



**WELLNESS CONNECTION**

Get Well. Stay Well.

# **HOME CARE RECOMMENDATIONS**



## **Non-Surgical Spinal Decompression**

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## **PROCEDURE**

- Treatment consists of 24-30 non-surgical spinal decompression sessions provided over a period of 8-10 weeks. Our goal with this treatment is to begin the process of relieving your neck or back pain as well as restoring the health to the disc- related condition that you may have.
- In order to consolidate healing and enhance your recovery, you will also receive combined applications of chiropractic manipulations and specific therapies.
- Your rehabilitation program will begin as quickly as possible based upon your pain levels. Clinical research states that it is very difficult to achieve muscle strengthening while you are in pain, thus most of your pain must be gone prior to the beginning of your rehab program.
- Dependent upon your response, the order and length of the modalities and exercises will be adjusted by the Wellness Connection doctors to promote healing and to make your recovery experience as comfortable, satisfactory, and effective as possible.



## PREPARING FOR TREATMENT

### THE DAY OF TREATMENT

- ❑ Not missing your appointment is **CRITICAL** for your recovery. If you do **NOT** get treatment, you will **NOT** get better. Consistency in your treatment program is directly related to your success. It is very important to the success of your program to not have any major lapses in your treatment program. If you have a business trip or long weekend scheduled, we will do our best to accommodate you, however we do not recommend any lapses in your program.
- ❑ Arriving **ON TIME** for your appointment is equally as **CRITICAL**. The Decompression Table is scheduled to treat several patients per day. Each time slot is set for a particular patient and will be protected for that patient. We have reserved that time for you as well, so please arrive a few minutes early to make sure you receive your full-allotted treatment.
- ❑ If you **FAIL** to make your appointments without a 24hr notice, you will be charged a \$75 NO SHOW FEE. The Decompression Table is **BOOKED** weeks to months ahead. There are very few to no options for missed appointments.
- ❑ If you are **10 minutes LATE for your appointment**, your appointment is considered **MISSED**. Delaying your appointment will affect the care and timeline for the treatment of the patients who follow for the duration of that day. It would be unfair to penalize you if someone else delayed their appointment and it would be equally unfair to do the same to someone else.
- ❑ Your appointment time will be the same each day. Because we have a full schedule, we are unable to accommodate changing the time for the treatments. We do not enjoy presenting such a strict office policy; however, we believe you understand the necessity of our office policy to insure your success.

### WHAT TO WEAR FOR TREATMENT

- ❑ Avoid ANY slippery clothing. **NO** nylon, satin, silk, and most dressy clothes
- ❑ Wearing jeans, chinos, khakis or slacks is acceptable
- ❑ Wearing cotton tops such as T-shirts or sweatshirts is acceptable
- ❑ If you have somewhere to go after your treatment that requires different dress, we invite you to change in our restroom after your treatment is complete.



## **VISITING OUR SPINAL DECOMPRESSION AREAS**

- While we pride ourselves on being a family-oriented office, you, as well as our other patients that are undergoing the same treatment as you, are here to get better. It is the office policy that all adult visitors remain in the reception area while you are being treated. Absolutely no children are allowed in the Spinal Decompression area while you are being treated. All cell phones/pagers must be turned off while you are in the Spinal Decompression suite.
  
- It is our goal to provide the most therapeutic atmosphere possible to enhance your healing. We do not like to take such a hard stance on this issue, but based on our experience, patients who are not interrupted during their treatment are more likely to achieve better results. We encourage you to make this a period of rest and relaxation. We have found that many of our patients enjoy listening to music, reading, or simply sleeping. Whatever you find helpful to relax, we encourage you to do so and if there is any way that we can be helpful in achieving that relaxation please let us know.



## **AFTER YOUR DAILY TREATMENT**

- During the initial phases of your treatment program, it is very important that you give your neck or back every opportunity to heal. This is accomplished by following the recommendations below. This will help you better understand the variables that could be irritating your condition.
- Absolutely no lifting for a minimum of 6 hours after your decompression treatment or avoid lifting period altogether if possible.
- No strenuous activity for a minimum of 6 hours after your decompression treatment.
- No bending over/twisting for a minimum of 3 hours after your decompression treatment.
- No sexual activity for a minimum of 3 hours after your spinal decompression treatment.
- Avoid sitting or working on the computer for extended periods of time without periodic breaks to get up, stretch, and move.
- No outside therapy or other forms of treatment related to this condition so that our health care team can accurately assess your progress. Please discuss with our doctors any other treatments that you are currently doing.
- Light walking is allowed; however, no running or strenuous exercise during the first 2 weeks of your treatment program.
- A walking program may be developed for you in the third week of your program to help begin the rehabilitation portion of your treatment.



## BRACING INSTRUCTIONS

- If you already have a lumbar brace/support band and it provides relief and stability, continue to use it during all weight bearing hours throughout the initial two weeks of the program. Show your lumbar support to the doctors to ensure its being used appropriately.
  
- The lumbar support will help support your spine, limit the motion to your back, and reduce pressure to the discs in your lumbar spine. For the third and fourth weeks of your program, you will wear your lumbar support for four to eight hours per day, especially when you are placing yourself in a pressurized position such as sitting, bending, lifting, etc. From the fifth week on, we recommend that you only wear your support when you are doing activities that will put your back at risk for re-injury.
  
- If you are being treated for a neck condition, the doctors may also recommend the use of cervical molding blocks. If your neck feels grossly unstable or experiences intense pain with motion, ask the doctors for their recommendation.



## WHAT TO DRINK

- While you are undergoing your Non-Surgical Spinal Decompression Treatment, we will be re-hydrating your discs. It is important that you **DRINK AT LEAST HALF** your body weight in ounces of water over the next 12 weeks (unless instructed otherwise by the Doctors). Develop a plan to consistently drink water and then reduce water intake in the later afternoon so you don't have to get out of bed 3-4 times per night.



## POSTURAL RECOMMENDATIONS

### STANDING

- If you have a disc related condition, standing or being on your feet is usually the best place to be, besides lying down. When you are standing, you most likely are in a very neutral position, which is placing the least amount of stress on the disc related problem. While standing, avoiding bending over any countertop such as when you are cooking, putting on make-up, or shaving. Try to bend at your knees and hips, not your lower back. If you have been in pain, you know that these positions are difficult, so try to avoid them or at least use the correct technique.
- Also avoid any type of lifting or bending from the ground. This might be as simple as putting on your socks. Instead of reaching down to put them on, bring your foot up to you while you are sitting to avoid the stress of bending on your lower back. If picking up anything off the floor, from a pen to a bag of concrete, NEVER bend from your back, instead bend from your hips and knees, and always keep your back arched.

### SITTING

- Sitting is by far the worst position anyone with a bulging, protruding, or herniated disc can be in. When sitting, most people are in a slouched posture allowing their back to flatten and bend forward. This causes an enormous pressure on the discs and further irritates the very delicate nerves. You avoid this type of problem by having a lumbar support for your chair when you are sitting. That might be for your car seat, your office chair, or when sitting on the couch while watching a movie. If you sit with your back flattened or slouched, you are sure to be in pain when you get up.
- By having a good lumbar support, it places your hips and your knees in a 90/90 position, which means that there is a 90 angle at your hips and your knees. This ensures that you are sitting perfectly upright. When you sit, first place your hips as far back in the chair as possible, then place the lumbar support at your beltline so you feel the support pushing into your lower back. This position will naturally draw your head and shoulders back into a neutral position.
- Remember to have your monitor placed at or near your eye level and have your keyboard on a surface that will allow you to slide it under the monitor. Make sure the mouse and keyboard are at the same level as your elbows so that you don't have the tendency to lean forward to use the mouse and keyboard.

### SLEEPING

- Sleeping on your back is usually the most comfortable and least stressful position because it places your back in the most neutral position causing the least amount of pressure to the discs in the lower back. A proper mattress and pillow are always recommended to provide the utmost support for both the neck and lower back. It is very important to have one contoured supportive pillow under your neck and a second support or pillow under your knees to take pressure off your lower back. Sleeping on your side with a pillow between your legs is also acceptable. Sleeping on your stomach will irritate both your neck and lower back and should be avoided.



## SPECIAL REMINDER

- It is imperative that every person with a neck or back-related condition understands the anatomy of their problem and how that relates to how they feel and how they eventually heal. As you have read previously, it is very important to follow the strict protocols, which I have put together for your program.  
These protocols have taken over a decade to develop and are proven methods to getting you back on track.
- When it comes to getting better, understand first that disc related injuries are extremely susceptible to poor positions. WHY? When you are in the wrong position such as sitting in a slouched position, you are placing pressure on the front of the discs in both the neck and the back which causes the disc to move backwards towards the sensitive nerves and spinal cord. Thus, it is imperative that you avoid these positions at all costs so that through your treatment program we are not in a tug of war with your body.

## Patient Commitment

I hereby authorize the Doctor to work with my condition through the use of a spinal decompression protocol, adjustments, exercises, and other therapeutic procedures.

I understand and have read the written portion of the program, which I am responsible for. This includes the reduction in my daily activities, following bracing instructions and avoiding exercise initially and other strenuous activities.

I also understand that if I do not make these changes and follow the Doctor's recommendations that there is a possibility that I might not get better and could cause my condition to become aggravated.

I understand and have been shown that by following the recommendations of this program there is an excellent opportunity to create major improvement in my condition.

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Patient Signature

Date

Witness Signature



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