

NEW Technology For Back Pain!

Your Guide To Back Pain Relief

**You CAN
Enjoy
Life Again -
Without Drugs
Or Surgery**



**Dr. Dettmer's
Proven Method That Solves
The Mystery of
Chronic Back Pain!**



Thank you for requesting “Your Guide to Back Pain Relief”

If you are experiencing severe aching, piercing, burning or numbing back and/or neck pain and you would like to be free of it, please read this guide from cover to cover.

The information provided is designed to assist you in understanding your pain and in



providing you with information on a very unique method that I use in my clinic that might get rid of YOUR back pain with:

NO Side effects

NO Medications

NO Surgery

NO Painful Therapy

Nearly 90% of people in the US will suffer from back pain at some time in their lives. It is estimated that approximately 50-60% of patients who experience low-back pain (LBP) will report recurrence of pain often within as little as one year.

If you are suffering from failed treatment after failed treatment, you're not alone. Whether your goal is getting back to sports, work, hobbies or just enjoying life, this “Guide” can help you end the vicious cycle of pain.

Sincerely,

Dr. John Dettmer, D.C.

35 Years Serving People in Indiana with Chronic Back Pain

Same Day Appointments Available

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Who Am I and Why Should You Listen To Me?

My name is Dr. John Dettmer and I practice in Avon, Indiana. I have specialized in treating difficult back and neck pain conditions for over 35 years.

Our methods included: Non-surgical Spinal Decompression, Neuropathy Rehabilitative Therapies Treatment, Cranial Therapies and Spinal Manipulative Therapy for Relief and Recovery. I belong to the Palmer Alumni Association, Indiana State Chiropractic Association, the Neuropathy Treatment Centers of America and Neurological Relief Centers of America.



I first became interested in healthcare when I was a young child. I had the fortunate benefit of going along with my mother for her lower back pain treatments. It was that familiarity and attraction that stuck in my mind as I became an adult. And, it was what persuaded me into this particular career path.

I have been in practice since 1978 after receiving my Doctorate of Chiropractic degree from Palmer College of Chiropractic.

Since then, I have treated tens of thousands of patients and have had great and tremendous over the years. So, I am very familiar with the different types of back pain and the many types of treatments that are available.

For most of my life, back pain relief has been my passion.

As a back pain sufferer myself, I now maintain a pain-free lifestyle by periodic unloading, stretching and strengthening my back.

So, if you are experiencing aching, piercing, burning or numbing pain more times than not and you'd like to be free of that pain, read on . . .

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If you are suffering with back pain, you're not the only one!

As a matter of fact, statistics reveal that back pain is one of the most common complaints seen in primary care office visits. Millions of people like you are in continuous pain, unable to do the things you once enjoyed most. On any given day, almost two percent of the entire United States workforce is disabled by back pain.

Like you, they are looking for real solutions. The search for a natural form of relief has led many of these sufferers to turn to a new technology called spinal decompression.

This popular application involves the reversal of gravitational force on the spine to increase the space between the spinal bones (vertebrae) and relieve pressure on the discs. Back pain that involves compression of the spinal discs and nerves that may benefit significantly from this technology.

Did You Know:

- **80-90% of all adults will experience low back pain at some point in their life.**
- **Lower back pain is the leading cause of disability for people under 45 years of age.**
- **Lower back pain is the second leading cause of visits to doctors' offices.**
- **Lower back pain is the third leading reason for hospital admissions.**
- **Annual costs of back pain range from \$20-75 billion in the U. S. alone.**
- **Studies indicate that 15-20% of the population have lower back pain in any given year. . . approximately 32 million cases.**
- **One-half of all working Americans admit to having back pain symptoms each year**

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What Causes Back Pain?

A lot of times, back pain is the result of a structural problem and until the spine is reviewed, the pain will not go away. There are two common types of back pain:

Acute back pain—a brief episode that comes on suddenly. This is usually due to mechanical causes, such as a strain or sprain.

Chronic, persistent back pain—when back pain persists beyond four to six weeks, further evaluation is needed. This pain is often related to the spinal joints, discs or supporting muscles of the back.

Our spines are made up of several bones called vertebrae. There is a fibrous structure between each vertebra which has a soft inner core is called the disc. There is a soft inner structure called the nucleus pulposus and the outer portion of the disc is called the annulus fibrosis. This structure creates space between the vertebrae so the delicate spinal nerves can pass through the openings (called foramen) to reach their targeted destination. It also provides flexibility and cushioning to the spine.

A cycle of pain will begin if the discs become damaged in any way. The most common cause of back pain is some kind of issue with a disc in the lower back — whether it comes from a lifting injury or a sports injury. Sometimes it can be as simple as someone coughing causing an internal pressure that causes the disc to bulge or become herniated.

It is, often, just a function of growing older. The discs that are used most, primarily down in the lower back, will start to lose their hydration. As a result, a degenerative disc process starts and you will get some bulging and herniating effects from the disc.



Other causes of back pain can include poor posture, standing or sitting in the same place for a long time, being significantly overweight, osteoporosis, osteoarthritis, fibromyalgia, trauma injury due to an accident or fall or a serious illness such as cancer or infection.

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A person who has back surgery and develops complications from that surgery (because the problem was not fixed) will probably continue to have problems.

The conditions we treat on a regular basis range from bulges to herniation to degenerative discs. They include dehydrated discs and stenotic issues resulting from vertebra that have become misaligned and are causing disc issues.



It is a pretty broad spectrum of causes but the good news is spinal decompression is such a good therapy that it really addresses each and every one of these types of conditions. The prescription of how it is done can vary greatly but it is a very effective treatment for all types of low back problems.

How Do Discs Become Damaged?

Even though discs are very sturdy and resilient; they are vulnerable to injury with repetitive activity and loading. For example, when you lift the wrong way or sit in one position for extended periods of time, the fibers in the disc begin to weaken.

A good illustration of this is to look at a piece of wire. If you bend the wire one time, it doesn't break, but if you do it over and over again, it just snaps in half.



The fibers of the outer portion, the annulus fibrosis, act in much the same way. As stresses on the disc are repeated (such as repetitive lifting or even sitting in one position for extended periods of time) the fibers break down.

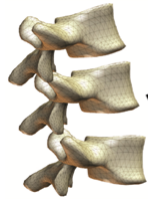
This produces small cracks and fissures in the discs creating a pathway for the softer inner nucleus to slowly leak out. This is the beginning of a disc bulge or herniation.

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What is a Herniated or Bulging Disc?

The disc is made up of sturdy fibers called the annulus fibrosis. The interior has a soft, jelly-like matter called the nucleus. When your disc is damaged or torn, the jelly-like matter on the inside can leak out.

A herniated disc occurs when it leaks out entirely.

If the outer material is undamaged and not torn discs can bulge without herniating. For example if you stepped on a tube of toothpaste, the tube does not pop but bulges out to one side or the other without tearing the outer cover.

A major cause of back pain occurs when someone has a bulging or herniated disc. The nerves that pass by as they come out of the spine (which is very fragile) can be pinched. That causes what we call “radiating pain.”

This type of pain consists of a tingling and numbness going down the leg or arm and possibly into the toes or fingers. It is also referred to as sciatica in the leg or cervical radiculopathy in the arm.

By having pressure on the discs, the interior nucleus will migrate through the small cracks and fissures that have been created. While the outer portion of the disc weakens, the pressure on the discs causes the interior nucleus to migrate through the little cracks and fissures that have been made.

This pressure changes with varied activities such as lifting incorrectly. This can dramatically increase the pressure in the interior of the disc. When the pressure in the disc increases the force pushes the interior matter outward. And, if there are little cracks or tears in the outer fibers of the disc this material can virtually be “squeezed out.”





Many times people are astonished by the sudden onset of back pain and are usually unable to remember what they did to injure themselves. This happens because only the outer one-third of the disc is sensitive to pain.



So, you may not experience pain until you do an activity or make a movement that causes just enough increased pressure on the disc to force the matter out to the pain sensitive areas. This results in inflammation and pain.

This sensation can send you to an emergency room or put you flat on your back. If the pressure is significant enough, the interior disc material can be forced all the way out (a herniated disc) and cause pressure on the fragile spinal

nerves leading to a severe burning pain or numbness in your legs or arms.

Research shows that there is an 84% chance of suffering with back pain again after having one episode with it. Spinal discs need a constant supply of fresh oxygen and nutrients pumped in and out to keep them healthy because they don't have a blood supply. When there is normal motion and muscular strength in the spine and no damage to the discs then everything is working fine.

When a disc is damaged and it doesn't have the ability to stay hydrated, it becomes dry and brittle. This leads to chronic problems. It is a major mistake for anyone to go on with a "normal" life after recovering from a severe problem with back pain because after the inflammation decreases, the exterior fibers are not irritated and it makes you think the problem is totally gone. If you make a wrong move, then the pain will come back and may be even more severe.

At this point the discs are even more damaged than before, the pain starts to move to other parts of the body such as: the neck, hip, groin area, legs, shoulders or arms. Now, not only is your back involved, you also have sciatica or cervical radiculopathy.

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Traditional Treatments

The traditional types of treatments people with back pain receive usually start with pain medication and muscle relaxers.

Even if this takes care of the immediate problem, the pain may still reoccur over time. If it does it may cascade into a worsening back issue where pain pills and muscle relaxers don't work anymore. When this happens the patient usually goes into physical therapy but often, that functional therapy doesn't fix the issue.



Disc problems are different than core muscle problems. They are their own problem and typically physical therapy and rehab by itself will fail.

The very last resort before surgery are epidural injections. These often work but only for a few weeks or months and then the condition comes right back. This occurs because the actual cause of the problem (which is the displacement of the disc whether it is bulged, herniated or ruptured) isn't addressed.

When epidural injections fail, people usually get back surgery.

The sad part is without putting the decompression therapy somewhere in the line-up, you do end up in surgery. By adding it to your regimen you may resolve your problems and be able to avoid surgery altogether.

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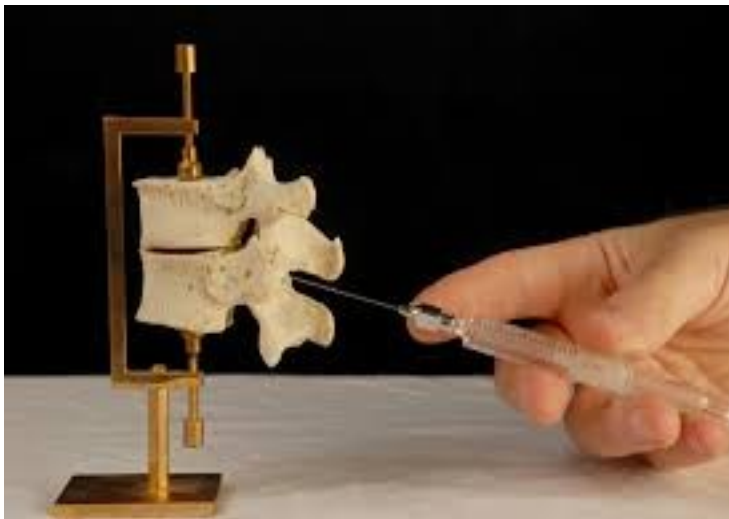
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Epidural Side Effects

There are side effects with the epidural.

It causes dehydration to the disc which causes it to thicken and become more degenerative. So, in a lot of cases, this is certainly not the answer.



Classically, if it does help alleviate pain, it is short-lived. The patient will return and expect the second injection to work and will usually get the opposite effective. Meaning that often the injection doesn't work the second time.

Epidurals are not a healthy thing to try. It is a steroid and it dries out the disc and can cause further degenerative processes to occur.

Surgery also has a low success rate.

Surgery in many patients is just not beneficial. In many cases just getting surgery creates a 5% body impairment. This translates to more damage and other issues because the ligaments, tendons and muscles are cut.

I'm not saying that no one should have surgery. There are a few cases where it is indicated. I am merely trying to impress that spinal decompression is non-invasive and gentle. If it were my back I would do something that is not invasive, doesn't hurt and won't cause further problems. Particularly before I tried surgery.



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Spinal Decompression Versus Traction

Forty or fifty years ago traction was not very effective. It was usually done in a hospital where weights would simply be attached to the patient's legs. This amount of vectoring of forces was never great for the lower back.

Because of the way it was done, the patient wasn't getting the weight loads they needed on the specific areas that needed the decompression.

Today, spinal decompression is more scientific. The pull is from the pelvis instead of the legs. The patient is hooked up to a computer with a hydraulic system that very precisely detects if muscles are pulling back and exactly how much of a pull there is. Different pulling angles can be applied, oscillation is now incorporated and during the procedure a person can be either prone (face down) or supine (face up).



As a result there is more specificity and much more of the disco-elastic effects of soft tissue totally stretched out. This gives you a decompressive effect on the specific lumbar disc. Spinal Decompression basically takes the pressure off the disc and creates a vacuum so things can shift and change.

There are other mechanical effects happening as well. The outside of the disc is made up of a crisscross patterning. This gives it the effect of the old Chinese handcuffs where you stick your fingers in and it clamps down so you can't get them out. The disc has that same effect when you pull on it because of those crisscross inter-digitizing fibers, it clamps down.

I always look at this as such a beautiful thing. If we had an owner's manual for these bodies, the information about that particular mechanism would be included. To me that is a resolution to most disc problems. There is a tremendous amount of pressure occurring in the lower back and all the weight and the shearing forces are typically down on the very bottom of two discs. Ninety-nine percent of the time that is where you find the problem.

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Physical Therapy

Many patients successfully manage the symptoms associated with herniated discs through rehabilitative therapy. Depending on the nature and severity of your disc herniation, we may prescribe a course of therapy sessions to relieve your symptoms while strengthening your spine.

If you are prescribed physical therapy, it likely will include a combination of non-invasive exercise treatments and lifestyle management.

Non-invasive treatments to relieve muscle spasms may include:

- Deep tissue massage aimed at relieving muscle spasms
- Posture-improving exercises
- Alternating hot and cold compresses
- Hydrotherapy (sitting in a hot tub or whirlpool)
- Ultrasound therapy to stimulate blood flow and relax muscles
- Electrode therapy (transcutaneous electrical nerve stimulation, or TENS)



Exercises may include:

- Stability exercises designed to strengthen your core muscles, such as sit-ups or balancing activities on a stability ball to prevent future injury to your back and neck
- Stretching to elongate the muscles, enhance flexibility and reduce stiffness

Lifestyle management may include:

- Losing excess weight through low-impact activities like water aerobics, swimming, walking or cycling
- Smoking cessation (since smoking can cause disc deterioration)

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Frequently Asked Questions

What is the treatment? What is involved? Does it hurt?

A lot of patients ask me “will it hurt?” Treatment DOES NOT hurt. It is safe, effective and will not cause any more problems. No one should be afraid to try spinal decompression. You simply lie down on the table and once you are comfortable the table does all the work. Some of my patients lie and meditate or sleep. Others read. It is a very comfortable and palliative treatment.

Spinal Decompression Therapy was approved by the Food and Drug Administration



(FDA) in 2001 for disc injuries. It is not only the least invasive form of treatment for disc injuries but it is the most cost-effective treatment for herniated and degenerative spinal discs and spinal stenosis; one of the major causes of back pain and neck pain.

Spinal decompression works on the affected spinal segment by significantly reducing intradiscal pressure and creating a vacuum effect on the herniated tissue. This natural vacuum retracts the extruded disc material, takes the pressure off the pinched nerve and reduces inflammation.

Additionally, the vacuum effect often increases the spacing between the vertebra as the involved discs are rehydrated allowing even more room for the nerve. As the disc rehydrates its shock absorbing capabilities are restored reducing mechanical stress on the related structures slowing or halting the osteo-arthritic damage.

This is the best non-surgical and conservative procedure for patients suffering with bulging or herniated discs, degenerative disc disease, posterior facet syndrome, sciatica, failed back surgery syndrome and non-specified mechanical low back or neck pain resulting in spinal stenosis.

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Frequently Asked Questions *Continued*

What is the treatment? What is involved? Does it hurt?

How long is a typical session?

The decompression portion of our treatment regimen is around 15 minutes. Patients will eventually graduate into some electrical muscle stimulation which is a form of an electronic muscle relaxer. This keeps the muscles balanced and relaxed. We may also use an infrared low level laser light to help the tissues heal.

If the patient is not in severe pain we can start them on exercises and therapies. This helps make the disc treatment even more effective. We use a machine to address the muscular control around different areas and that exercises particular muscles and reduces any mechanical problems. This turns on muscles that have become deactivated. We also find this to be very beneficial when it comes to stabilizing the spine and in healing the discs. Lastly, we add muscular activation or what I call “core strengthening.”

Is this care and treatment typically covered by insurance?

Our insurance personnel can verify your insurance benefits and determine if there is any coverage under your specific policy. It really depends upon what type of carrier you have. We have found that with many commercial carriers the physical therapy sessions are covered even if the decompression is not.

If you are accepted for care at SpinalCare Physical Medicine, fees and payment plans will be discussed with you individually. Most of our patients find our fee arrangements fit well within their budgets.



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Why do you think most people have not heard of this kind of treatment?

Spinal decompression has not been used much or for very long. As a result, it is not considered reimbursable by many insurance companies. People do ask, “why doesn’t my family doctor recommend it?” or “I saw an orthopedic surgeon, why doesn’t he recommend this?”



The answer is they don’t offer this procedure. It’s just is not what they normally do in their offices. They are heavily invested with their particular education to think in terms of medication and surgery with occasional physical therapy.

A physical therapist is also accustomed to doing things one way. When it comes to disc issues, a physical therapist sees it as something that needs exercise; but it is often something that needs to be decompressed. If they don’t have a spinal decompression machine, they are going to go with what they know even though that is often not very successful.

There is a way to help someone who has had back surgery, a disc problem or even a fusion. When it comes to what we refer to as “failed back surgeries”—whether it is someone with little or a lot of pain—we find that spinal decompression is helpful in a good number of those cases. This is true even for those who can hardly walk or who have had numerous surgeries.

How do you qualify a patient as a good candidate for decompression?

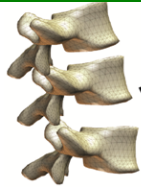
We start off with a consultation history and then move into an exam which usually involves x-rays. If someone doesn’t have a recent MRI, we may schedule them for one. Once we have all those things in place, we make the decision whether this person qualifies or not. Most people do qualify for this procedure. This is true even for those who have implementations in their spine (screw, bars). Someone who might not qualify would be a person far along in a pregnancy.

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SpinalCare
Physical Medicine

How do you determine if someone is a good candidate? How much does it cost?

We offer a free consultation to see if we can help. This way, we look at your history and any x-ray or MRI results. This gives us a good idea if you are qualified right away.

You will receive an examination as well. It is our policy not to charge for a consultation so we can see if we are a good fit for each other.

For a limited time, we have included a trial visit to let people see what the treatment is like and so we can see how they respond to it. This also gives me some idea of your qualification for the procedure.



If someone is interested in having a free consultation, what's the next step?



Call us at **317-272-4100** and talk to our front desk assistant. She will ask about your x-rays and MRI's and make arrangements to get them prior to the consultation. She will also set an appointment to give you an idea how we can help you and if you qualify for treatment. She will be happy to answer any questions you might have.

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Take the first step today. . .

Finding out if Spinal Decompression therapy can help you is the first step. I suspect if you have read this entire guide—you have probably been experiencing back pain for a long time.

Remember—back pain is **NOT** the issue. It is **just a symptom** of the problem.

Take the first step and find out if spinal decompression therapy is what you need!

Simply call our office at **317-272-4100** and ask for your free consultation.



You Have Nothing To Lose Except Your Pain!!

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Patient Testimonials

"Before coming to SpinalCare, I could not get out of bed. The pain I felt for the past three years kept me from walking, working, and even playing with my own children. Several doctors tried different treatments, but nothing seemed to improve the quality of life for me. I came to see Dr. Dettmer for help and after two-three weeks of treatments, I was starting to notice some improvement. Thanks to all of them, I am now starting to go through life with little to no pain. What the staff at SpinalCare had done was nothing short of a miracle. After 3+ years of crippling pain, they have given my life back to me."

Ben

"I'm very pleased I went to SpinalCare. It has been over three weeks since my decompression treatments were completed for a pinched nerve in my lower back and it is still feeling better than it has for several years. Thanks to Dr. Dettmer and his staff. They were professional, personal and pleasant. And, my back is happy I went."

Katherine

"Within 30 days —no pain. When I first came in I could barely walk. The pain in my legs was terrible. I started getting relief by the 2nd treatment and kept improving from there. I highly recommend to anyone dealing with back issues."

Lillian

"When I began treatment I was having severe pain in my right hip with tingling and burning down my right leg making it difficult to walk with a straight gait. Since treatment my pain has decreased. I am free from pain most of the time, my movements and activities of daily living are much improved. The doctors and staff made my treatments a pleasant experience and I would recommend others for treatment. Thank you for all your help."

Ella

"Before I found out about SpinalCare, I was wondering, was there hope for me. I never had this type of problem with the lower part of my back. I was in a lot of pain. I couldn't walk without the support of a cane. I would walk slow and bent over. It would take a long time for me to put on my clothes. I found out about SpinalCare in the newspaper and set up an appointment. Dr. Dettmer told me I had five slipped discs. They put me on the spinal decompression machine and the decompression put my discs back in place in a short period of time. And, the pain went away. I was able to walk straight and didn't need my cane anymore. Thanks to Dr. Dettmer and his staff. They are a God sent miracle."

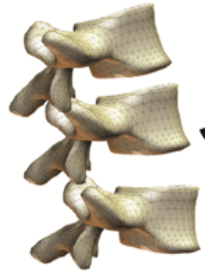
Fred

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Physical Medicine

SpinalCare Physical Medicine is a multi-dimensional health and wellness



center focused on rehabilitation of the spine and body. By integrating pain management and physical therapy with natural chiropractic programs we are able to provide the most advanced medical pain treatments available.

As a multi-disciplinary team we are leaders in treating acute and chronic pain with advanced, non surgical treatment approaches and

medication if necessary that can help you reclaim your quality of life.

Complete and thorough diagnostic testing allows us to not only acknowledge and understand your pain but to aggressively treat the root cause.

From the first day of treatment to the last day of your pain-relief program, you can rest easy knowing that you are receiving the best care in our **patient centered** healthcare facility.

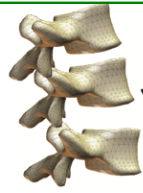


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Physical Medicine

We Treat

Low Back or Neck Pain	Chronic and Radiating Pain
Tension Headaches or Migraines	Leg Pain or Sciatica
Disc Herniations and Disc Bulges	Wrist Pain or Carpal Tunnel
Pain in the Joints	Hand and Arm Tingling
Knee Arthritis & Knee Pain	Fibromyalgia
Chronic Inflammatory Conditions	Neuropathy
Chronic Fatigue Syndrome	Foot & Ankle Pain
Shoulder, Elbow and Wrist Pain	Arthritis
Insomnia & Sleep Conditions	Auto Accident Injuries
Sports Injuries	Whiplash
Weight loss & nutrition	

Our Services Include:

Medical Services
Spinal Decompression
Migraine Treatments
Diagnostic Services
Chiropractic and Massage
Pain Management – Joint and Trigger Point Injections
Physical Therapy
Laser Therapy
Men's and Women's Health
Corporate Wellness Programs

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