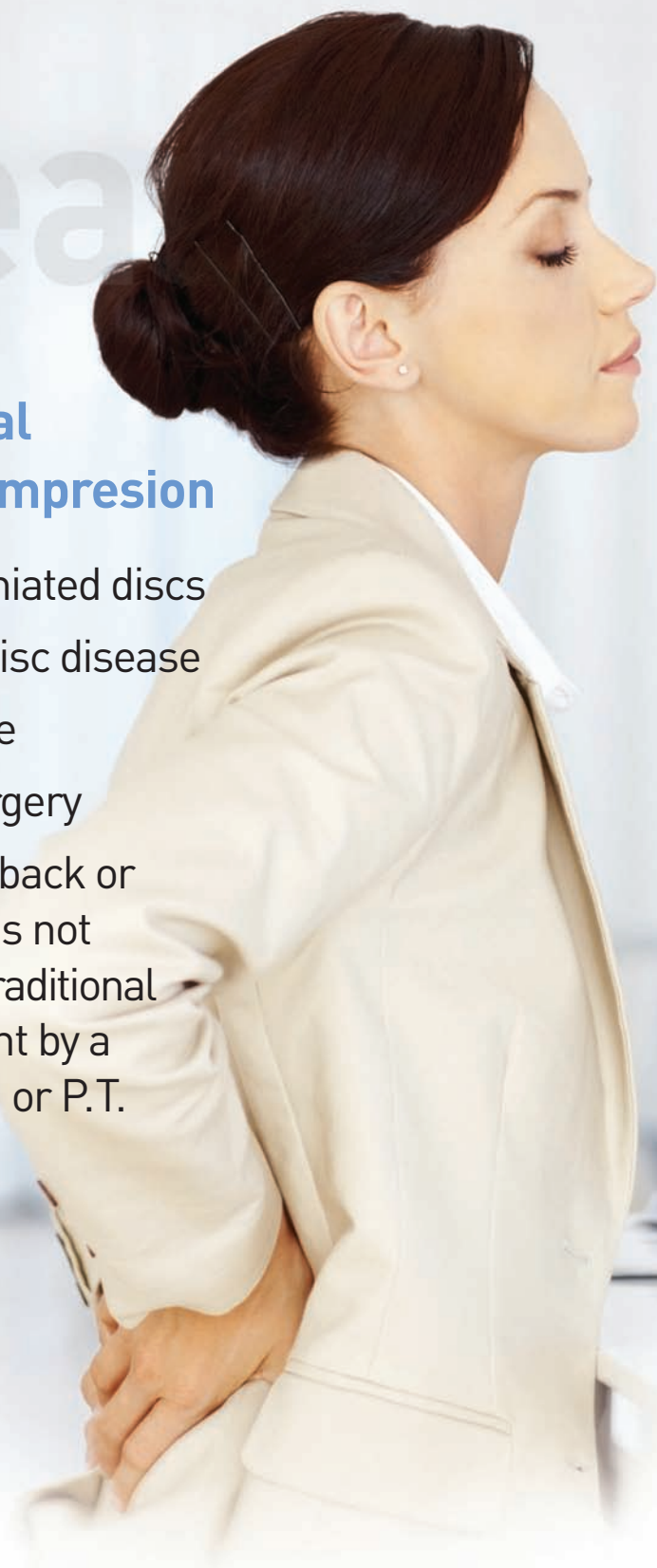
**Non-Surgical
Spinal Decompression**



Five Reasons

To Consider Non-Surgical Spinal Decompression

- Bulging or herniated discs
- Degenerative disc disease
- Facet syndrome
- Failed back surgery
- Ongoing lower back or neck pain that is not responding to traditional spinal treatment by a M.D., D.O., D.C. or P.T.



What is Spinal Decompression?

Non-Surgical Spinal Decompression is a non-invasive treatment for patients who suffer from neck and back problems. A decompression treatment slowly and gently lengthens or releases pressure in the spine through repetitive movements by a customized medical device. The table pulls and releases, creating a pressure change within the intervertebral disc, surrounding soft tissue, and joints. This pressure change allows the disc bulges or herniations and nutrients to be pulled back into the disc. Rehydration of the disc and surrounding tissues creates a physiological change which assists the body's natural healing process.

How long will my results last?

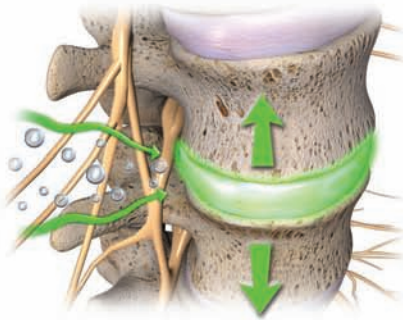
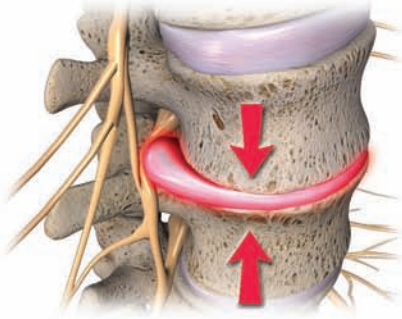
Each patient is unique and results vary. However, research suggests that continued improvement is seen up to four years following the decompression treatment program.



How Spinal Decompression Works

A Formula for Relief

Through the stretch and release protocols of the decompression procedure, negative pressure is created in the disc over time. This vacuum effect draws any herniated disc material back into the disc.



When Negative is Positive

By relieving pressure in the spine, increased circulation also occurs in the disc which is a vital aid in the healing process.

◀ Spinal illustrations provided by 3DRX Inc. www.3drx.com

Disc Pressure Comparison



Incorrect lifting
450%



Correct lifting
200%



Standing
100 % pressure



Spinal Decompression
Negative Pressure



Lying Down 45%



Traction Manipulation
30%



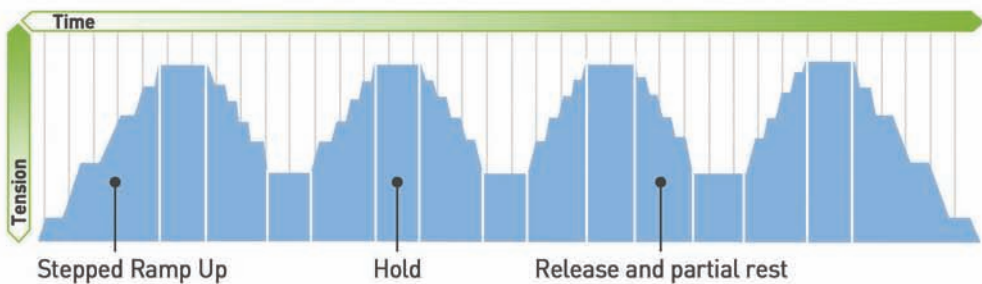


The HillDT Difference

Decompression creates a vacuum or negative pressure which draws nutrients, oxygen and fluids into the disc.

The Hill DT table is unique in comparison to other treatment tables. But it's more than a table, it's a comprehensive program. The sensors in the table continually monitor the patient to ensure proper treatment is delivered. Nutrients and oxygen-rich blood are drawn back into the disc. Since these areas of the spine receive low circulation, this is a critical component of decompression.

How Spinal Decompression works on the HillDT Table



The **Five** Components

1 Pre-decompression treatment or therapy

Pre-treatment may include laser, acoustic compression therapy, electric stimulation, hot packs to pre-condition regions to be decompressed

2 Hill DT decompression table protocol

Treatment with a specific programmed protocol unique to the patient's condition to create a phasic physiological change

3 Manual Treatment or Manipulation

Manual spinal adjustment or instrument adjusting techniques to correct mechanical and structural dysfunction

4 Nutritional recommendations

Diet counseling and nutritional supplements to support restoration of the disc and decrease inflammation

5 Posture rehab & core strengthening

At home therapeutic exercise or other additional neuromuscular rehab to assist in the healing and repair

of a Spinal Decompression Treatment Program

It's a comprehensive program to create lasting results.



Is Non-Surgical Spinal Decompression Right for you?



Case Study

A 64 year old male patient involved in a work related injury from repetitive lifting. The patient presented with severe mid to lower back pain and pain down the left leg.

MRI confirmed a significant disc herniation at L2/L3 and was recommended surgery. However, the patient declined to do the spinal surgery and sought spinal decompression therapy as their first option. Pain reduced from an 8 out of 10 to a 4 out of 10 in 12 visits. After 24 visits the patient returned to work with an average pain level of 1-2. After 36 decompression treatments and several months between MRI studies a second MRI was obtained and revealed a complete regression of the previously diagnosed disc herniation at L2/L3. The patient returned to work pain free and required no surgery or further follow-up.





Life-changing Results

“My pain was so bad that it often kept me from getting out of bed. My MRI showed a herniated S1-L5 disc. After four sessions of Non-Surgical Spinal Decompression, the pain was gone! At the end of session 20, I had flexibility I had not experienced for 12 years.

Only a short while ago, I thought invasive surgery was my only option. Spinal Decompression has given me my life back.”

Fred Gardener, Roanoke, VA*

“As a nurse, my job involves a lot of lifting. Recently I hurt my lower back assisting a patient. Because I work in the hospital system, I went the traditional medical route. After months of treatment, including physical therapy and spinal injections, I was no better. I finally tried spinal decompression and now I am pain free!”

Gina Johnson, Westwood, CA



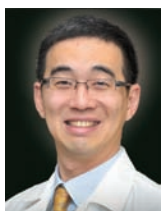
“I was out of work for 5 months last year with severe back pain. Nothing seemed to help me and I thought for sure I was going to need surgery. Then I found out about spinal decompression and after 24 treatments, I am no longer in pain and am back to work.”

Ron Jankowski, Baltimore, MD



“Treating patients in my Neurology practice with the HillDT spinal decompression system has improved my outcomes dramatically. Patients are consistently getting better and love the fact that the treatment is natural and drug free. Most importantly, it is the best treatment to promote healing of the disc and facets. Thank you HillDT!!!”

Alexander Smirnoff, M.D.



“As a conservative treatment option Non-Operative Decompression with the Hill DT has improved outcomes for procedures like epidural injections and has reduced or eliminated our patients need for oral pain medication.”

Hsiu-Hsien (Tom) Ling, M.D.

“The HillDT Table has been a tremendous addition to my practice. We are seeing dramatic improvement in disc herniation cases, including some that I thought would need surgery. We also see great response with headaches associated with neck pain and low back pain associated with severe arthritis.”

David Teitelbaum, D.O.



“Our Outcome Assessments show we are helping herniated and degenerated disc patients at an awesome success rate. The HillDT Spinal Decompression table gets results and I can’t imagine practicing without it.”

Randy Reed, D.C., C.C.S.P.

“Since integrating decompression into our practice, our patient results have been amazing. Our clinical outcomes consistently provide significant patient improvement. This equipment works... the patient’s results speak for themselves.”

Timothy Burkhardt, D.C., B.C.I.M., D.A.A.I.M.



Decompression For the Research Patient

Scientific research proves that decompression works.

Chiropractic Economics (Vol.61, No. 4, March 13, 2015)

Measured Success, Evaluating the Effectiveness of Spinal Decompression Therapy

CONCLUSION: Of 815 patients receiving spinal decompression therapy a random selection revealed a 91% success rate" Davenport University 2015.

Disc Distraction Shows Evidence of Regenerative Potential in Degenerated Intervertebral Discs, SPINE 2006

Disc repair fundamentally depends on the stage of disc degeneration

CONCLUSION: This study with respect to previous reports, confirms that disc distraction enhances hydration in the degenerated disc and may improve disc nutrition via the vertebral endplates. Thorsten Guehring, MD, et al; Department of Orthopedic Surgery, University of Heidelberg, Germany. SPINE (Vol. 31, Number 15, 2006)

Journal of Neurologic Research (Vol. 29, No. 3, March 2003)

Efficacy of Vertebral Axial Decompression on Chronic Low Back Pain

CONCLUSION: This 144 patient study showed 76% achieved remission of pain. Except in emergent conditions, Vertebral Axial Decompression should be used on all conditions before surgery is undertaken.

Orthopedic Technology Review (2003; 6 (5))

Surgical Alternatives: Spinal Decompression

CONCLUSION: 86% of the 219 patients who completed the therapy reported immediate resolution of symptoms, while 84% remained pain-free 90 days post-treatment. Physical examination findings showed improvement in 92% of the 219 patients, and remained intact in 89% of these patients 90 days after treatment. It was shown to be effective for herniated and degenerative discs.

American Journal of Pain Management (Vol. 7, No.2, April 1997)

Decompression, Reduction, and Stabilization of the Lumbar Spine: A Cost Effective Treatment

CONCLUSION: Eighty six percent of herniated intervertebral disc patients achieved 'good' (50-89% improvement) to 'excellent' (90-100% improvement) results with decompression. Sciatica and back pain were relieved. Facet arthrosis patients, 75% obtained 'good' to 'excellent' results with decompression.

Decompression Therapy has lasting results.

Archives of Physical Medicine and Rehabilitation February 2008

Protocols for Patients with Activity – Limiting Low Back Pain

A total of 296 patients with low back pain and evidence of a degenerative and or herniated disc at 1 or more levels were in this study. 8 Week course of treatment consisting of 5, 30 minute sessions of Decompression Therapy per week for 4 weeks and 1, 30 minute session for a week for 4 additional weeks.

CONCLUSION: Patients showed continued statistical improvement in both pain scores and functional movement scores after their treatment programs were completed for 180 days post-treatment.

Anesthesiology News, (Vol. 29, No. 3, March 2003)

Vertebral Axial Decompression Reduces Chronic Discogenic Low Back Pain-4 Year Study

CONCLUSION: Four year follow-up after Decompression method shows a sustained 86% reduction in pain and that 91% of patients had resumed their normal activities and has remained pain free.

