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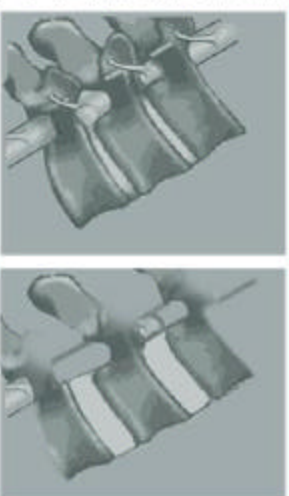
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# CHICAGO CHIROPRACTIC & SPORTS INJURY CENTERS

## FLEXION DECOMPRESSION & FLEXION DISTRACTION

(left) disk space before/after decompression

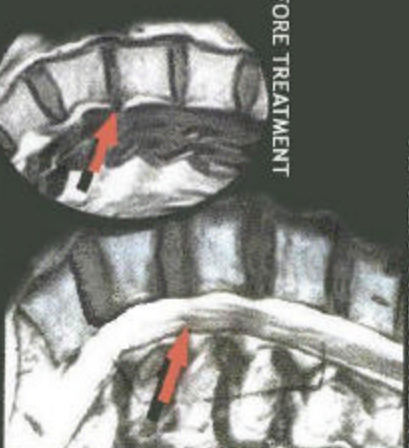
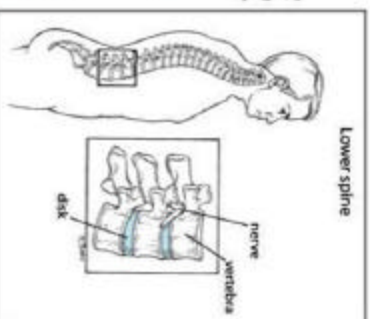


**N**ow with Flexion Decompression it is actually possible to correct disc herniations and bulges without surgery. It's even possible to halt disc deterioration. The first thing to understand is that Flexion Decompression Therapy is totally safe and is about 90% effective. Flexion Decompression Therapy begins with the patient being carefully aligned on the Flexion Decompression table. Then the patient holds the hand grips at the head of the table. A strap is then attached to the ankles at the foot of the table. The foot of the table is lowered to a comfortable position. The patient feels a strong but painless decompression on the lumbar spine from the ankle harnesses at the foot of the table securing the lower half of the body, and the upper body being secured by the patient's grasp on the hand grips. The decompression is also augmented by the doctor applying a gentle upward pressure with one hand on the upper lumbar spine. This is called the decompression phase of the treatment, and it dramatically reduces the intradiscal pressure. The patient is then returned to the neutral position. This allows the lumbar spine to relax for sixty seconds. Then the cycle repeats again. These alternating cycles of decompression and relaxation continue for several cycles resulting in significant yet painless decompression of the lumbar spine.

**CONDITIONS TREATED: DISC RELATED** For patients with a "slipped/bulging/ruptured/herniated" disc (without cauda equina syndrome), Flexion Decompression / Distraction Manipulation provides the following benefits: 1. increases the intervertebral disc height to remove annular tension on the annular fibers and nerve by making more room and improving circulation; 2. allows the nucleus pulposus -- the center of the disc -- to assume its central position within the annular fibers and relieves irritation of the spinal nerve; 3. restores vertebral joints to their physiological relationships of motion; 4. improves posture and locomotion while relieving pain, improving body functions, and creating a state of well-being.

**NON-DISC RELATED** For patients with other conditions causing back pain (facet syndrome, spondylosis, sprain/strain, scoliosis, transitional vertebra, sacroiliac subluxation, stenosis), "F&D" Manipulation provides all of the above benefits plus the ability to place the spinal joints into normal, painless movements so as to restore spinal motion without pain.

(right) spinal detail  
(below) doctor performing flexion technique



ORIGINAL MRI SHOWED A LARGE L3 HERNIATION WITH AN EXTREMELY LARGE DISC FRAGMENT