



THE BACK PAIN INSTITUTE  
OF FORT MYERS  
VAX-D® BACK PAIN THERAPY  
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## FREQUENTLY ASKED QUESTIONS

### **What is VAX-D and how does it work?**

VAX-D (Vertebral Axial Decompression) is a patented medical technology that gently stretches the spine and decompresses discs. Pressures in the lower lumbar spine can be as high as +180 mm of mercury during many common daily activities. VAX-D Treatment is able to reduce the pressure in the lumbar spine down to levels of -140 mm of mercury, allowing fluids and nutrients to re-enter the disc; reducing swelling and relieving the pressure on pinched nerves. In short, VAX-D breaks the cycle of pain caused by bulging and degenerated discs and helps the body heal itself.

Patients are treated fully clothed and are fitted with a harness that fits around their pelvis as they lie face down on a motorized Table. A Certified VAX-D technician operates the Table from a computerized console. Each treatment takes about 45 minutes. Most patients find VAX-D to be comfortable and relief of pain can usually be noticed in the first few sessions.

### **Will VAX-D help a slipped disc?**

A bulging or "herniated" disc is sometimes incorrectly referred to as a "slipped" disc. VAX-D succeeds at treating bulging or herniated discs over 85% of the time.

### **If I go on VAX-D, how many treatments will I need, and how quickly can I expect to get better?**

The number of treatment sessions required depends upon the diagnosis and the overall severity of your condition. One treatment session is about 45 minutes long. The total number of treatments averages between 20 and 40 sessions. Some difficult cases may require some additional sessions. Relief from pain varies with each individual and their physiology. However, most patients will experience some pain relief within the first few treatments.

### **Does VAX-D Treatment result in permanent recovery?**

The typical case does not require additional treatment after successful completion. However, as with any treatment of more severe cases certain job descriptions/activities may necessitate the need for future re-evaluation

### **Are there any reasons that I can't go on VAX-D?**

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There are a few individuals that cannot take advantage of this treatment. These people have conditions such as:

- Tumors
- Fractures
- Advanced Osteoporosis
- Pregnancy or
- Certain conditions (diseases) that compromise the structural integrity of the spine and discs. These conditions are present in only a small percentage of the population.

### **How much does VAX-D cost?**

Generally, the cost of VAX-D is usually less than 1/10th the cost of back surgery.

### **If VAX-D works so well, how come I haven't heard more about it?**

VAX-D is a relatively new medical procedure in the United States. The therapy has worked for thousands of patients, and over 3000 patients per day, worldwide, are now being treated. The awareness of VAX-D is growing every day, as physicians and healthcare providers learn about VAX-D and the phenomenal results it has achieved in numerous clinical studies. As a result, VAX-D is now becoming the standard of care for chronic low back pain.

### **How is VAX-D different from traction or other treatments claiming to decompress the spine?**

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.

### **Why should I consider VAX-D Therapy?**

VAX-D is the original patented Non-Surgical Treatment for Low Back Pain and the only treatment that delivers VAX-D's patented decompression curve, resulting in a success rate of over 85%.

VAX-D Therapy has been proven safe and effective in numerous clinical studies. Over 50,000 patients a year are being treated with VAX-D Therapy. Other so-called 'decompression treatments' simply do not have published clinical studies proving they can lower intradiscal pressure.

VAX-D Therapy is non-invasive and without the risks and complications associated with surgery, injections and anesthesia. VAX-D is painless and patients can remain at light duty work while taking treatment. VAX-D is also easy and convenient. Sessions last about 45 minutes a day, for 20 - 40 days. It's that easy.

## **Is the Patient put at any risk of injury during treatment on the VAX-D Table?**

Absolutely not! The patented hand grips allow the patient the opportunity at any time to release their grip and completely relax tension. Since 1987, when the first treatment table was utilized through present day when over 300 hundred of VAX-D Treatment Tables are utilized daily, not one single injury has been sustained by a patient.

## **Is VAX-D better than surgery?**

In most cases, VAX-D is better than surgery. This is due to the fact that surgery physically alters the spine by removing all or part of the problematic disc. Although this can reduce the pressure on the nerve, and relieve the back pain, the surgery tends to place more stress on the healthy discs above and below. Complications from surgery can be severe and may result in debilitating conditions. Clinical Studies show that VAX-D is successful in almost 85% cases.

## **If I've had back surgery, can I still have VAX-D?**

Having back surgery does not prevent you from having VAX-D unless you have fixed surgical hardware used to fuse the spine. In fact, clinical studies show that VAX-D provides relief for patients who have had one or more back surgeries.