



Non-Surgical Robotic Laser Spinal Decompression & Neuro-Spinal Restoration Reviews

Pain Resolution & Reversal of Osteoarthritis and
Degenerative Disc Disease at L4,5 and L5,S1
in only 8 weeks – A Patient Case Study

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Ottawa Neuro-Functional Chiropractor & Non-Surgical Robotic
Laser Spinal Decompression Expert Dr. John Zielonka © 2023

The Ottawa Chiropractic & Natural Health Centre is proud to have Ottawa's only **Non-Surgical Robotic Laser Spinal Decompression** system as part of its **Signature Neuro-Spinal Restoration Program**. This revolutionary new technology is the world's first to combine simultaneous "true" Spinal Decompression with Class IV laser, the highest level of laser approved by both Health Canada and the FDA. This unique combination continues to show unparalleled success in previously difficult and unsuccessful cases. As such, those who have suffered with chronic, debilitating back and neck pain from disc herniations, disc bulges, degenerative disc disease, osteoarthritis, sciatica, "pinched nerves", spinal stenosis, compression fractures, spondylolisthesis, whiplash, carpal tunnel syndrome, migraines, failed surgery and wishing to avoid surgery finally now have renewed hope.

The following is a clinical case study and review from one of our patients who has completed care at our centre in downtown Ottawa, Ontario, Canada. The patient has obviously consented to sharing their experience so that others can be helped.

Adriaan's Experience

Adriaan is a 65-year-old Ottawa man who had been suffering with severe chronic low back pain and degenerative disc disease for over 10 years. He couldn't bend, couldn't sit in a low chair for fear of not getting up again and couldn't even put his own socks on. In fact, he was let go from work due to his low back disability 9 years ago. Not only couldn't his medical doctor help, but he also wouldn't even sign his disability form. Imagine what this did to both Adriaan's physical and mental health.

After arriving at our Health Centre, Adriaan underwent our comprehensive Non-Surgical Robotic Laser Spinal Decompression Initial Consultation & Examination including Diagnostic Digital X- Rays and a Full-Spine Neurological Scan. This enabled us to find the true underlying causes (yes, causes, not cause) of Adriaan's condition and to finally come up with a true, long-

term solution instead of recurring temporary relief or simple pain-masking. Also of critical importance was the ability to accomplish these results without the need for any drugs and their associated adverse side-effects or the need for surgery.

Adriaan was placed on our proprietary and specialized **Signature Neuro-Spinal Restoration Program** that included our **Non-Surgical Robotic Laser Spinal Decompression** system as well as other components specific to Adriaan's needs. These included Prescribed Functional Restoration Protocols, Targeted Science-based Nutraceuticals, Spinal Neurological Correction using specific Neuro-Functional Chiropractic Adjustments, Active Release Techniques, Proper Ergonomic Advice and Lifestyle Factors, and a Comprehensive Progress Examination including both follow-up Diagnostic Digital X-rays and a Full-Spine Neurological Scan.

“Huge, huge improvement”

Upon completion of an 8-week program, follow-up x-rays showed an increase in disc height at the L5,S1 level of an astounding 30.5% and 6.6% at the L4,L5 level. While such results can obviously never be guaranteed and will vary for each individual, there are many who still believe this isn't even possible. Adriaan's x-rays prove differently.

His neurological scan, ranges of motion and disability indexes all showed significant, concurrent improvement.

We are pleased to report that Adriaan can now put his socks on, and his life has changed immeasurably for years to come. He has also been prescribed with numerous tools to enable him to maintain and even continue his progress. Finally, we would like to thank Adriaan for sharing his story with you and offering hope to those who had given up.

Please watch our videos on YouTube here: [Dr John Zielonka - YouTube](#)

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Dan's Experience...

Dan is a 56-year-old man who had been suffering with severe chronic low back pain and degenerative disc disease for over 20 years due to his professional career as an elite search and rescue specialist. According to him

**"I have tried everything to reduce the pain,
short of a surgery which isn't recommended"**

Needless to say, Dan was "fed up and frustrated" and "didn't do much". Imagine what this did to both Dan's physical and mental health. After arriving at our Health Centre, Dan underwent our

comprehensive Robotic Laser Spinal Decompression Initial Consultation & Examination including digital diagnostic x-rays and a neurological scan. This enabled us to find the true underlying causes of Dan's condition and to finally come up with a true, long-term solution without any drugs or the need for surgery.

Dan was placed on our proprietary and specialized Signature Neuro-Spinal Restoration Program that included our Non-Surgical Robotic Laser Spinal Decompression System as well as other components specific to Dan's needs.

an increase in disc height at the L5,S1 level of an astounding 20.6%

Upon completion of his 8-week program, follow-up x-rays showed an increase in disc height at the L5,S1 level of an astounding 20.6% and 19.0% at the L4,L5 level. While such results can never be guaranteed and will vary for each individual, there are many health professionals who still believe this isn't even possible. Dan's x-rays prove differently.

His neurological scan, ranges of motion and disability indexes all showed concurrent improvement.

We are pleased to report that Dan's life has changed immeasurably for years to come. He has also been prescribed numerous tools to enable him to maintain and even continue his progress. Finally, we would like to thank Dan for sharing his story with you and offering hope to those who had given up.

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Non-Surgical Robotic Laser Spinal Decompression & Neuro-Spinal Restoration Reviews

Resolution of L3,4 Spondylolisthesis & Reversal of
Osteoarthritis and Degenerative Disc Disease at
L4,5 and L5,S1 – A Patient Case Study

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The following is yet another clinical case study and review from one of our patients who has completed his program of care at our centre in downtown Ottawa, Ontario, Canada. The patient has obviously consented to sharing their experience so that others can be helped.

Jim's Experience...

"I was on Percocet for years"

Jim is a 63-year-old man who had been suffering with severe chronic low back pain and degenerative disc disease for over 30 years. At its worst, Jim lost complete feeling in both legs and could barely walk. He was on Percocet for years as well as numerous other drugs. Imagine what this did to both Jim's physical and mental health.

After arriving at the Ottawa Chiropractic & Natural Health Centre, Jim underwent our comprehensive Robotic Laser Spinal Decompression Initial Consultation & Examination including Diagnostic Digital X-rays and a Neurological Scan. This enabled us to find the true underlying causes of Jim's condition and to finally come up with a true, long-term solution without any drugs or the need for surgery.

"I can sleep again"

Jim was placed on our proprietary and specialized Neuro-Spinal Restoration Program that

included our Robotic Laser Spinal Decompression System as well as other components specific to Jim's needs. These included Prescribed Functional Restoration Protocols, Targeted Science-based Nutraceuticals, Spinal Neurological Correction using specific Neuro-Functional Chiropractic Adjustments, Active Release Techniques, Proper Ergonomic Advice and Lifestyle Factors, and a Comprehensive Progress Examination including both follow-up Diagnostic Digital X-rays and a Full-Spine Neurological Scan

Jim was progressing nicely on our program and then had the unfortunate luck to be involved in a serious car accident where his vehicle was crushed between a gravel truck and the guard rail. Needless to say, this seriously exacerbated his low back condition as well as introducing new injuries.

We're pleased to state that while we would never wish a car accident on anyone, we have significant experience at dealing with such injuries and how to address such a significant setback. Jim's program has been extended through his motor vehicle insurance and under our care has regained the strides he had been making.

"My back feels great"

His neurological scan, ranges of motion and disability indexes all showed concurrent improvement. Follow-up x-rays showed an increase in disc height at the L5,S1 level of an almost unbelievable 200% (there was very little to begin with) and 82% at the L4,L5 level. **Jim's spondylolisthesis at the L3,4 level was also improved by 47%.**

While there is still work to do based on the aggravation caused by the gravel truck, **his back is now better than it has been in 30 years** where he can actually sleep again, and his life has changed immeasurably for years to come. He has also been prescribed with numerous tools to enable him to maintain and even continue his progress. Finally, thank-you to Jim for sharing his story with you and offering hope to those who had given up.

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Non-Surgical Robotic Laser Spinal Decompression & Neuro-Spinal Restoration Reviews

**Curing Chronic Sciatica in a 25-year-old Male after
Suffering for 7 Years – A Patient Case Study**

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The Ottawa Chiropractic & Natural Health Centre is proud to have Ottawa's only **Non-Surgical Robotic Laser Spinal Decompression** system as part of its **Signature Neuro-Spinal Restoration Program** – a program designed specifically to one's individual needs that finally looks at addressing all of the underlying causes of one's condition to provide long-term, lasting results. This revolutionary new technology is the world's first to combine simultaneous "true" Spinal Decompression with Class IV laser, the highest level of laser approved by both Health Canada and the FDA. This unique combination continues to show unparalleled success in previously difficult and unsuccessful cases. As such, those who have suffered with chronic, debilitating back and neck pain from disc herniations, disc bulges, degenerative disc disease, osteoarthritis, sciatica, "pinched nerves", spinal stenosis, compression fractures, spondylolisthesis, whiplash, carpal tunnel syndrome, migraines, failed surgery and wishing to avoid surgery, finally now have renewed hope.

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Fadi's Experience

Fadi is a 25-year-old Ottawa man who had been suffering with severe chronic sciatica, hip pain, and low back pain for over 7 years. In his case, pain radiated down the entire back of both legs right down to his feet. At its worst, he described it as a "sharp lightning bolt" and that "there was "a knife in my back".

It was like a "sharp lightning bolt" and there was "a knife in my back"

Fadi found that the constant pain made him angry and adversely affected his relationships. It also seriously affected his ability to play his favourite sport – basketball.

**“I was completely immobile at its worst and
unable to sleep through the night fully without meds”**

After arriving at our Health Centre, Fadi underwent our comprehensive Neuro-Spinal Restoration Initial Consultation & Examination including Diagnostic Digital X- Rays and a Full-Spine Neurological Scan. This enabled us to find the true underlying causes (yes, causes, not cause) of Fadi’s condition and to finally come up with a true, long-term solution instead of recurring temporary relief or simple pain-masking. Also of critical importance was the ability to accomplish these results without the need for any drugs and their associated adverse side-effects or the need for surgery. In Fadi’s case, this revealed that he was not only suffering from chronic, bilateral sciatica, but also disc herniation, spondylolisthesis, scoliosis, degenerative disc disease, significant vertebral subluxations, pelvic dysfunction and more. This is one of the essential keys to our programs as people are often misled to believe they only have one diagnosis when in our experience it is never just one thing. If one doesn’t even know that there are 5 or 6 different contributing factors, how on earth do they ever fix it?

Fadi was placed on our proprietary and specialized **Signature Neuro-Spinal Restoration Program** that included our **Non-Surgical Robotic Laser Spinal Decompression** system as well as other components specific to Fadi’s needs. These included Prescribed Functional Restoration Protocols, Targeted Science-based Nutraceuticals, Spinal Neurological Correction using specific Neuro-Functional Chiropractic Adjustments, Active Release Techniques for Muscle Fibre Restoration, Proper Ergonomic Advice and Lifestyle Factors, and a Comprehensive Progress Examination including both follow-up Diagnostic Digital X-rays and a Full-Spine Neurological Scan.

**“7 to 8 years of suffering these pains,
countless attempts to remediate the issues,
and nothing has worked as well for me as coming here”**

Upon completion of an 8-week program, follow-up x-rays showed increases in disc height, resolution of his spondylolisthesis, and improvement in pelvic levelling.

Fadi’s neurological scan, ranges of motion and disability indexes all showed significant, concurrent improvement.

“Amazing people – Dr. Z. knows what he’s talking about”

We are pleased to report that Fadi’s pain has resolved and he has seen a vast improvement in his function. Needless to say, the knife is out of his back and the lightning bolts are gone. Of most importance to him is that he’s much happier and his basketball game has improved as well as knowing that his outlook on life has changed immeasurably for years to come.

the knife is out of his back and the lightning bolts are gone

As with all of our patients and clients, he has also been prescribed numerous tools to enable him to maintain and even continue his progress. Finally, we would like to thank Fadi for sharing his story with you and offering hope to those who had given up.

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Non-Surgical Robotic Laser Spinal Decompression & Neuro-Spinal Restoration Reviews

Resolution of Severe Spinal Stenosis, L4,5 & L5,S1
Disc Herniation and Avoidance of Surgery in a
29-Year-Old Male - A Patient Case Study

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Jeremi's Experience

Jeremi is a 29-year-old Ottawa man who had been suffering with severe chronic low back pain affecting all aspects of his life since 2015. Given his young age, this essentially means that Jeremi has suffered through his entire 20's with no reason to believe that this wouldn't in fact be even worse for his 30's, 40's, 50's and beyond.

He suffered severe radiating pain down the entire length of his left leg. He was constantly on modified duties at work, was not doing anything, in bed each night by 7:00pm and "always on the edge".

His past care included previous medical consultations, multiple MRIs, physiotherapy, chiropractic care, osteopathy, cortisone shots, physiatry, and orthopedic surgical consults.

These surgical consultations were of considerable importance and concern for Jeremi. One done here in Ottawa wanted to do an immediate laminectomy, yet Jeremi found the surgeon to be extremely “pushy”.

Of even more interest was a recommendation that Jeremi sought out for artificial disc surgery in Germany. After providing his MRIs and other information, he was quoted \$65,000 (plus the cost of travel) and a minimum 3-month recovery before he could even drive again. He was also strongly advised to donate to a sperm bank prior to his surgery because there was a 2 to 4% chance that this surgery would make him unable to father a child in the future (the same nerves that exit the lower back also control the bowel, bladder, and reproductive organs).

Jeremi was strongly advised to donate to a sperm bank prior to surgery

After arriving at our Health Centre, Jeremi underwent our comprehensive Non-Surgical Robotic Laser Spinal Decompression Initial Consultation & Examination including Diagnostic Digital X- Rays and a Full-Spine Neurological Scan as well as a review of his MRIs. This enabled us to find the true underlying causes (yes, causes, not cause) of Jeremi’s condition and to finally come up with a true, long-term solution instead of recurring temporary relief or simple pain-masking. Also of critical importance was the ability to accomplish these results without the need for any drugs and their associated adverse side-effects or the need for surgery.

Our findings determined what they always do – it’s never just one thing. Jeremi was suffering from “severe spinal stenosis” and a “left lateral recess stenosis”. He also had a disc protrusion measuring 9 X 12 X 13mm at L4,5 and a right posterior central gray protrusion at L5,S1. He also had degenerative disc disease, severe sciatica, multiple vertebral subluxations, faulty movement patterns and a host of other sequela. This is why his past care was unsuccessful as would have his laminectomy.

Jeremi was placed on our proprietary and specialized **Signature Neuro-Spinal Restoration Program** that included our **Non-Surgical Robotic Laser Spinal Decompression** system as well as other components specific to Jeremi’s needs. These included Prescribed Functional Restoration Protocols, Targeted Science-based Nutraceuticals, Spinal Neurological Correction using specific Neuro-Functional Chiropractic Adjustments, Active Release Techniques, Proper Ergonomic Advice and Lifestyle Factors, and a Comprehensive Progress Examination including both follow-up Diagnostic Digital X-rays and a Full-Spine Neurological Scan.

“I couldn’t be working without you”

Upon completion of his initial program, follow-up MRI showed his disc protrusion receding by 50%. Follow-up x-rays showed an increase in disc height at both the L4,5 and L5,S1 level. His neurological scan has shown significant improvement in nerve function. While such results can obviously never be guaranteed and will vary for each individual, there are many who still believe this isn’t even possible. Jeremi’s MRI and x-rays proved different. His lumbar ranges of motion have improved by 100 to 200% and disability indexes all showed significant, concurrent improvement. Specifically, his Revised Oswestry Disability Index which measures his function, activities of daily living and his abilities to do the things he needs to do improved from an initial score of 68% (“crippling disability”) to 34% (“moderate disability”).

“I’m super happy of what we’ve done here”

We are pleased to report that Jeremi now sees a future. He will not need to spend \$65,000+ in Germany nor will he need to donate at a sperm bank. His life has changed immeasurably for years to come and as with all of our clients, he has been prescribed with numerous protocols specific to him to enable him to maintain and even continue his progress. Finally, we would like to thank Jeremi for sharing his story with you and offering hope to those who had given up.

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Non-Surgical Robotic Laser Spinal Decompression & Neuro-Spinal Restoration Reviews

Ability to Discontinue Prescription Drugs for Chronic Low Back Pain after Failed Low Back Surgery in a 63-year-old Male in only 8 weeks – A Case Study

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Lou's Experience

Lou is a 63-year-old Ottawa man who had been suffering with severe chronic low back pain and degenerative disc disease for over 6 years which he described as a 9/10. Pain and numbness extended into the back of both legs as well as into his hips, knees, and feet. His past medical doctor told him this was "due to flat feet". As a past weightlifter and someone who deals with well-known clients on a daily basis, this impairment seriously affected his quality of life. His past history includes falling off a roof 10 years prior to the onset of his back pain.

Lou had tried numerous forms of care prescribed by his medical doctor including 3 years of physiotherapy. He also had previous low back surgery, a fusion at the L5,S1 level. Lastly, he was

taking 15 pills per day, 9 Tylenol and 6 Gabapentin. Even with his surgery and daily drug use, Lou's pain continued.

According to Lou, he was "sick of taking them" (his prescription drugs). This is a key point to consider as he is both figuratively and literally correct. What many patients fail to consider is that these drugs, especially their chronic use, will make you sick. The main ingredient in Tylenol is acetaminophen. Acetaminophen consumption is the #1 cause of acute liver failure. While one easily understands the need for pain relief, on a long-term basis these drugs can have serious adverse effects.

Gabapentin is a prescription drug known as an anticonvulsant. It is used to treat neuropathic pain (nerve pain) and seizures. While it works in different ways, it essentially blocks pain messages reaching the brain. As such, there are 3 key points to consider for anyone using drugs to manage their condition.

1. All drugs have effects other than their intended use otherwise known as "side-effects". In the case of Gabapentin, these include life-threatening ones, especially if you have breathing issues.
2. Most of these drugs do nothing to correct the actual underlying cause of the problem.
3. Rarely acknowledged is the fact that most of these drugs actually allow your condition to worsen. If you appreciate that a number of low back conditions are progressive, such as a degenerating disc, and the drug simply masks the pain, your condition is actually continuing to worsen only increasing the need for lifelong use of the drug.

After arriving at our Health Centre, Lou underwent our comprehensive Non-Surgical Robotic Laser Spinal Decompression Initial Consultation & Examination including Diagnostic Digital X-Rays and a Full-Spine Neurological Scan. This enabled us to find the true underlying causes (yes, causes, not cause) of Lou's condition and to finally come up with a true, long-term solution instead of recurring temporary relief or simple pain-masking. Also of critical importance was the ability to accomplish these results without the need for any drugs and their associated adverse side-effects or the need for surgery.

Our examination revealed that not only had Lou had a spinal fusion at L5,S1, but he also suffered from advanced degenerative disc disease, lumbar spinal stenosis, an L4,5 spondylolisthesis, and sciatica. Such a diagnosis is of key importance as rarely do patients just "have one thing", rather, they have a multitude of underlying causes contributing to their condition. If this is not properly identified at the beginning, they will never fully recover. To put it bluntly, if you don't even know all of the factors contributing to your condition, how on earth do you ever fix them?

Finally, another critical factor in Lou's case, and many like his, must be explained. There are those who would have looked at Lou's L5,S1 surgical spinal fusion and would have considered him ineligible for lumbar spinal decompression. This would be a huge mistake. While the L5,S1 disc can never be decompressed due to its surgical fusion, all of the other areas can be addressed. One needs to take the approach of looking at what one can do, not what one can do. Further, when applied with the proper expertise, experience and technical factors, Non-Surgical Robotic Laser Spinal Decompression was perfectly safe for Lou's condition. Failure to act would have just allowed all of Lou's other underlying conditions to progress, worsen and degenerate.

Lou was placed on one of our proprietary and specialized **Signature Neuro-Spinal Restoration Programs**, in this case our 8-week Comprehensive Program, that included our **Non-Surgical Robotic Laser Spinal Decompression** system as well as other components specific to Lou's needs. These included Prescribed Functional Restoration Protocols, Targeted Science-based Nutraceuticals, Spinal Neurological Correction using specific Neuro-Functional Chiropractic Adjustments, Active Release Techniques, Proper Ergonomic Advice and Lifestyle Factors, and a Comprehensive Progress Examination including both follow-up Diagnostic Digital X-rays and a Full-Spine Neurological Scan.



“I give them 6 stars out of 5”

Upon completion of an 8-week program, follow-up x-rays showed an increase in disc height at the L3,4 level from 7.85mm to 11.61mm and at L4,5 from 4.79mm to 9.32mm. A significant improvement was also seen in his spondylolisthesis at L4,5 reducing it from 11.36mm to 7.76mm which also improved his lumbar spinal stenosis. While such results can obviously never be guaranteed and will vary for each individual, there are many who still believe this isn't even possible. Lou's x-rays prove differently.

His neurological scan, ranges of motion and disability indexes all showed significant, concurrent improvement. Arguably, Lou now takes zero pills per day.

“I was suffering from chronic low back and leg pain that was a 9/10 in severity even though I was taking 6 Gabapentin and 9 Tylenol for a total of 15 pills EVERY DAY. After my initial 8-week program I am 80% better and take ZERO pills.”

“The healthcare team at the Ottawa Chiropractic & Natural Health Centre is amazing and I’m coming back for more. I give a “BIG” Yes to recommending Dr. Zielonka and his health team to everyone.”

“I was taking 15 pills every day – Now I take 0”

We are pleased to report that Lou’s life has changed immeasurably for years to come in so many ways. He has also been prescribed with numerous tools to enable him to maintain and even continue his progress. Finally, we would like to thank Lou for sharing his story with you and offering hope to those who had given up.

Please watch our videos on YouTube here: [Dr John Zielonka - YouTube](#)

Ottawa’s Only Non-Surgical



Dr. John Zielonka, one of Canada’s most trusted health and wellness experts, is the owner and founder of the [Ottawa Chiropractic & Natural Health Centre](#), in the World Exchange Plaza in downtown Ottawa, Ontario, Canada and is home to Ottawa’s only Non-Surgical Robotic Laser Spinal Decompression system and Signature Neuro-Spinal Restoration Program. Dr. Zielonka is a Certified Rehabilitation Doctor, the Past Director of Rehabilitation at the Ottawa Sport Science Centre, and a 15-time award winning Neuro-Functional Chiropractor who has helped thousands achieve a better way of life. He is also the originator of the Functional Fat Loss Program. Please call us today at (613) 688-1036, email us at patientadmin@excellenceinhealth.com or please visit www.excellenceinhealth.com or www.DrJohnZielonka.com.





Non-Surgical Robotic Laser Spinal Decompression & Neuro-Spinal Restoration Reviews

Complete Resolution of L3,4 Retrolisthesis in a
62-Year-Old Female with Osteoarthritis and
Compression Fracture Improvement - A Case Study

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Ottawa Neuro-Functional Chiropractor & Non-Surgical Robotic
Laser Spinal Decompression Expert Dr. John Zielonka © 2023

Ottawa's only **Non-Surgical Robotic Laser Spinal Decompression** system can be found as part of Dr. John Zielonka's **Signature Neuro-Spinal Restoration Program** at the Ottawa Chiropractic & Natural Health Centre. This patented, revolutionary new technology is the world's first to combine simultaneous "true" Spinal Decompression with Class IV laser, the highest level of laser approved by both Health Canada and the FDA. This unique combination continues to show unparalleled success in previously difficult and unsuccessful cases. As such, those who have suffered with chronic, debilitating back and neck pain from disc herniations, disc bulges, degenerative disc disease, osteoarthritis, sciatica, "pinched nerves", spinal stenosis, compression fractures, spondylolisthesis (both anterolisthesis and retrolisthesis), whiplash, carpal tunnel syndrome, migraines, failed surgery and wishing to avoid surgery finally now have renewed hope.

The following is a clinical case study and review from one of our patients who has completed care at our centre in downtown Ottawa, Ontario, Canada. The patient has obviously consented to sharing their experience so that others can be helped.

Thea's Experience

Thea is a 62-year-old Ottawa woman who had been suffering with severe chronic low back pain affecting all aspects of her life for the past 25-30 years.

She suffered with tingling and cramping, had difficulty working at a desk (which her job required), and "even just sitting at a table in a restaurant was not fun". It certainly affected her ability to participate in sports, especially her favourite – cycling.

Her past care included previous medical consultations, CT scans, physiotherapy, chiropractic care, and osteopathy. She had previously been diagnosed with both a retrolisthesis and a bulging

disc, and in her words “any treatment I get for one counteracts the other “, thus she continued to suffer for decades.

“any treatment I get for one counteracts the other “

After arriving at our Health Centre, Thea underwent our comprehensive Non-Surgical Robotic Laser Spinal Decompression Initial Consultation & Examination including Diagnostic Digital X-Rays and a Full-Spine Neurological Scan as well as a review of her past tests and care. This enabled us to find the true underlying causes (yes, causes, not cause) of Thea’s condition and to finally come up with a true, long-term solution instead of recurring temporary relief or simple pain-masking. Also of critical importance was the ability to accomplish these results without the need for any drugs and their associated adverse side-effects or the need for surgery.

Our findings determined what they always do – it’s never just one thing. Thea was indeed suffering from a retrolisthesis at L3,4 as well as a bulging disc. She also suffered from degenerative disc disease at multiple levels, a compression fracture, multiple vertebral subluxations, faulty movement patterns and a host of other sequela. This is one of the many reasons why her past care was unsuccessful – if you don’t even know all of the factors affecting your situation, how on earth can you ever correct them?

Thea was placed on our proprietary and specialized **Signature Neuro-Spinal Restoration Program** that included our **Non-Surgical Robotic Laser Spinal Decompression** as well as other components specific to Thea’s needs. These included Prescribed Functional Restoration Protocols, Targeted Science-based Nutraceuticals, Spinal Neurological Correction using specific Neuro-Functional Chiropractic Adjustments, Active Release Techniques, Proper Ergonomic Advice and Lifestyle Factors, and a Comprehensive Progress Examination including both follow-up Diagnostic Digital X-rays and a Full-Spine Neurological Scan. By utilizing these in the appropriate manner and specific to Thea, our care would not “counteract” itself.

“All the information I found from credible sources said that a retrolisthesis could not be reversed but they are so WRONG! I have experienced it in my own body and have seen it on my test results – it is reversible!”

Thea’s quote above is absolutely right. Many health professionals from supposedly reputable institutions falsely believe that spondylolisthesis is not reversible and in fact some again wrongly believe that it is even a contraindication for spinal decompression. That comes from a lack of understanding and expertise where there is a significant difference between a stable and an

unstable spondylolisthesis. As such, this false belief is keeping people from getting the care they need and in essence, sentencing them to a life of unnecessary pain and dysfunction. They also fail to appreciate that there is a significant difference between standard spinal decompression and Non-Surgical Robotic Laser Spinal Decompression. We have seen a significant number of cases with improvement or complete resolution of spondylolisthesis, both anterolisthesis and retrolisthesis.

Upon completion of her initial program, follow-up X-rays showed a complete resolution of her retrolisthesis at L3,4 from 7.24mm to 0mm. While such results can obviously never be guaranteed and will vary for each individual, there are many who still believe this isn't even possible. Thea's X-rays proved different. X-rays also showed an increase in posterior disc height at L3,4, L4,5, and L5S1 ranging from 2 to 5 mm. Lastly, there was a 6% increase in anterior disc height at L3,4 from a previous compression fracture.

Her neurological scan has shown significant improvement in nerve function and her lumbar ranges of motion have also improved. Her Revised Oswestry Disability Index which measures her function, activities of daily living and her abilities to do the things she needs to do, improved from an initial score of "severe disability", 46%, down to 34%, "moderate disability".

"They are all very compassionate, knowledgeable and professional"

We are pleased to report that Thea now sees a brighter future. Her life has changed immeasurably for years to come and as with all of our clients, she has been prescribed numerous protocols specific to her to enable her to maintain and even continue her progress. Finally, we would like to thank Thea for sharing her story with you and offering hope to those who had given up. [Please watch the video here: Dr John Zielonka - YouTube](#)

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Non-Surgical Robotic Laser Spinal Decompression & Neuro-Spinal Restoration Reviews

Significant Improvement in Chronic Low Back Pain
after Failed Low Back Surgery (L5S1 Discectomy)
in a 45-year-old Female

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Your trusted source for the best in health from your Health Expert
Ottawa Neuro-Functional Chiropractor & Non-Surgical Robotic
Laser Spinal Decompression Expert Dr. John Zielonka © 2023

The Ottawa Chiropractic & Natural Health Centre is proud to have Ottawa's only **Non-Surgical Robotic Laser Spinal Decompression** system as part of its **Signature Neuro-Spinal Restoration Program**. This revolutionary new technology is the world's first to combine simultaneous "true" Spinal Decompression with Class IV laser, the highest level of laser approved by both Health Canada and the FDA. This unique combination continues to show unparalleled success in previously difficult and unsuccessful cases. As such, those who have suffered with chronic, debilitating back and neck pain from disc herniations, disc bulges, degenerative disc disease, osteoarthritis, sciatica, "pinched nerves", spinal stenosis, compression fractures, spondylolisthesis, whiplash, carpal tunnel syndrome, migraines, failed surgery and wishing to avoid surgery finally now have renewed hope.

The following is a clinical case study and review from one of our patients who has completed care at our centre in downtown Ottawa, Ontario, Canada. The patient has obviously consented to sharing their experience so that others can be helped.

Patricia's Experience

Patricia is a 45-year-old Ottawa woman who had been suffering with severe chronic low back pain for almost 1 1/2 years following a head-on motor vehicle accident that she rated as an 8 – 9 out of 10 for pain. Severe sciatica resulted in pain and numbness radiating into the right leg as well as some impairment of bowel function due to an L5,S1 disc herniation.

Patricia found that this affected all aspects of her life including even her ability to sit and walk. According to Patricia, she has "always been full of life, enjoying life, and have been active – now I don't recognize myself." Patricia had seen many doctors and tried numerous forms of treatment including her medical doctor, orthopedic surgeon, chiropractor, physiotherapist, Chinese medicine, massage therapy, acupuncturist, and MRIs.

9 months post-accident, Patricia agreed to surgery, specifically an L5,S1 discectomy in an effort to surgically remove the herniation and relieve pressure off the nerve.

Following her low back surgery, Patricia's pain continued to be just as bad even though she had been assured that the surgery would help. After the surgical failure, she was told by her surgeon "that's the way it's going to be for the rest of your life".

After arriving at our Health Centre, Patricia underwent our comprehensive Non-Surgical Robotic Laser Spinal Decompression Initial Consultation & Examination including Diagnostic Digital X- Rays and a Full-Spine Neurological Scan. This enabled us to find the true underlying causes (yes, causes, not cause) of Patricia's condition and to finally come up with a true, long-term solution.

Our examination revealed that not only did Patricia have a disc herniation at L5,S1, but she in fact had 4 lumbar disc herniations or bulges. She also suffered from advanced degenerative disc disease and sciatica. Such a diagnosis is of key importance as rarely do patients just "have one thing", rather, they have a multitude of underlying causes contributing to their condition. If this is not properly identified at the beginning, they will never fully recover. To put it bluntly, if you don't even know all of the factors contributing to your condition, how on earth do you ever fix them?

Another critical factor in Patricia's case is that there are some doctors who believe that you shouldn't receive standard spinal decompression post-surgery. This couldn't be further from the truth, especially in the case of Non-Surgical Robotic Laser Spinal Decompression. Non-Surgical Robotic Laser Spinal Decompression and our Neuro-Spinal Restoration Programs have been shown to be of great success in many failed-back surgeries.

Patricia was placed on one of our proprietary and specialized **Signature Neuro-Spinal Restoration Programs**, in this case our 8-week Comprehensive Program, that included our **Non-Surgical Robotic Laser Spinal Decompression** system as well as other components specific to Patricia's needs. These included Prescribed Functional Restoration Protocols, Targeted Science-based Nutraceuticals, Spinal Neurological Correction using specific Neuro-Functional Chiropractic Adjustments, Active Release Techniques, Proper Ergonomic Advice and Lifestyle Factors, and a Comprehensive Progress Examination including both follow-up Diagnostic Digital X-rays and a Full-Spine Neurological Scan.

Upon completion of an 8-week program, follow-up x-rays showed an increase in disc height at the L5,S1 level from 2.88mm to 3.91mm. While such results can obviously never be guaranteed and will vary for each individual, there are many who still believe this isn't even possible. Patricia's x-rays prove differently.

His neurological scan and disability indexes all showed significant, concurrent improvement. Her lumbar ranges of motion (her ability to flex, move, and twist her spine) all improved

significantly. This is extremely important as this is essentially her ability to move her spine and do the things she needs to do. Flexion (bending forward) improved from 50% to 95%, extension (her ability to bend backwards) more than tripled from 20% to 65%, lateral flexion (bending sideways) tripled from 20% to 60%, and rotation (her ability to twist) almost doubled from 50% to 90%.

We are pleased to report that Patricia's life has changed immeasurably for years to come in so many ways and she is once again recognizing her old self and the person she used to be. She has also been prescribed numerous tools to enable her to maintain and even continue her progress. Finally, we would like to thank Patricia for sharing her story with you and offering hope to those who had given up.

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