

## Spinal Decompression Kelowna

Spinal Decompression Kelowna - Spinal decompression relieves pressure on the spinal column, encouraging healing from problems caused by excessive or chronic pressure. Spinal decompression procedures could be surgical or non-surgical (mechanical). Spinal decompression techniques range in their efficiency, depending on the patient's condition and the skillfulness of the health care provider. Not everyone could benefit from spinal decompression and anybody considering it must first seek advice from a doctor of medicine.

For problems such as herniated discs, surgical spinal decompression would include a surgery on the spinal column so as to remove unwanted pressures. Upon relieving the pressure, the herniated materials will slip back into place. The reduction in pressure also reduces strain on the back while it heals. Spinal decompression surgery could be suggested for individuals suffering from intense pain from spinal pressure.

Non-surgical spinal decompression is a way of softly lessening pressure on the spinal column through stretching and repositioning the spine. Non-surgical decompression can resolve herniation by creating a vacuum that sucks herniated material back into place. Non-surgical spinal decompression releases spinal strain which is causing pinched nerves and problems such as degenerative disc disease, facet joint syndrome, and back pain, tingling, and numbness.

Spinal decompression therapy is truly just effective when treating neck pain or lumbar back pain. Lower back pain is quite common due to the numerous manual labor jobs which put heavy emphasis on the lower back or lumbar region. These pains due to stress in the area of the lower back can be quite debilitating. For chronic pain sufferers, a spinal decompression procedure holds out hope of reducing the pain very much. Other types of treatment are considered necessary for conditions in the center of the spine.

Back pain is not easy to treat efficiently. In order to acquire the best treatment and avoid exacerbating existing conditions, ensure that your health care provider is fully experienced and qualified to do spinal decompression procedures. Ask for an honest assessment of the probable risks and benefits. Don't hesitate to asking for suggestions from other people so you could discuss with people who have undergone the procedure.