



Spinal Decompression (DTS) Therapy for Neck/Back Pain



This is a specialized treatment targeting disc herniation or prolapsed disc - Utilizing the DTS System (Chattanooga-USA) to create negative intradiscal pressure and relieve the symptoms of back and leg pain or neck and arm pain.

DTS Therapy provides relief of pain from back, sciatica, pinched nerve, neck and degenerated / herniated disc disease. During this treatment, by cycling through distraction and relaxation phases a spinal disc can be isolated and placed under negative pressure, causing a vacuum effect within it.

The Decompression Table is designed to apply distraction tension to the patient's lumbar /cervical spine without initiating reflex contractions of the paraspinal muscles.

How does DTS Therapy work?

- **Treatment**

DTS Therapy is performed on a specially designed table in either a face up or face down position. You will be comfortably positioned on the table and fitted with a harness attached to the computer controlled traction that delivers a gentle stretching force to the spinal vertebra. These scientifically designed DTS pull patterns are designed to facilitate anti-inflammatory effect for healing, Decompressive effect on disc, and Spinal mobilization effect for reducing stiffness. The treatment time is between 15-25minutes.

- **Vacuum or pumping effect**

The gentle stretching and relaxing of the spine causes a pumping action that promotes nutrition intake into the discs, something often lost in damaged and degenerative disc conditions. In healthy discs this occurs naturally with movements and body positions. An injured or degenerated disc gets fewer nutrients and hydration. Stretching the spine in a controlled manner can help re-establish a more normal pumping action to re-supply the disc with nutrients and blood to help the disc heal. This also creates negative pressure in the disc (decompression) that can help the drawing in of a bulge and help take pressure off a "pinched" spinal nerve.

What other treatment is involved in addition to the Spinal Decompression Therapy?

In addition to the DTS itself treatment may include any of the following therapies as indicated by your condition: - electrical stimulation therapy, ultrasound therapy, ice / heat therapy, laser therapy, spinal mobilization and active rehabilitation exercises.

How often do I take the treatment?

It depends on the complexity and extent of rehabilitation needed .DTS is usually performed 3-5 times a week for 15-20 sessions and your response is continually evaluated. Further treatments may be necessary or a reduced frequency may be recommended at that time.



The Decompression-Reduction-Stabilization therapy is an effective treatment for:

1. Herniated disc
2. Degenerative disc
3. Facet syndrome
4. Sciatica
5. Post-surgical patients
6. Spinal Stenosis

Experienced Physiotherapists in Singapore, with over 18 years of experience help you **get back pain relief quickly and easily**.

If you are suffering from pain in your back, you can [book an appointment to see our Senior Physiotherapist](#).