

DRX9000C Guidelines

- ✓ Please arrive 5-10 minutes before your scheduled treatment time – to allow you sufficient time to answer your questions at the computer, use the restroom, take your belt and tens unit and tens pads off and get harnessed for your pull.
- ✓ Beginning Decompression treatments on the DRX9000C is like starting an exercise program for your spine. It is common to be sore during the first 2 weeks, the ice, belt and TENS unit help decrease the inflammation and any related soreness.
- ✓ Each treatment lasts 28 minutes and 15 seconds. You are to remain relaxed and quiet and allow the machine to decompress your spine. We often ask that any family or friends only watch for a few minutes of a treatment, so we can ensure that you are relaxed and quiet.
- ✓ You can watch a DVD or listen to a CD while in treatment on the DRX9000C, but reading a book and phone conversations are not allowed.
- ✓ Be sure to wear your TENS, ice and belt all waking hours for the entire course of treatment. If you are a cervical decompression patient, you will receive cold laser therapy while on the machine in place of the TENS, ice and belt.
- ✓ When getting off of the machine, please take your time. As the machine brings you back to upright, start to put weight on your feet ASAP and be sure to shift your weight from side to side. Most people feel like they have been in “outerspace” after each pull. Which is pretty accurate, the machine creates a negative pressure in your disc space in order to pull the bulge/herniation and nutrients back into the disc. The negative loading is very similar to being on the moon!
- ✓ You will have a re-exam after your 9th or 10th treatment on the machine, until then you are to do no exercises and bed rest is recommended for optimal results.
- ✓ After your re-exam, you will be given a packet of core strengthening exercises that you are to do on a daily basis, along with a 30 minute walk. (both done without the belt/ice/TENS)
- ✓ Exercise should be done even after the completion of treatment on the DRX9000C to ensure maximum benefits and to maintain your results.
- ✓ If you are ever uncomfortable on the machine, please let us know so we can adjust your positioning. The pulls do not/should not cause pain.
- ✓ Any other treatment(s) you are receiving outside of our office must be discussed with the doctor. Steroid injections are not to be done within 2 weeks of starting decompression nor during the 5-6 weeks of your decompression treatments.
- ✓ Upon completion of your treatment plan, you will be scheduled for an exit exam two weeks following your last pull.
- ✓ You will also receive a “Testimonial Form” to give us feedback and testimonies of your treatment on the DRX9000C.

