

*“Herniated Disc Sufferers...  
Ready to relieve the  
Shooting Pain, Numbness, and Tingling  
caused by herniated or bulging discs?”*

*Spinal decompression is*

- Safe
- Affordable
- Effective
- Long Lasting

*Without The Use Of:*

~~X Drugs~~   ~~X Injections~~  
~~X Surgery~~

*UP TO 89% SUCCESS RATE!*

As reported by Dr. John Leslie  
of the Mayo Clinic



**“I was diagnosed with an L4/L5 Disc Herniation and was facing surgery”**

*“After a work-related injury I found it hard to walk, stand, sit or even lie down. I even had to take an absence of leave from my job ... due to my pain.... After learning that I had a herniated disc at L4-L5 I was scared that I would be facing surgery. I had tried everything with no results. After 4 weeks of decompression, my pain was completely gone! Thank you for allowing me to get my life back! ~ Jeff B.*



**CRIST CHIROPRACTIC  
& WELLNESS**

# Herniated and Bulging Discs

## How does Spinal Decompression help?

Non-Surgical Spinal Decompression **slowly lengthens and decompresses the spine**, creating negative pressures within the discs. This reversal of inside the discs that **draw extruded** taking pressure off pinched nerves. Once the pressure is taken off the nerves the pain, numbness and tingling go away.



Many patients report relief from their pain and other symptoms during the first few treatment sessions, and most experience dramatic pain relief after completion of their prescribed treatment program.



## What are the Symptoms?

Common symptoms of a herniated disc include:

- Electric, Stabbing, Shooting or Burning Pain down an arm or leg
- Tingling in the hands or feet
- Numbness in the hands or feet
- Muscle Weakness



## Will It Work?

Based on 6 years of experience and thousands of patients treated we have noticed that the overall success rate is around 80%. We consider this success rate to be very good considering most of our patients have “tried everything else” with minimal or no relief, are at least a 6/10 mVAS pain level or more and have been experiencing their pain for greater than 6 weeks.

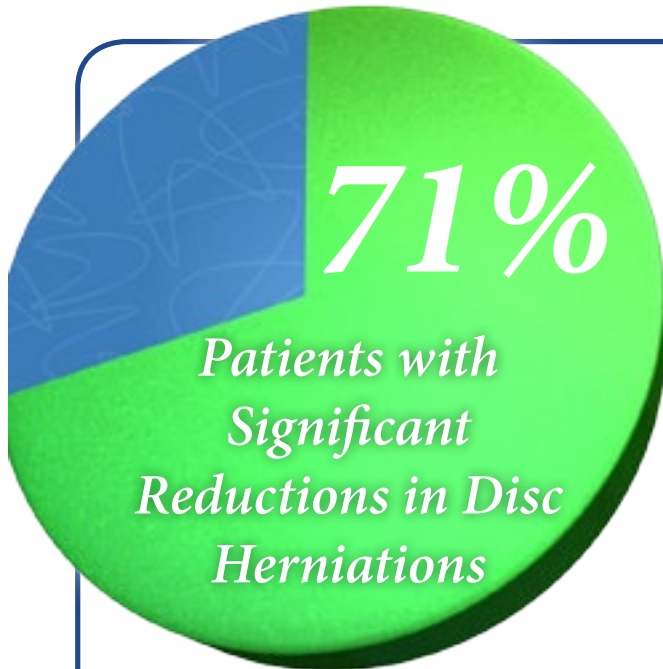
## How Long Will It Take to See Results?

About 20% of patients will start seeing relief of pain within the first week. Around 40% of patients will have significant relief within 2–3 weeks. The remaining 20% will get significant relief between 4–6 weeks. Less than 20% will experience no relief or minimal relief. Very rarely will a patient get worse.

## What is the Typical Treatment Protocol?

A typical spinal decompression treatment protocol consists of about 12–20 sessions over four to six weeks. Some conditions require fewer visits; some require more.

# Research Proves Spinal Decompression Reduces Disc Herniation Size up to 90% In a Majority of Patients While Decreasing Pain 90%



## Subjects Condition

- Herniated Discs

## Prior to Treatment

- Pain in back and down the leg
- Numbness in legs
- Weakness

## 5-Week Protocol

- 20 treatments
- Force of Pull = ½ body weight plus 10 lbs
- Force alternated with 30 seconds of relaxation to 50 pounds.

## Post Treatment

- Over 90% reduction of nucleus herniation in 71% of patients
- Torn annulus repair is seen in all
- Virtually all subjects have sufficient relief of pain to return to work.
- 71% had significant pain relief and complete relief of weakness
- 90%+ had numbness in the leg disappear
- 86% had "good" to "excellent" relief of Sciatic and back pain
- 28% had rapid relief in as few as 3 treatments
- 85% improved clinically
- Only 6% recurrence rate at 1 year

Source: Journal of Neuroimaging, Volume 8, Number 2, 1998.



**"My recovery ... has been both fast and enjoyable."**

*"An MRI showed that I had a lumbar disk herniation after a weight lifting injury. The pain was pinching and piercing down my right leg. It caused abnormal nerve sensations and led to a decrease in life enjoyment. On a scale of 1 to 10, the pain was a 7. I tried **Chiropractic care, pain meds, exercise and an inversion table. Nothing helped.** I found research online on the effectiveness of a therapy called spinal decompression. My first concerns were if the treatment would work for me and if I would need to come in for the rest of my life. **My recovery process has been both fast and enjoyable. I now enjoy daily exercise, time with family and can finally sleep soundly at night!** The only drawback is that now I can no longer use my back pain as an excuse to miss family reunions. I would highly recommend Spinal Decompression."*  
~ Chase, G, Age 17



**"No more pain pills for me"**

*"I had a herniated disc at L3 and L5, according to my MRI. **My right side was in excruciating pain from my disc pushing on my sciatic nerve. I was in the E.R. every weekend. I was taking all kinds of pain pills, was in a wheelchair for 2 months and used a walker for 1 month.** I knew the pills could cause damage to my liver and kidneys but I didn't know what else to do. They were also becoming very addictive and that made me scared. **I was three days from having back surgery when I saw an ad in the newspaper.** The Dr's put me on the Decompression Table and **only 6 weeks later my back and leg feel wonderful. No more pain pills for me.**" ~ Hilma S.*

# Do You Qualify? Why You Should Choose Us!

Here are a few questions to see if you might qualify for our 5-step spinal decompression program

1. Do you have pain in the neck or back?
2. Has your back or neck pain restricted you physically preventing you from doing your job, playing your favorite sport or spending time with your loved ones?
3. Have you tried other forms of "conventional treatments" such as physical therapy, pills, or chiropractic that have failed to produce lasting results?
4. Have you been diagnosed with a herniated disc, bulging disc, degenerated disc, sciatica or chronic neck or back pain by a doctor.

You may not qualify if you have been diagnosed with any of the following.

1. Have fusion or have had a surgical fusion in the area of your pain.
2. Have cancer that has spread to the bones of the spine
3. Are pregnant

While the majority of the patients we treat experience significant pain relief, our program is NOT for everyone! In order to determine if you qualify for our program or not we offer a complimentary consultation. We only want to treat patients that we feel confident that we can get better so we only accept a select group of patients. If we don't feel like we can help we will refer you to someone who can.

## Why should you choose our clinic? What makes us different than other clinics?

We feel that we offer the most comprehensive, unique, and cost-effective back pain relief program in the state. We have spent years searching out the most advanced, most effective technologies out there to ensure that we are offering our patients the best possible care. Here are a few other ways that separate us from the competition.

- ✓ **Unbeatable Pricing**
- ✓ **Financing Options**
- ✓ **Only use state of the art true spinal decompression equipment**
- ✓ **10% Discount to Cash Paying Patients**
- ✓ **Most advanced rehab protocols to ensure the longest lasting results.**

**Take charge of your pain NOW by calling  
Crist Chiropractic & Wellness**

**(615) 771-0022**

Or Visit Us at:

**2025 Mallory Lane  
Franklin, TN 37067**

**[CristChiropractic.com](http://CristChiropractic.com)**

