

AXIAL DECOMPRESSION THERAPY
COLD LASER THERAPY

NOW OFFERING

Life...
as you remember it!

Your doctor may have told you that your only option for relief is **SURGERY**. We are here to let you know, we may have an **ALTERNATIVE**.



B E N E F I T S of...

Axial Decompression Therapy

- Enhances the healing process while rendering quick, effective pain relief.
- 92% of the 778 cases of patients receiving spinal decompression showed considerable improvement. (Neurological Research; Volume 20, Number 3, 4/98.)
- Simple, non-invasive way to release and relieve pinched nerves, muscle tension and cervical/spinal pain.
- Advocated to be safe, painless (without needles) and free of medication and its side effects.
- Safe alternative to surgery, nerve stimulators and addictive pain killers.
- Comfortable and relaxing treatment.

Cold Laser Therapy

- Average of 70% decrease in pain at the wound site within five minutes of a two-minute treatment per 4% total body surface area (TBSA). (Nelson, MD, Jeffrey M. and Nelson, MA, Karen P. "Healed by the Light" www.erchonla.com)
- No needles or drugs enter your body.
- Increase of natural endorphins.
- Less swelling in wounds.
- Visibly improved perfusion (blood supply) to the tissues which promotes faster healing. Useful in treating burns and skin conditions.
- Less scar formation and less itching in scars.
- 30-50% reduction of tissue tightness and stiffness.

AXIAL DECOMPRESSION THERAPY

Axial Decompression Therapy treats:

- o Bulging & Herniated Discs
- o Low Back Pain
- o Arm Pain
- o Degenerative Discs
- o Post Surgical Patients
- o Headaches
- o Sciatica & Pinched Nerves
- o Facet Syndrome
- o Spinal Stenosis

Anyone who has or is suffering with a low back problem knows first hand how disabling the pain can be. It quickly alters one's lifestyle by disrupting daily activities. Life becomes a real chore, especially when there is no relief in sight.

Axial Decompression Therapy may be the alternative to surgery you were looking for! New research suggests that more people can avoid surgery with a realistic hope of feeling better through AXDT.*

What can cause this kind of pain?

Research indicates that disc damage is responsible for a significant number of low back/leg pain and neck/arm pain syndromes and has become one of the most significant medical problems in today's world. Back pain is frequently treated with a multitude of treatments such as various types of surgery and drugs.

These standard treatment options are simply aimed at providing temporary reduction of symptoms without altering the underlying disease process or addressing the pathophysiology associated with lumbar discogenic disorders. Scenic Health Alliance uses the Decompression Traction System (DTS)* to effectively decompress the vertebrae and the spine.

*92% of the 778 patients receiving spinal decompression showed considerable improvement. (Neurological Research; Volume 20, Number 3, 4/98.). ** FDA 501(K) Market Clearance.

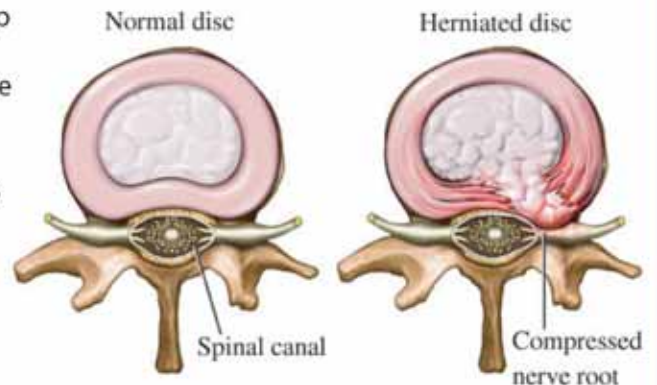
What is Axial Decompression Therapy?

Axial Decompression Therapy is a non-invasive treatment for patients with chronic back, neck and leg pain. This may be your cost effective alternative to invasive treatments such as back surgery or pain injections.

By reducing pressure, this painless treatment promotes fluid circulation and you can feel relief without surgery! Call 438-5900 to schedule your consultation!

How does it work?

As pressure builds up inside the disc, it causes bulging of the jelly-like material between your vertebrae. When this happens, it puts pressure on your nerves which can lead to disc rupture or herniation.



Since the disc becomes an avascular structure after age 18, it doesn't receive fresh blood and oxygen with every beat of the heart. The disc requires "diffusion" created by motion and "decompression" to restore nutrients and enhance the reduction of disc herniation.

Decompression is achieved by unloading pressure on the disc by distraction and disc-specific positioning creating a vacuum type suction which reverses the high pressure inside the disc.

A temporary reduction in intradiscal pressure can enhance the healing response and decrease or eliminate pain.

Our therapies are covered by most auto and health insurance. Scenic Health Alliance is a BCBS provider.

Axial Decompression Therapy may be a REALISTIC and VIABLE addition to your non-surgical pain treatment.

Cold Laser Therapy treats:

- o Inflammation
- o Chronic Pain of the Muscles & Joints
- o Tendonitis
- o Soft Tissue Strains & Sprains
- o Carpal Tunnel Syndrome
- o Wound Healing
- o Rheumatoid & Osteoarthritis



What is Cold Laser Therapy (LLLT)?

The public is increasingly seeking out the effective and painless treatment of cold laser therapy, which is free of side-effects. Many patients prefer this over drugs and pain injections. This therapy is a great non-surgical, non-drug approach to treating many conditions.

LLLT is very different from the more publicized heat lasers that are used in many surgical procedures to cut and cauterize tissue. It is the application of laser light over injuries, burns, pain, inflammation and other disorders to stimulate healing within those tissues and cells.

It may be your alternative solution to the more common and more expensive drug therapies. Call 438-5900 to schedule your consultation!

How Does It Work?

Cold Lasers emit visible coherent light that is focused on injured areas. Studies show that Cold Laser Therapy increases energy production at the cellular level. This energy increases microcirculation which reduces inflammation and enhances tissue healing within the injured areas.

Healing is a cellular process and light energy initiates a cascade of reactions, from the cell membrane to the cytoplasm, to the nucleus and DNA. There are many biological processes that take place in tissues that have been shown to respond to LLLT.

The overall effects to the treatment site are decreased pain and inflammation and increased range of motion.

For more information and resources, visit www.scenichealth.com.

The object of Cold Laser Therapy is to utilize laser energy to heal tissue rather than to destroy tissue.

Induce & Accelerate Healing

Because the cold laser emits a low level of power output and its beam penetration is deep, it has been proven to significantly accelerate and enhance the body's natural defense and ability to repair itself when injured. Initially, swollen tissue prevents movement of damaged tissue.

Prevent Recurrence

By reducing the duration of inflammation as well as enhancing specific repair and healing process, Cold Laser Therapy has been proven to provide pain relief, reduce damage due to the injury and loss of function and enables the body to have a more rapid repair and stronger tissues once healed.

Call our office to schedule your next appointment if you are experiencing any of the conditions listed above or if you have additional questions.

Thanks to the knowledgeable and compassionate staff, I am getting back to life, as I remember it! I have even scheduled an appointment for my father!

Jackie, Pensacola

To read the full story, visit www.scenichealth.com/testimonials.asp

This therapy is advocated to be **safe, painless** (without needles), and **free of medication and its side effects**.



"Axial Decompression Therapy at Scenic Health Alliance changed the way I **LIVE MY LIFE!**"

- Joseph Pensacola

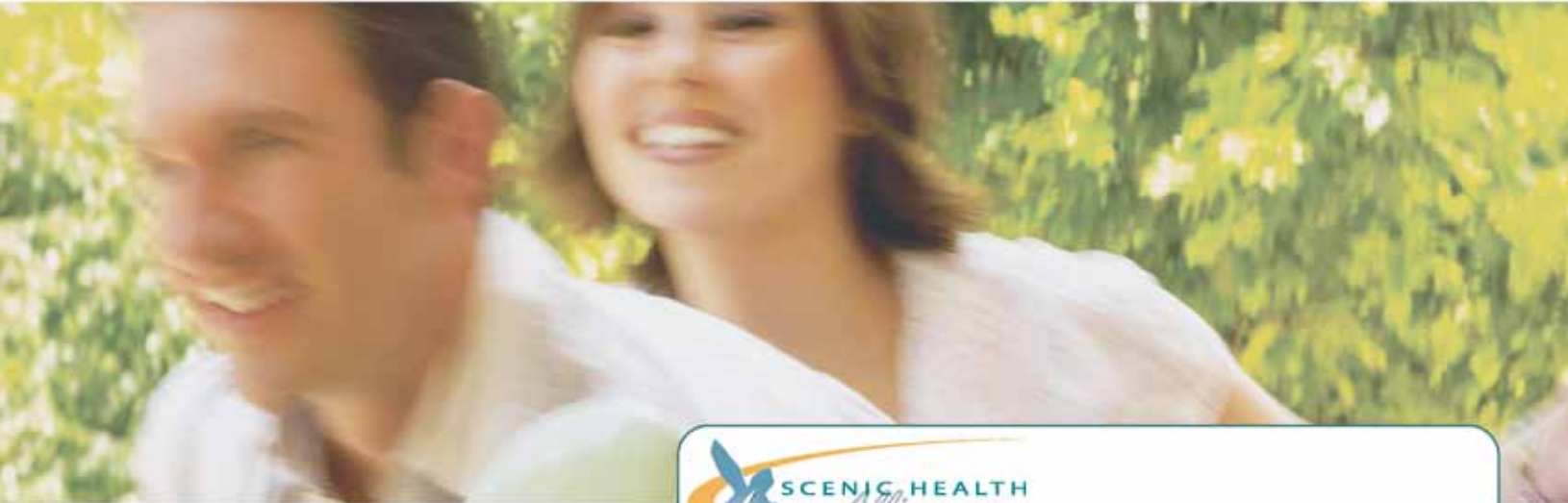
10,000 people have found **R E L I E F** at Scenic Health Alliance!

There are no risks associated with injections, surgery, or anesthesia and the resolution of your symptoms are **CONTINUOUS**.

- ✓ FDA Cleared*
- ✓ Non-Invasive
- ✓ Revolutionary
- ✓ Cost Effective
- ✓ Low Risk

You may avoid costly drug therapy and reduce recovery time from an expensive surgery to spend time **ENJOYING LIFE**, as you remember it!

CHIROPRACTIC MEDICINE | PHYSICAL THERAPY | MASSAGE THERAPY | ACUPUNCTURE



I can attribute my better health to Scenic Health Alliance!

*I was diagnosed with a disc protrusion and could barely remain upright. The pain was so severe, I thought **SURGERY** was the only alternative. Just 10 weeks after my initial visit to Scenic Health Alliance, the pain has subsided tremendously and I have experienced a significant increase in strength. The treatment I have received has been **WORLD CLASS!***

*- Joseph, Pensacola**



SCENIC HEALTH Alliance
LIFE. AS YOU REMEMBER IT!
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