



THE BACK PAIN INSTITUTE
OF FORT MYERS
VAX-D® BACK PAIN THERAPY
TELEPHONE: (239) 936-2225



ABOUT VAX-D

VAX-D®, has more than a 15 year history of successfully treating patients suffering from low back pain and/or associated leg pain or numbness in clinics across the United States, Canada, Puerto Rico, United Kingdom, and Australia.

What Is VAX-D® And How Does It Work?

The Little Known Secret to Treating Low Back Pain

Here's a hint at the secret. It's contained within the name of VAX-D®, which stands for *Vertebral Axial Decompression*. Let's start with a quick review of how this amazing piece of machinery called your spine can cause you so much pain.

It really boils down to one thing – pressure. Your back is under an immense amount of pressure. The effect of gravity, weight, and the intense amount of seemingly simple daily activities puts a lot of downward weight on your spine.

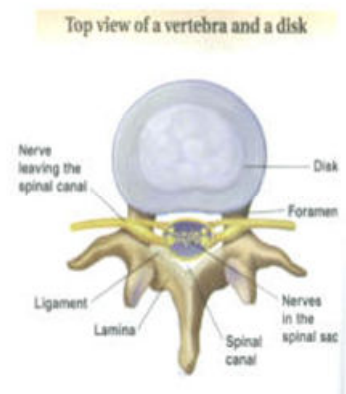
The discs and muscles in your back are the amazing shock absorbers that protect your back from the daily abuse that you give it. A healthy disc is extremely tough. It is also plump with water and nutrients. It provides the perfect shape and resistance to perform the job of a shock absorber.

Over time a number of problems can occur with the disc. The effect of age, excessive weight, poor posture, wear & tear and everyday activities put an enormous amount of pressure on your back and your discs.

This pressure contributes to the disc losing its strength, also known as 'degeneration'. When the disc degenerates it begins to lose vital fluids, dries out and becomes brittle. This can result in tears and bulging. This degenerative process can be going on long before you feel any pain. An accident, sudden movement or simple bending or turning to do something can trigger a tear or bulge. The pressure against your nerves brought on by these damaged discs is what causes the pain, which for many people can be unbearable and incapacitating.

VAX-D® Treats the CAUSE of the Pain

VAX-D® differs from most other treatments because it not only relieves your pain but actually allows the body to do something amazing – heal the disc!

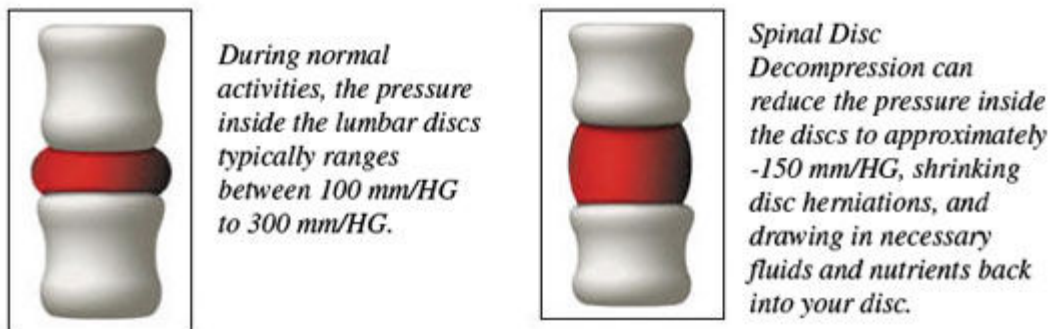


What Makes VAX-D® So Effective

VAX-D® gently stretches the spine to create a negative pressure in the intervertebral discs. The negative pressure creates a vacuum, which actually begins to suck the disc back into its normal shape. Vital fluids and nutrients are drawn back into the disc, creating an environment that allows the disc to heal, thereby correcting the cause of the problem.

Other inversion tables or traction, in stretching the lower back, do not produce the desired vacuum effect because the muscles that surround a joint are very strong and, when an attempt to stretch the joint is sensed, the muscles contract vigorously. Studies on traction show that the disc pressure actually goes up rather than down. The reason VAX-D is so effective and is patented is that the developed algorithm for the pull curve is gradual and logarithmic and "fools" the muscles into allowing separation to occur with the resulting reduction in intradiscal pressure and decompression of the nerves and discs. Extensive research (see research section) has shown this to be true.

VAX-D® is the only non-surgical treatment method shown clinically to actually decrease the patient's disc pressure, allowing for the healing of the disc.



BENEFITS OF VAX-D®

The effectiveness of the VAX-D® Treatment has been the subject of published clinical studies which highlight the following benefits achieved in the majority of patients:

- Relief of acute or chronic (long term) low back pain and/or associated leg pain or numbness generally within 1 month
- Successful in over 70% of patients *
- Early return to work
- Non-invasive and safe
- No patient hospitalization

* Earl E. Gose, William K. Naguszewski and Robert K. Naguszewski, "Vertebral axial decompression therapy for pain associated with herniated or degenerated discs or facet syndrome: An outcome study" University of Illinois at Chicago, published in The Journal of Neurological Research, Volume 20, April 1998

HOW IS VAX-D® TREATMENT APPLIED?

Patients with low back pain are first examined and then evaluated in accordance with the indications for VAX-D® Treatment. Patient medical histories, x-rays and CT/MRI scans are carefully reviewed to determine whether the individual patient qualifies for the procedure. If a patient qualifies for VAX-D® Treatment, an individual treatment plan (usually consisting of 20 treatment sessions) is developed to meet their specific needs. Each session is carefully monitored and reviewed in order to maximize the potential benefits to the patient.



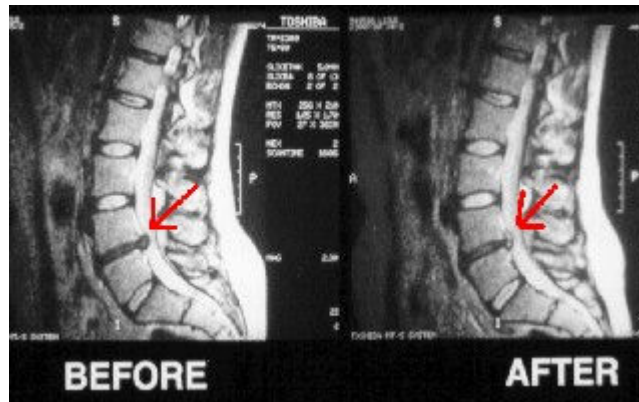
Each session begins by fitting the patient with a patented pelvic harness designed to achieve optimal decompression of the lumbar spine. The patient lies fully dressed on the VAX-D® device and is properly positioned by a Certified VAX-D® Technician to maximize comfort and safety. The controls and settings are adjusted in accordance with the individual patient's treatment plan, and the procedure commences. The VAX-D® device then applies precisely controlled tension along the axis of the spinal column to distract the vertebral segments and posterior facets of the lumbar spine and decompress the intervertebral discs. Each distraction cycle, lasting 60 seconds, is followed by a relaxation cycle of similar duration.



Each session, which consists of 15 continuous cycles of distraction/relaxation, takes about 30 minutes. The fully automated process of VAX-D® treatment is managed by a programmable logic controller located in the computer programmed console that is continuously monitored by the technician. A continuous chart recording is made of the parameters achieved during each and every cycle. The chart recording is printed to form a permanent record for the patient's chart and is available for review by the treating physician.



The MRI picture which follows shows a severe herniated and extruded lumbar disc. A radiologist and surgeon, being unfamiliar with and having had no previous experience with VAX-D®, both stated that surgery was the only solution available. However the patient, not wanting to undergo surgery, elected to be treated with VAX-D®. After VAX-D®, the MRI demonstrated significant improvement, the patient was pain free and returned to normal activities.



WHO INVENTED VAX-D®?



The VAX-D® Medical Device and the procedure were developed by Allan E Dyer, PhD, M.D. A former Deputy Minister of Health in Ontario, Canada, Dr Dyer is licensed by the College of Physicians and Surgeons, Ontario, the National Board of Examiners USA, and the College of Pharmacy, Ontario. Dr Dyer also pioneered and published the research leading to the development of the transthoracic heart defibrillator while completing his Ph.D. at the University of Toronto in Ontario, Canada.

Dr Dyer himself suffered a herniated disc. After conventional therapy failed, Dr Dyer formulated the theories that lead to the design and development of VAX-D®. After spending more than 6 years in research and development of the treatment and device, Dr Dyer introduced VAX-D® in 1991. Today there are over 140 VAX-D® units operating throughout the United States, Puerto Rico, Canada and Australia. The number of patients being treated today by VAX-D® exceeds 1000 per month.