

Scientific Research Series

Reversal of Spondylolisthesis with Non-Surgical Robotic Laser Spinal Decompression & Neuro-Spinal Restoration[©]

Is this the New Gold Standard for
Chronic Back Pain Sufferers?

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Dr. John Zielonka is proud to have Ottawa's only **Non-Surgical Robotic Laser Spinal Decompression** system as part of his **Signature Neuro-Spinal Restoration Program**. This revolutionary 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 are actual clinical case studies specific to the reversal of spondylolisthesis from Dr. Zielonka's clinic in downtown Ottawa, Ontario, Canada.

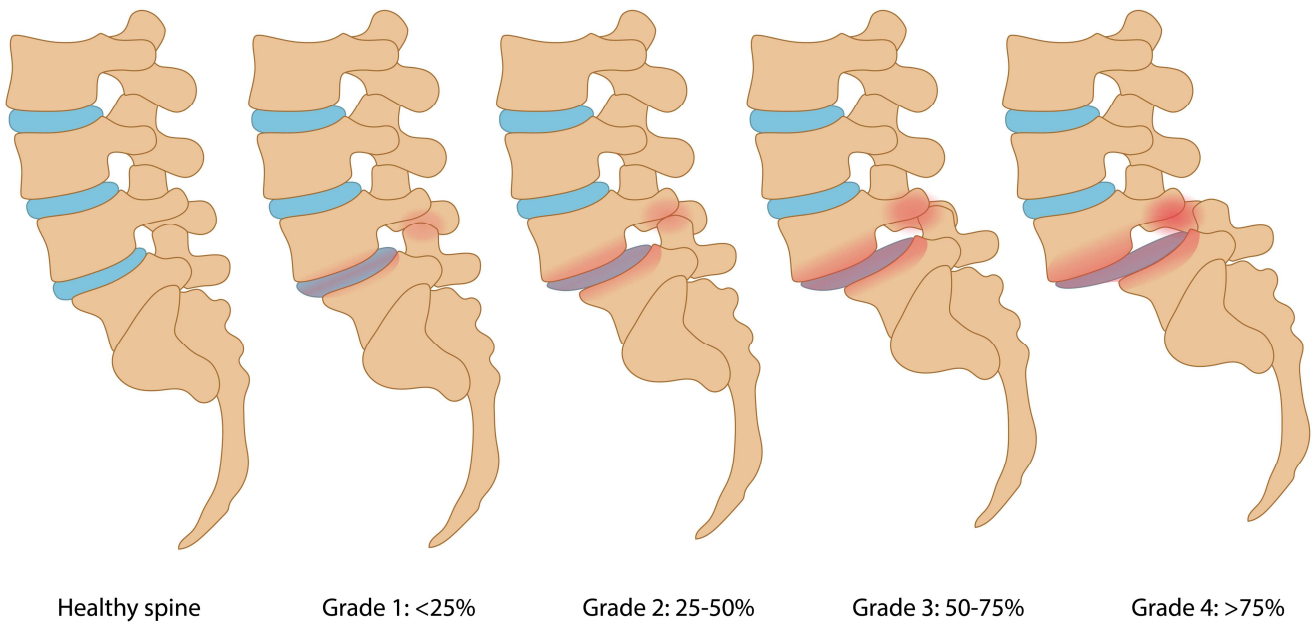
Non-Surgical Robotic Laser Spinal Decompression® - A Revolutionary Solution for Spondylolisthesis-Related Chronic Back Pain

Chronic back pain, particularly from conditions such as spondylolisthesis, can be debilitating and significantly impact one's quality of life. Traditional treatments range from chiropractic, physical therapy and medication to invasive surgical procedures. However, advancements in medical technology have paved the way for a groundbreaking approach: Non-Surgical Robotic Laser Spinal Decompression (NSRLSD). This revolutionary technology offers a promising solution for those suffering from chronic back pain, providing relief without the need for invasive surgery.

Understanding Spondylolisthesis

Spondylolisthesis is a condition where one of the vertebrae slips out of place onto the vertebrae below it. This misalignment can cause severe pain, nerve damage, and even mobility issues. The condition is categorized into several grades, depending on the degree of slippage, and can result from various factors, including degenerative diseases, congenital abnormalities, or trauma.

Spondylolisthesis stages



Traditional Treatments and Their Limitations

The conventional treatment for spondylolisthesis involves a combination of chiropractic care, physical therapy, pain management, and in severe cases, surgery. Physical therapy aims to strengthen the muscles around the spine, improve flexibility, and reduce pain. Pain management often includes medications such as nonsteroidal anti-inflammatory drugs (NSAIDs), muscle relaxants, or even opioids.

Surgical interventions, such as spinal fusion or decompression surgery, are considered when conservative treatments fail to provide relief. While surgery can be effective, it comes with significant risks, including infection, nerve damage, and prolonged recovery periods. Additionally, not all patients are suitable candidates for surgery, particularly those with underlying health conditions.

The Advent of Non-Surgical Robotic Laser Spinal Decompression

Non-Surgical Robotic Laser Spinal Decompression represents a significant advancement in the treatment of chronic back pain, particularly for conditions like spondylolisthesis. This innovative technology combines the precision of robotics with the therapeutic benefits of laser therapy and spinal decompression to provide a non-invasive, effective treatment option.

How Non-Surgical Robotic Laser Spinal Decompression Works

NSRLSD utilizes a specialized robotic system to perform spinal decompression and Class IV laser with unparalleled accuracy. The process involves the following steps:

1. **Comprehensive Consultation and Examination:** This is essential for proper diagnosis of all of the underlying causes of a patient's condition as well as formulation of a detailed treatment plan specific to the patient. A full-spine nerve scan, diagnostic digital X-Rays (including possible motion studies) and a review of any advanced imaging techniques, such as MRI or CT scans, are used to assess the patient's spine and identify the exact location and degree of vertebral slippage. This information is crucial for creating a customized treatment plan.
2. **Robotic Decompression:** The robotic system is programmed with the precise coordinates of the affected area. It gently decompresses the spine (not basic traction or standard decompression), creating negative pressure within the disc. This negative pressure helps to reposition the slipped vertebra and alleviate pressure on the surrounding nerves.
3. **Robotic Laser Therapy:** Concurrently, a Class IV laser is used to simultaneously target the affected area. Class IV laser is the highest level of laser approved by both Health Canada and the FDA. This patented, simultaneous application is of key importance. The laser's energy promotes healing by stimulating blood flow, reducing inflammation, and

accelerating tissue repair. The combination of true decompression and laser therapy enhances the overall effectiveness of the treatment.

4. **Concurrent Necessary Components:** Additional program components include Neuromuscular Re-education, Spinal Neurological Correction, Muscle Tissue Restoration, and Disc Replenishment and Healing Protocols.

Benefits of Non-Surgical Robotic Laser Spinal Decompression

NSRLSD offers numerous advantages over traditional treatments, making it a preferred option for many patients with spondylolisthesis-related back pain.

1. **Non-Invasive:** Unlike surgical procedures, NSRLSD does not require any incisions or anesthesia. This reduces the risk of complications and allows for a quicker recovery.
2. **Precision and Customization:** The use of robotics ensures that the decompression and laser therapy is performed with high precision, targeting the exact area of concern. The treatment plan is tailored to the individual patient's needs, enhancing its effectiveness.
3. **Zero to Minimal Discomfort:** Patients typically experience no discomfort during and after the procedure. There is no need for lengthy hospital stays, and most patients can return to their normal activities immediately after treatment.
4. **Reduced Dependency on Medications:** NSRLSD can significantly reduce the need for pain medications, including opioids, anti-inflammatories, and pain killers, which have numerous side effects, serious long-term risks and risk of dependency.
5. **Enhanced Healing:** The Class IV laser component of NSRLSD promotes natural healing processes, reducing inflammation and encouraging tissue repair.
6. **Cost-Effective:** Although advanced, NSRLSD can be far more cost-effective in the long run compared to surgical interventions, considering the reduced need for extended hospital stays, medications, and follow-up treatments.

Case Studies and Patient Outcomes

Clinical case studies and patient testimonials highlight the effectiveness of NSRLSD in treating spondylolisthesis-related back pain. Patients report significant pain reduction, improved mobility, and an overall enhancement in quality of life. These positive outcomes underscore the potential of NSRLSD as a game-changer in the field of spinal health.

The following are case studies taken directly from Dr. Zielonka's patients who have undergone his Neuro-Spinal Restoration program including Non-Surgical Robotic Laser Spinal Decompression. All patients mentioned have provided their consent to reveal their findings.

Case 1 - 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.

Spondylolisthesis can be classified both into grades indicating the degree of slippage as well as the direction. Anterolisthesis refers to a forward movement of one vertebrae relative to another while retrolisthesis refers to the backward movement of one vertebrae relative to another.

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?

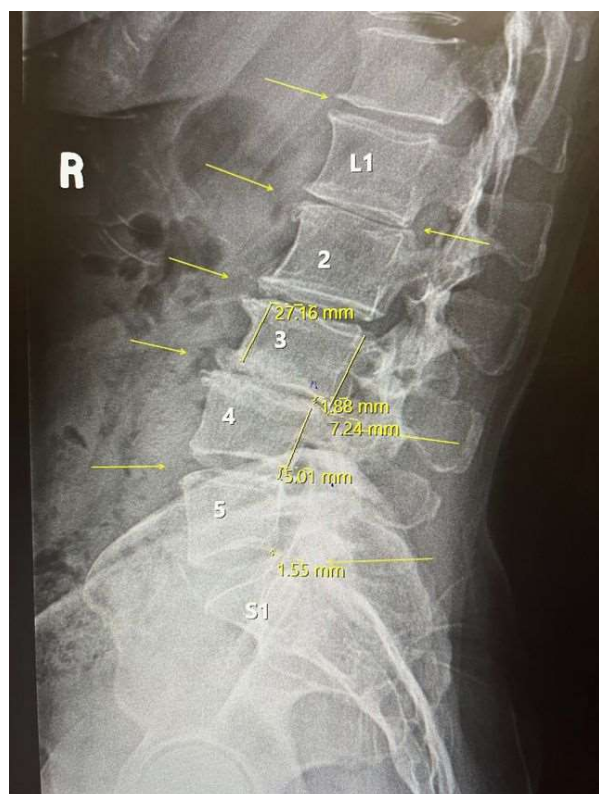
Thea was placed on our proprietary and specialized **Signature Neuro-Spinal Restoration Program** that included our **Non-Surgical Robotic Laser Spinal Decompression** (8 weeks duration at 3 times per week) as well as other components specific to Thea's needs. These included Prescribed Functional Restoration 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.

According to Thea...

"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!"

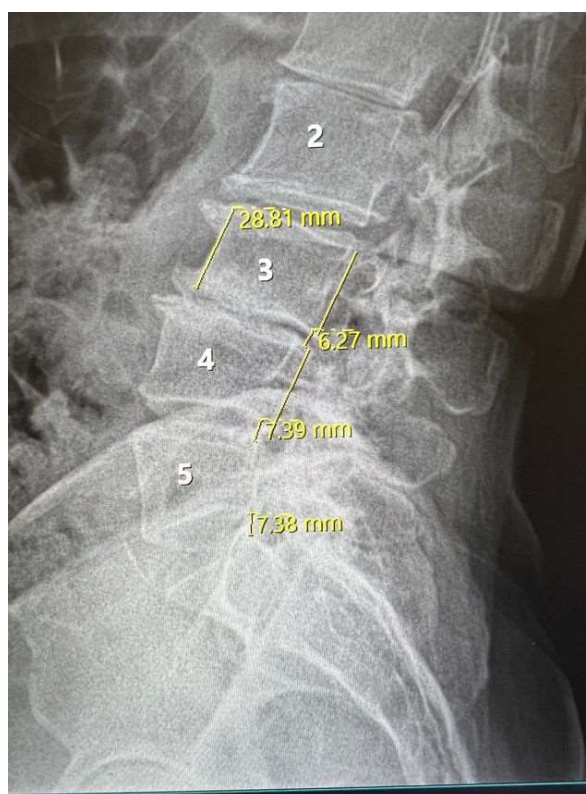
Thea's quote above is absolutely right. Many health professionals from supposedly reputable institutions falsely believe that spondylolisthesis is not reversible and in fact some again wrongly believe that it is even a contraindication for spinal decompression. That comes from a lack of understanding 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 L5,S1 ranging from 2 to 5 mm. Lastly, there was a 6% increase in anterior disc height at L3,4 from a previous compression fracture.



Before

L3,4 Spondylolisthesis 7.24mm



After

L3,4 Spondylolisthesis 0.00mm

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”.

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.

Case 2 – Mike’s Experience

Mike is a 68-year-old retired firefighter who suffered with significant low back, hip and groin pain. He rated his pain as 10/10 where he couldn’t walk and caused significant sleep issues. According to Mike, “it affected everything I did”.

After thorough consultation and examination, Mike was diagnosed with spondylolisthesis as well as advanced degenerative disc disease, sciatica and scoliosis.

Mike was placed on our proprietary and specialized **Signature Neuro-Spinal Restoration Program** that included our **Non-Surgical Robotic Laser Spinal Decompression** (8 weeks duration at 3 times per week) as well as other components specific to Mike'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.



Before

L3,4 Spondylolisthesis 7.03mm

L4,5 Spondylolisthesis 5.72mm



After

L3,4 Spondylolisthesis 0.00mm

L4,5 Spondylolisthesis 0.00mm

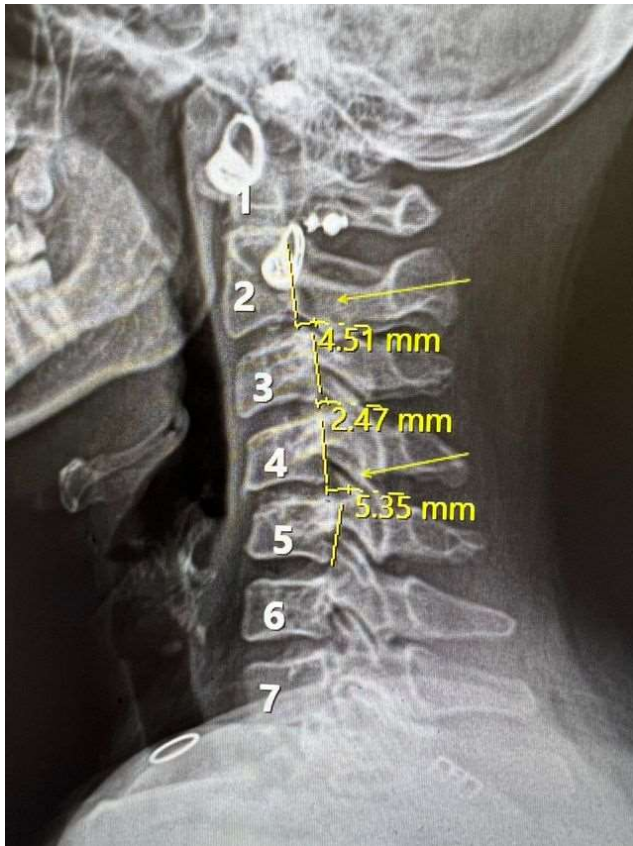
According to Mike, he has achieved "100% recovery".

Case 3 – Siba’s Experience

Siba is a 48-year-old executive who suffered with significant neck pain, thoracic pain, and low back pain. She frequently found herself crying in pain and was prescribed morphine.

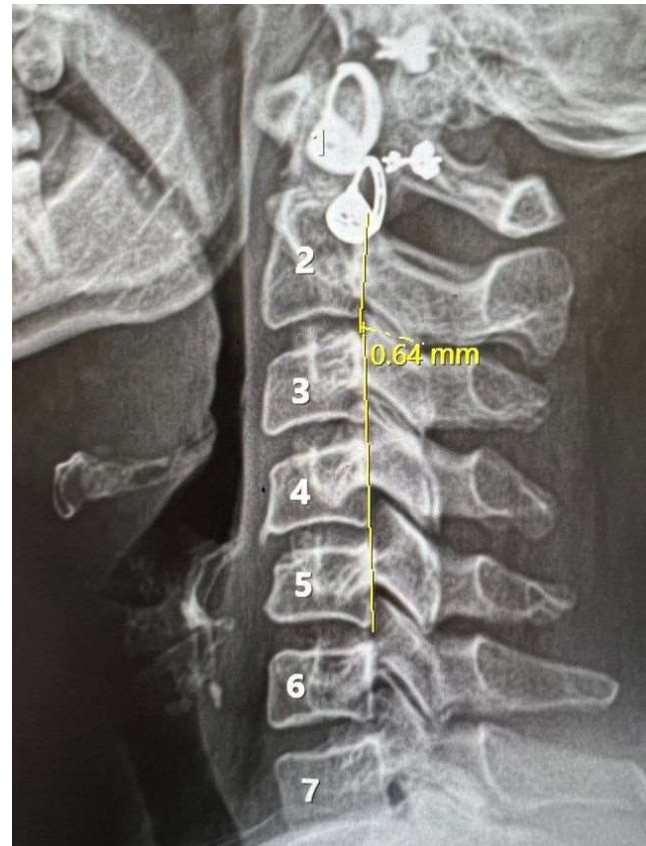
After thorough consultation and examination, Siba was diagnosed with spondylolisthesis as well as advanced degenerative disc disease.

Siba’s other issue was that she was extremely time crunched as she would be moving overseas in just 2^{1/2} weeks. As such, we developed a custom comprehensive program where Siba was placed on our proprietary and specialized **Signature Neuro-Spinal Restoration Program** that included our **Non-Surgical Robotic Laser Spinal Decompression** for a 2-week period where she received 2 to 3 sessions per day. She was also given 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.



Before

C2,3 Spondylolisthesis 4.51mm
C3,4 Spondylolisthesis 2.47mm
C4,5 Spondylolisthesis 5.35mm



After (just 2 weeks later)

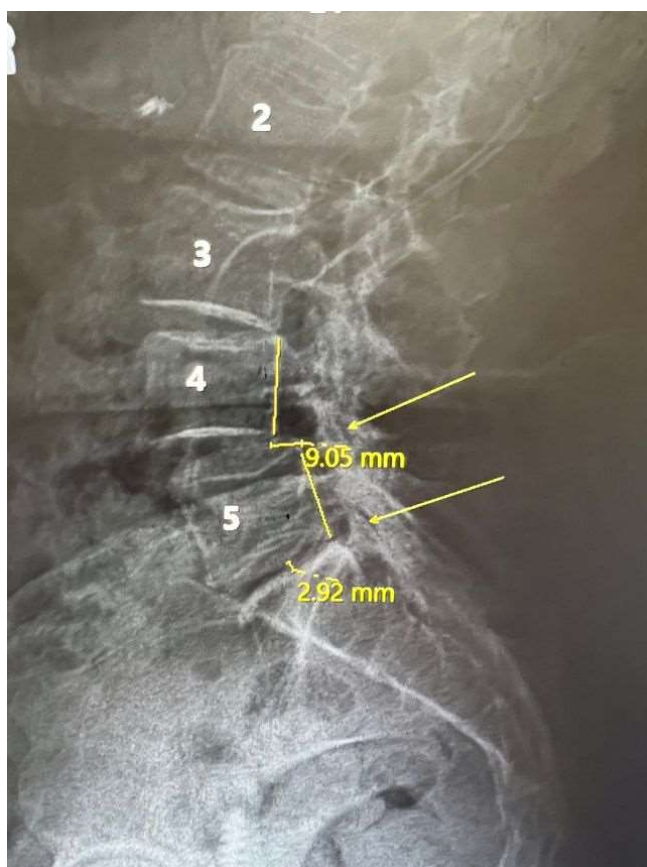
C2,3 Spondylolisthesis 0.64mm
C3,4 Spondylolisthesis 0.00mm
C4,5 Spondylolisthesis 0.00mm

Case 4 - Sherry's Experience

Sherry is an 80-year-old retiree who was suffering with significant low back and hip pain due to many factors including a motor vehicle accident and hip surgery to restore severed tendons. According to Sherry "this has changed my life". She "loved to garden" which was now an impossibility. Her other stated goal was that "I would love to be able to walk without an aid".

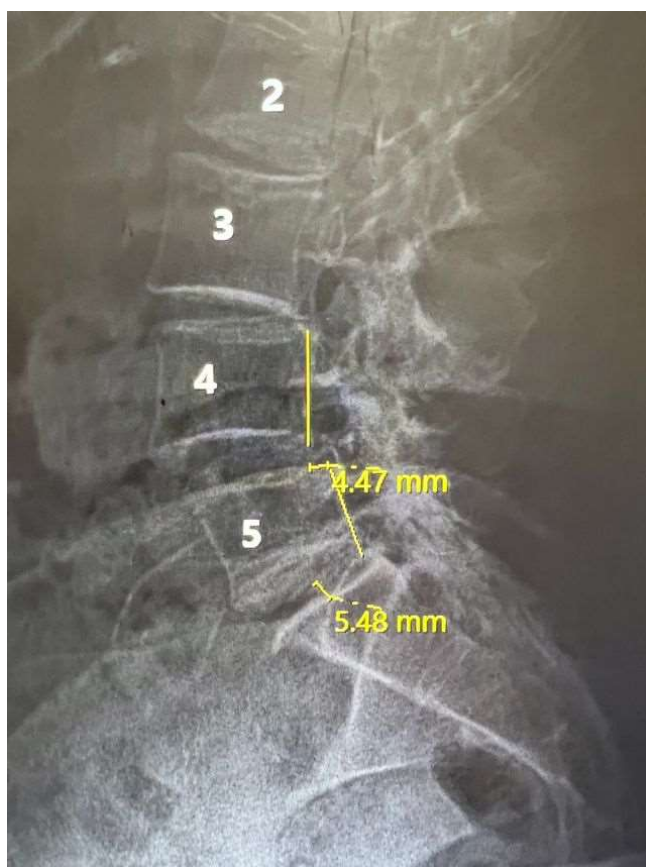
After thorough consultation and examination, Sherry was diagnosed with spondylolisthesis, advanced degenerative disc disease, sciatica, scoliosis, multiple disc herniations, and spinal stenosis.

Sherry was placed on our proprietary and specialized **Signature Neuro-Spinal Restoration Program** that included our **Non-Surgical Robotic Laser Spinal Decompression** (8 weeks duration at 3 times per week that was extended by 2 further weeks) as well as other components specific to Sherry'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.



Before

L4,5 Spondylolisthesis 9.05mm



After

L4,5 Spondylolisthesis 4.47mm

Sherry's improvement was significant for such an advanced combination of issues which initially included a score of "crippling" on the Revised Oswestry Disability Test. Not only has her mobility greatly improved, but she also achieved an additional goal that she had not originally told us about. She is now teaching aquafit at age 80.



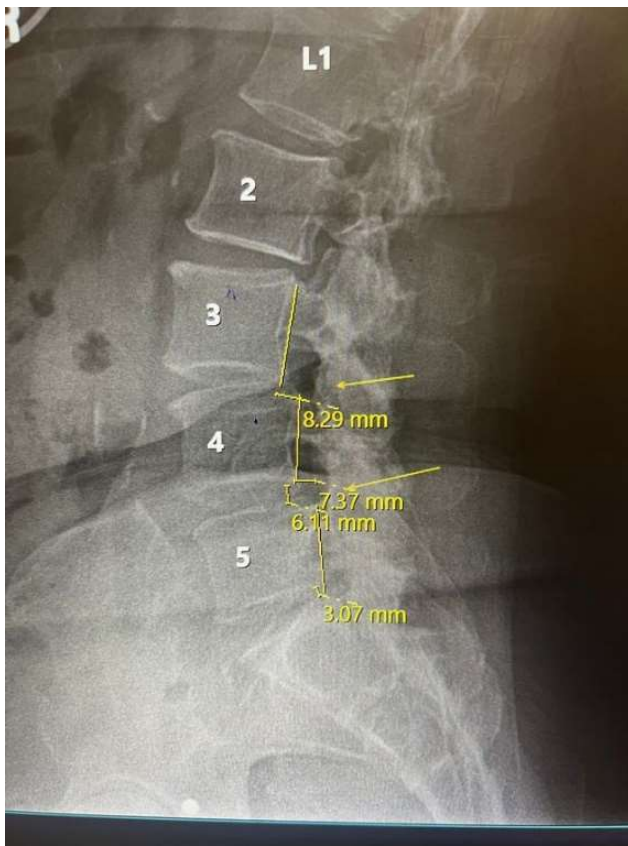
Case 5 – Sharlene's Experience

Sharlene is a 70-year-old retired nurse at CHEO who had suffered with significant low back pain, leg numbness, and spasms for the past 11 years. She rated her pain as 8-9/10 where she could no longer work. One of her many goals was to avoid surgery.

After thorough consultation and examination, Sharlene was diagnosed with spondylolisthesis as well as advanced degenerative disc disease and spinal stenosis.

Sharlene was placed on our proprietary and specialized **Signature Neuro-Spinal Restoration Program** that included our **Non-Surgical Robotic Laser Spinal Decompression** (8 weeks duration at 3 times per week) as well as other components specific to Sharlene'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.

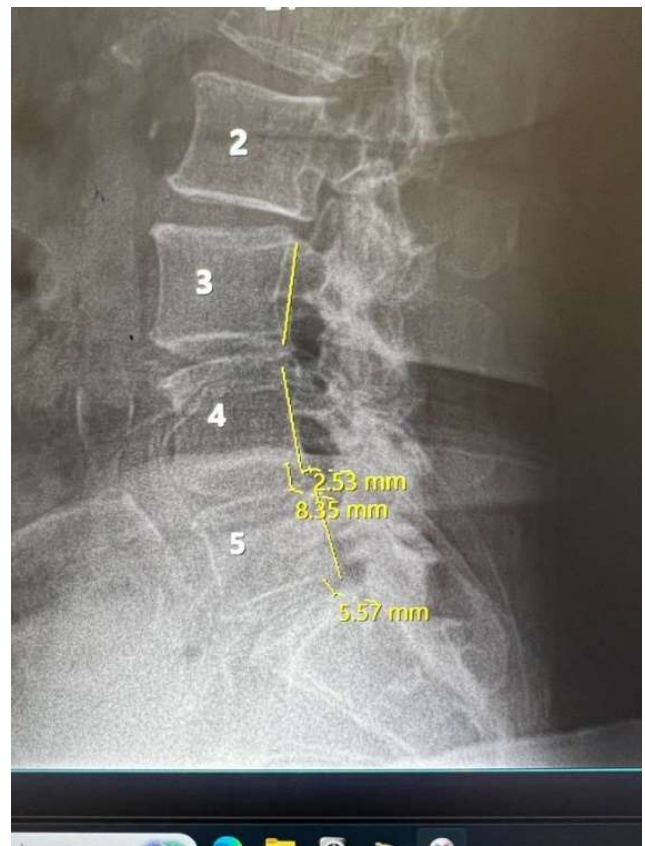
Sharlene is extremely pleased with her results and has continued on a maintenance program to continue her health quest.



Before

L3,4 Spondylolisthesis 8.29mm

L4,5 Spondylolisthesis 7.37mm



After

L3,4 Spondylolisthesis 0.00mm

L4,5 Spondylolisthesis 2.53mm

The World and the Medical Community is still catching up with the Science

Given the significant improvement in these patients and especially in those who had essentially given up hope after “having tried everything”, one might question why much of the world and the medical community is still unaware of the benefits of Non-Surgical Robotic Laser Spinal Decompression and Neuro-Spinal Restoration. In fact, many insurance companies as well as some uninformed therapists attempt to incorrectly pigeonhole it into basic traction thus doing the patient a grave disservice.

Dr. Zielonka addresses this question in one of his bestselling books on a completely different topic. In *“The Science of Brain Health – The Simple 7-Step Formula to Prevent the Nightmare of Alzheimer’s”*, Dr. Zielonka points out that according to the science itself, there is a 17-year lag between when science discovers something and when the average doctor is aware of it. There is a further 10-15-year lag between that and a procedure becoming mainstream. Finally, one

must consider that some have financial incentive to continue outdated approaches that manage conditions versus actually correcting them.

This is further evidenced by otherwise reputable health centres including the Mayo Clinic who not only state that spinal decompression can't achieve these results, it is actually contraindicated for these conditions. This mistake is 3-fold.

1. They are referring to standard decompression and unaware of Non-Surgical Robotic Laser Spinal Decompression.
2. They are not taking into account the significant difference between a stable vs. non-stable spondylolisthesis.
3. As our results clearly show otherwise as evidenced by our pre and post X-Rays, this incorrect information actually does a disservice to those suffering needlessly with this condition due to their incorrect information. It is essential that those suffering with spondylolisthesis seek out true experts in the field.

Spinal decompression, versus basic traction or inversion, was actually invented in the 1990s by Dr. Allen Dyer, MD., PhD., and former Minister of Health for Ontario, for which there currently exists hundreds of studies to its effectiveness. Class IV laser also dates back to the 1990s for which there also exists hundreds of studies to its effectiveness.

However, clinical practice showed that while some responded well to standard spinal decompression, there were still others who did not as the spine would resist the decompression. This led Dr. Mark Jagger of Toronto, Ontario, Canada to revolutionize this care by simultaneously combining these 2 treatments. As such, he invented the world's first and only Non-Surgical Robotic Laser Spinal Decompression. There are only 12 clinics in the world (all located in Canada and the United States) that have this patented, revolutionary technology. Of key importance is that the combination of these 2 treatments happens simultaneously at the exact same time. Further, differences in care will be dependent on the doctor's experience in calculating the 4 technical factors (decompression tension, laser intensity, robotic pattern, time intervals) as well as duration and frequency specific to the patient's needs.

The Future of Non-Surgical Robotic Laser Spinal Decompression

As technology continues to advance, the capabilities of NSRLSD are expected to expand.

Ongoing research aims to refine the technique, improve patient outcomes, and make the technology more widely accessible. The integration of artificial intelligence and machine learning could further enhance the precision and customization of treatments, providing even better results for patients.

Conclusion

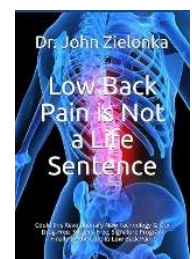
Non-Surgical Robotic Laser Spinal Decompression is revolutionizing the treatment of chronic back pain, particularly for conditions like spondylolisthesis. By combining the precision of robotics with the therapeutic benefits of laser therapy and spinal decompression, NSRLSD offers a non-invasive, effective, and safe alternative to traditional treatments. As more patients experience the benefits of this innovative technology, NSRLSD is poised to become a cornerstone in the management of spinal conditions, providing hope and relief to countless individuals suffering from debilitating back pain.

Please watch our videos on YouTube here:
<https://youtu.be/s2X0FKhxsPs?si=y7a23rDnmlb44Se>

Ottawa's Only Non-Surgical



Dr. John Zielonka is one of Canada's most trusted health and wellness experts. He is the owner and founder of the [Ottawa Chiropractic & Natural Health Centre](#), in the World Exchange Plaza in downtown Ottawa, Ontario, Canada which 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 and Founder of Rehabilitation at the Ottawa Sport Science Centre, and a 16-time award winning Neuro-Functional Chiropractor who has helped thousands achieve a better way of life. He is the author of 10 books including "Low Back Pain is Not a Life Sentence. Please email us at patientadmin@excellenceinhealth.com or please visit www.excellenceinhealth.com or www.DrJohnZielonka.com. You can always call us directly at (613) 688-1036,





Our Why

You know **what** we do
and **how** we do it,
but do you know **why** we do it?

We believe in **Health by Choice – Not by Chance**®. Does society know everything there is to know about health? Absolutely not. Do we know more than enough to be far healthier than we are? Absolutely yes. Society has been misled to think that poor health is due to bad genes, bad germs and bad luck. The science clearly shows that this is not true and that you have more control over your health than you have been led to believe. True health is not found in more drugs, removing body parts or waiting for the latest miracle cure – it's found in you and the actions you take or fail to take on a daily basis. Imagine how much better the world would be for everyone if we were all healthier.

That's why our core values, **Leadership, Trust, Integrity, Truth and Human Health Potential**, and **Our Why**, guide everything that we do in our health centre. It's also why we'll never stop teaching you how to achieve and maintain true health over the course of your lifetime. There is one catch, however; you have to want it, invest in it, and make the effort to achieve it – and yes – you have to do it for the rest of your life.

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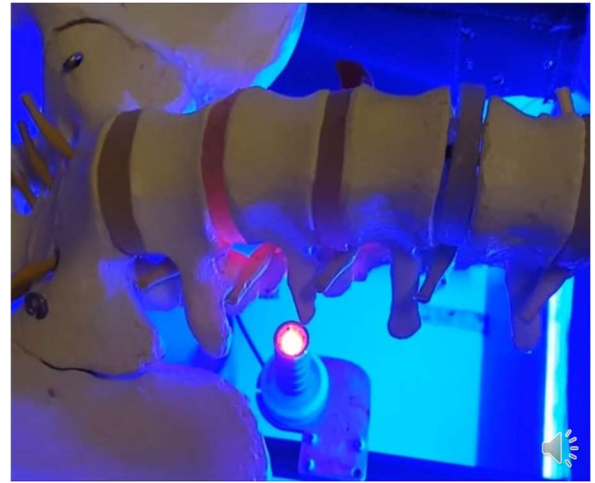
Low Back Pain is Not a Life Sentence

**Could this Revolutionary New Technology &
Our Drug-Free, Surgery-Free, Signature Program
Finally Be the Cure to Low Back Pain?**

Dr. John Zielonka



Robotic Laser Spinal Decompression



We help people struggling with chronic back and neck pain, who feel they've tried everything, Finally put an end to their pain and suffering by utilizing the most advanced revolutionary science-based technology, without drugs or surgery, and return them to the life they deserve.

Do You Suffer from Debilitating, Chronic Pain?

- **Disc Herniations** • **Sciatica** • **Degenerative Disc Disease**
- **Spinal Stenosis** • **Pinched Nerves** • **Whiplash** • **Failed Surgery**

There is Hope – Especially for those who feel they've tried everything

Your 1st step to changing your life is to call us today at (613) 688-1036 and schedule your Comprehensive Initial Consultation and Examination including a Full Spine Neurological Scan and Diagnostic Digital X-Rays to determine if you're a candidate for our programs.

Getting ready every morning “was hell” and my pain was stopping me from doing all the things I enjoy and need to do after work as a welder. I had tried so many different things without success. I’m only a quarter of the way through my program and I feel way better. Dr. Zielonka and his health team are awesome. Eric – Ottawa



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. I give them 6 stars out of 5. Lou S.



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