

# News From



## FOR IMMEDIATE RELEASE

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### **Decompression Therapy Comes to Circleville**

CIRCLEVILLE, OHIO — Patients at Circleville Physical Therapy are being put on a rack — and they're loving it! We're not back in medieval times and they're really not using an old fashioned rack, of course. It's a decompression therapy table, a high-tech machine that brings relief to sufferers of back pain.

Circleville Physical Therapy installed the machine from American Back Solutions after recent major renovations to the office on North Court Street. Decompression therapy is a noninvasive, advanced traction procedure that is applied to a fully-clothed patient. The therapy takes approximately 20 minutes.

"By relieving pressure on spinal discs and facet joints, decompression therapy effectively enhances the healing process and, in an impressive number of patients, results in quick, lasting pain relief," describes Rick Bergman, Co-owner and Therapist.

One of the most prevalent and difficult health conditions to treat in physical medicine is low back pain, often because there are numerous causes for this type of pain, including herniated, bulging or degenerative discs, muscle spasms, facet arthritis and sciatica. While the vast majority of low back problems are relieved in a few days, there are still millions of Americans suffering with severe and chronic pain.

Neurologists, orthopedists, family doctors, chiropractors and physical therapists have contributed to the development of this newest FDA-approved therapy for low back pain. Medical experts are increasingly recommending decompression therapy as the treatment of choice for low back pain. Recently released studies note that decompression therapy was reported as successful more than 85% of the time — without the need for surgery, injections or medication.

The results achieved with decompression therapy are unmatched. Decompression therapy is comfortable and non-invasive, with virtually no side effects. As noted, the therapy may reduce or eliminate the need for medication, shots or invasive procedures. An average patient will usually start to notice pain relief within the first 2-3 visits. Patients are typically treated with minimal loss of time from work and are often able to return to work faster than with other traditional approaches.

## **Decompression Therapy Comes to Circleville (cont.)**

Ann Freeman, Co-owner and Therapist, notes that this new procedure has made a tremendous impact on patients who have tried traditional treatment techniques for lower back pain with little or no success.

“Many back patients feel like they are out of options,” says Freeman. “There is a large segment in our community who suffer silently with daily chronic low back pain. They may turn to pain killers to temporarily stop the pain. But this only provides short term relief, and it doesn’t fix the core problem at hand. We are pleased to offer this newest treatment to change peoples’ lives.”

Patients praise the treatment for not just the pain relief the therapy offers, but for the return to a more normal lifestyle. Patients who complete decompression therapy from Circleville Physical Therapy are often able to return to the activities they thought they would never be able to do again. The high success rate, fast results and minimal side effects make decompression therapy a wise choice in the treatment of low back problems.

Decompression therapy is just one of the many services offered by Circleville Physical Therapy for the treatment of low back pain, as well as other sports or work-related injuries. For more information, or to schedule a consultation, call 740.474.9318 or, to learn more, visit [www.circlevillephysicaltherapy.com](http://www.circlevillephysicaltherapy.com).

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Photo caption: On the road to recovery.

Questions about this release should be directed to Ann Freeman at 740.474.9318.