

**“The treatments are very comfortable and relaxing. Its incredible! What a great alternative to surgery or painkillers.” Maria C.**

**Patients who thought they needed low back surgery over 4 years ago, but opted for Spinal Decompression with the DRX 9000 with Dr. Joachim and Dr. Sloves are pain-free-no drugs, no surgery!**

**Read what other patients have to say:**

*“I had severe low back pain because of 3 giant disc herniations in my low back and the pain affected everything that I did. I could not even sit down or stand for more than 5 minutes because the pain was so bad. I started treatments a few weeks ago and already I feel so much better and the treatments are comfortable and relaxing. I have not even finished my treatment program yet and the pain is already reduced dramatically!”*

Armando B.

*I heard of the DRX 9000 Spinal Decompression from a friend and was very interested in treatment because of severe low back pain. After having a lumbar MRI, I found out that my back was a real mess. I had an L5 disc herniation that was bulging to the left and the disc was also degenerating. I felt like I was being restrained due to the pain. I was not able to be active and I could not perform my regular work and home activities. In the past, I had tried occasional chiropractic care but the relief was temporary. I knew that there was no way I wanted back surgery. I started doing the DRX 9000 with Dr. Joachim and within about 5 visits I began to feel much less pain. Dr. Joachim and his staff were great and made me feel very comfortable. I would highly recommend this treatment to others. Don't wait! Find out what is causing the problem and see if the DRX 9000 could help you. Dr. Joachim and his staff will explain everything in plain English. If the DRX9000 is for you-get it done. It will change your life!!! After doing the DRX 9000 treatment with Dr. Joachim I can honestly say I got my life back!*

Carlos F.

*I had extreme low back pain from a bulging disc and my mom told me about the DRX 9000 True Spinal Decompression. My life was painful and tiring everyday. I had tried cortisone injections before the DRX 9000 but had no relief at all and I was afraid that I would need back surgery. Luckily I decided to do the DRX 9000 and after only the 4<sup>th</sup> visit I started to have decreased back pain and more ability to do daily activities. The treatments were comfortable and relaxing and I would highly recommend this treatment for anyone suffering with low back pain.*

Jackie N.

*“My back pain was so bad that even simple things, such as getting dressed, putting on socks and tying shoes became very difficult. I would occasionally miss work due to pain and also gave up exercise all together. I relied on family members to help with dinner, laundry, cleaning, and shopping so I wouldn't have to move. I have tried anti-inflammatories, physical therapy, and pain management specialist, none of which seemed to work. I was very afraid that I would need surgery, but then I saw an article about the DRX 9000. When I started treatments, I noticed a difference after my first session and I kept on feeling better. The DRX treatments were so comfortable and at times I was so relaxed that I would fall asleep. I have already recommended the DRX treatment to others. I tell people that the DRX treatments helped me tremendously and I am finally able to live a normal, pain-free life.”*

Robin W.

*"I had severe pain at my right hip going down my leg to the ankle, making going up the stairs painful and pain on rising from a seating position. I had to wait a few minutes before I could walk and when I took the first few steps it was very painful. At times I would have to go upstairs hanging on the railing with both feet on each step. I really did not know what the problem was until I had an x-ray and a MRI done. I had tried chiropractic treatments which helped to some degree, but then I saw an Ad in the newspaper about the DRX 9000. After 4 treatments, I noticed changes in my back pain. The treatments are very comfortable and relaxing. Its incredible! What a great alternative to surgery or painkillers."*

**Maria C.**

*"I am writing this thank you to Associates in Chiropractic. I have had back problems from my neck to my low back-spinal stenosis, arthritis, bone spurs, disc problems, etc. I have been a patient of Associates In Chiropractic for many years and have always been able to play golf several times a week, exercise daily, and commute into New York City to teach even though I am 75 years old.*

*But, a few years ago, I had a fall and afterwards I began having significant spinal pain. Unfortunately, my usual treatments were not enough to keep me out of pain. I even convinced my wife to buy a new mattress for \$1,500, but the back pain persisted.*

*Dr. Joachim suggested that I have an MRI on my back to determine if I was a candidate for a new machine for spinal decompression called the DRX 9000. He explained that this was the best technology in the world to actually heal my spine especially the discs and to take pressure off of my spinal nerves without the potentially severe side effects of drugs and surgery. This consisted of 20 sessions on the DRX usually 3 times a week and each treatment lasted approximately 1 hour. The whole treatment included 10 minutes of hot packs on my spine to relax my muscles, then 28 minutes and 15 seconds on the DRX 9000 (28 minutes and 15 seconds of the best sleep ever) and then 15 minutes of an electric muscle stimulator to continue to decrease the pain, spasm and inflammation. I was also given nutritional supplements to help heal the joints of my spine, a special back brace and exercises.*

*Presently, I have completed all 20 visits. Happily, I can say I am pain-free for the first time in years! I am able to get up each morning, do my exercises, swim one-half mile 3 times a week and I plan to play golf at least twice a week! Not bad for 75! I am grateful to Dr. Joachim for suggesting the DRX 9000-it was the best treatment I could have received and I have already recommended it to others!"*

**Wallace S.**

*"I had pain in my left hip which went all the way down the legs. I could not walk right when I got out of the car or when I stood up from the chair. I had tried exercises that helped somewhat but the pain still affected my life even though I did everything. I saw an Ad in the Connecticut Post about the DRX 9000. After 6 to 7 DRX treatments, I had noticed a change in my pain and now I can perform my activities much better. The treatments were very relaxing. If a person is in pain and the pain goes up to 8-10 on a scale of 1-10, he or she must give DRX 9000 a chance and try the treatments. The treatments change the way you are feeling and you gain confidence again."*

**Milagros C. R.**

*"My leg and low back were very very painful and it hurt so bad all the time that I wanted to just cry. This pain affected my life a lot that I could not exercise any more. It was so hard to sit at work and not think about the pain. I could not clean my house and it was hard to join in with the family activities. I had tried physical therapy which did not help the pain. My friend and my husband read about the Axiom DRX 9000. I started treatment and noticed a change in my back pain in about 20 treatments. The DRX treatments were definitely very relaxing. I would tell others with this problem to definitely try it before any kind of surgery because it can definitely make a difference to helping you start feeling better and doing things again that you could not do without surgery."*

**Diane M.**

According to the National Institutes of Health, about 40% of adults will have had back pain in the past month and approximately 85% will have back pain at some point in their lives. Back pain is an epidemic and our government is looking for answers to this "epidemic" and starting "national strategies" and "campaigns" to combat back pain.



But, just because something like back pain is so common, it doesn't mean there aren't potential solutions out there for people who suffer. Many back pain sufferers give up too early and believe that they will have a life of pain; that there is nothing that can be done. Severe back or leg pain can cause a bad attitude or perspective which is very self-destructive for you and your life. This alone can be a serious problem because a bad attitude might keep you from learning about relatively new and little known advancements in back pain treatment.

The latest studies on back pain indicate that the majority of cases are likely caused by damage to a disc or discs in your spine. Not long ago, it was thought that it was muscles that caused the pain...NOT TRUE! It is your discs and 2<sup>nd</sup> place goes to your joint capsule (the joints in your spine)... and the good news is that there is highly effective, non-invasive technology that can help both!

**So, to find out the best way to treat your low back, let's start talking about the six back pain myths...**



**Myth#1: Back pain goes away quickly-** Medical doctors were thoroughly convinced of this myth. A patient would typically hurt his back, go see the doctor, get a prescription for some pain pills, and then never return. Physicians thought that if the patient never came back, then they must have been cured. But no one ever thought to ask the patient and follow-up on how they were doing. One study did just that, and found out that a whopping 75% of patients will still have back pain a year later.



**Myth#2: Back Pain is a trivial problem-** For those of you who have back pain, you know this is not true! In fact, there is plenty of research that shows just how serious back pain affects your quality of life. One study showed that physical functioning (how we live and move) in patients with back pain is very bad. Much worse in fact than people who have heart disease, stomach ulcers, and even emphysema. So if you think your life has been completely turned upside down by your back pain-there is a very good reason why you think this: IT HAS!



**Myth #3: Pills (NSAIDs and muscle relaxers) are safe and effective for your back pain-** Taking this type of approach could lead to serious complications with your health. NSAIDs is an abbreviation for non-steroidal anti-inflammatory drugs. They're not steroids (like cortisone) and they are thought to be less toxic to the body. They are for the most part, but being less toxic doesn't mean something is safe especially if you take NSAIDs for a long time. These drugs can be purchased "over the counter" and by "prescription." The ones that are only available with a doctor's prescription are much more powerful in their effect and can cause more complications. People with back problems generally suffer over many years and even decades. NSAIDs can cause bleeding in your stomach and intestines and lead to ulcers. Kidney injury is another complication, which increases with the number of pills consumed. These complications are seen in those who consume them for many years. Check the information that comes with the prescription-you'll see it all there printed in black & white. If it's an "over the counter" product like ibuprofen you can read it on the side of the bottle. The other problem with NSAIDs is they have not been shown to be effective in good clinical trials.



**Myth#4: Bed rest is good for you-** Inactivity will actually make back pain much, much worse. It will de-condition your spinal muscles and make them weaker-which will mean more pain and less function for you.



**Myth#5: The pain is the problem-** Pain is a signal that there is something wrong with your body. It tells you to "be careful" to "get attention." It's kind of like a fire alarm. It's not the fire. When a house is burning, do the firefighters just show up to cut the fire alarm and expect the inferno will stop? Of course not! But that's just how many people approach back pain-cut the fire alarm.

If you want to begin to solve your back problem, you need to first have a comprehensive and thorough examination to figure out the diagnosis. Only then can treatment be directed to the problem vs. the pain. And, only then can you consider your treatment options and what will be best for your condition.

**Myth #6: Age is not the primary cause of degeneration (arthritis)-**We are often asked by patients, "Doctor how did this happen?", referring to damage discovered to the discs in the spine. Most have been told that age is the primary cause of the degeneration in their discs and joints and this is NOT TRUE! Age is a factor, but not the cause of it...and we can prove this. When evaluating a patient's MRI, we will often point out all of the normal discs in the patient's spine in addition to the damaged disc(s). Now here is a question for you: *Regardless of the patient's age, why are some of the discs damaged and others normal?* Aren't the discs the same age? Of course they are. If age is the primary reason discs degenerate then they would all be degenerative since they are the same age. However, this is usually not the case. Usually it is just one or two damaged discs that are causing your pain.

So what is the primary cause? What is the main reason why degenerative disc disease occurs? Well, your are not going to like the answer. You did not maintain your spine properly or even at all. During our lifetime we all have trauma to the spine. From small stings like strains from lifting, quick movements, or poor posture to moderate things like falls and sports injuries, to major trauma such as car accidents.

Tears in the muscles, ligaments, tendons, joint capsule or disc set the stage for future degenerative disc disease. What you do when this occurs is very important...just like it is important to ice an injury to decrease inflammation and scar tissue development...what you do to maintain your spinal health immediately is important to prevent future degeneration of the spine. The problem occurs when most people do nothing and the result is similar to never brushing and flossing your teeth...it is going to start to rot and decay. A rotting spine can seriously ruin your life!

Unfortunately, most people have never been told how to maintain your spine and let's face it-we often maintain our cars or the health of our pets much better than ourselves. So let us explain the "sequence of events of degenerative disc disease" so that you will understand the mechanism of the damage and this will help you realize what you now need to do to end your suffering. When trauma and scar tissue develop around the spine, abnormal motion occurs between two spinal bones (vertebrae). The disc in between the two bones loses a lot of its blood supply after about age twenty and relies on normal motion to pump blood, oxygen and nutrients into the disc to stay healthy. Motion dysfunction leads to a lack of these critical components and the result is dehydration and destruction of the disc. As the water content decreases in the disc and it loses height, the pressure inside the disc increases and the disc starts to bulge or "herniate or extrude". If it gets bad enough it will bulge against a nerve or even the spinal cord which can cause even more debilitating pain, numbness, tingling, and muscle weakness like sciatic. We often explain this like a jelly donut that you press down on and the jelly starts to ooze through the hole. Also, as the disc height decreases, it causes the vertebrae to get closer and the joints start to rub together which causes them to enlarge. This creates arthritis which causes even more pressure on the nerves and they start to be squeezed or "pinched". Once this degenerative process starts, it continues to spread to the joints and discs above and below and it causes Multi-Disc Level Degeneration. Remember-this process is due to motion dysfunction and it takes time to do all of this damage which is why it is often blamed on age. This is a factor-NOT the main cause.

Luckily, this process can be prevented, slowed, stopped or even reversed depending on where in the process it is treated. And, many times, even spinal conditions with severe damage that were once thought to be surgical in nature, can at the very least be improved non-surgically with breakthrough technology in which we specialize.

**Did you know...**A 2005 article in the prestigious orthopedic journal "Spine" studied patients who suffered with lower back pain and/or sciatica. 99% of the patients were told that they would get either a moderate or great improvement in their quality of life after the surgery. But the study found that in reality 39% did not even have minimally significant improvement.

**Did you know...**One scientific study from 2004 showed that there was a 2/3 chance that you will eventually end up with an invasive spinal surgery following spinal injections.

**Did you know...**There's a term that is used a lot in orthopedic and medical circles-"**Failed Back Surgery Syndrome.**" The greatest risk factors for having a second back operation is having one in the first place. And the greatest risk factor for having a third operation is having two previous sessions under the knife. But we have to give a note of caution here...

There ARE cases where surgery will be your only and best option but these are called emergencies, such as when a disc compresses the nerves so badly in your lower back that you lose bowel or bladder function; or when there is numbness where you sit on your backside-this is called saddle anesthesia or numbness and it's important to be aware of this type of emergency problem. But 99% will never experience these symptoms but suffer in a way that is not quite an emergency but feels like an emergency because the pain just never goes away.

So, if bed-rest, drugs, injections, and surgery are not good options, what should you do for severe back or leg pain? You need to at least have hope for a conservative option. Your determination to try everything possible, and give it a real chance before going under the knife, will mean everything to your chances for success. Anything less can lead to a downward spiral of pain and potentially lifetime disability.

Luckily, there is a potentially better solution for your severe back or leg pain, one you may not have even considered or even heard of - a treatment your doctor has probably never discussed or even known about and one that is used in a small percentage of clinics in the United States. A small fraction of the approximately 1,000,000 health care providers in the U.S. are using this technology. The treatment is called Spinal Decompression and the device is called the DRX9000™.

Here's what the DRX9000™ it looks like...



Patients describe the treatment as a gentle, painless, intermittent pulling of the back. A patient may need to undergo an average of 20 treatments for about 1 hour each. And, it can be so relaxing that many patients actually fall asleep during treatment. If they choose not to sleep, they can actually listen to music or watch a movie.

This technology is giving many patients with low back pain a non-invasive and non-surgical option. Research studies in the *American Journal of Pain Management* and the *Orthopedic Technology Review* have supported the use of Spinal Decompression and note a very impressive success rate. The DRX9000 succeeds by repositioning the disc, enlarging the disc space, and repairing and strengthening the disc structure. These dramatic disc improvements have been demonstrated on patients' pre- and post-treatment MRIs. And, according to the research, patients experience none of the documented side effects present with drugs and surgery.

**The "DRX 9000" Works For...**

- **Back pain**
- **Sciatica**
- **Herniated and/or bulging discs (single or multiple)**
- **Degenerative disc disease**
- **A relapse or failure following surgery (as long as there is no metal in the spine)**
- **Facet syndromes**

Since every single patient's case is different, it is important to remember that although you may have been diagnosed with one of the above conditions, you may not be a candidate for spinal decompression. In our office, we conduct a thorough consultation and examination, and review each patient's x-rays and MRI reports. Even after review of these results, we may recommend additional testing such as a Bone Density study to rule out severe osteoporosis or extra x-rays of the low back to make sure the spine is completely stable. It is only after complete analysis of each patient's examination findings and test results that we can make a clinical decision as to whether you may be a good candidate for this type of treatment. Patients who are pregnant, patients with a history of cancer in the low back or pelvic region, a history of abdominal aneurysms, severe osteoporosis, or prior surgery with the implantation of metal screws, plates, etc. are those patients who would definitely not be candidates and who would therefore need to consider other options for low back pain treatment that we may be able to provide or else we would need to refer you to another physician.

**FOR MORE INFORMATION:**

If you would like to schedule an appointment to determine whether you are a candidate for spinal decompression please call Dr. Risa Sloves and Dr. Mark Joachim located at 156 East Avenue in Norwalk at (203) 838-1555.