

3 PHASES OF DTS THERAPY

- Treatment

- **Stabilization of Structure**

- Support of Muscular System

PAIN IS UNDER CONTROL:

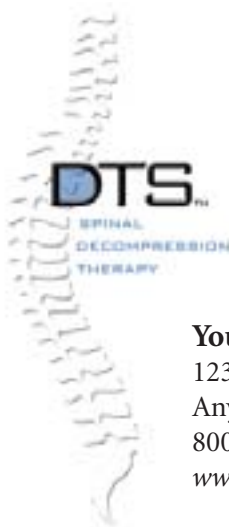
Rehabilitate the Structures

Supporting the Disc

We're pleased that you are ready to begin the second phase of DTS Therapy. During Phase II we will begin "core support stabilization" training. These exercises are specifically designed to foster improvements in the control, strength and endurance of your lower back and abdominals. Our experience tells us exercise is a key to long-term relief.

Phase II begins when:

- 5-8 DTS treatments have been administered and appreciable pain relief is realized.
- Or, satisfactory pain relief through eight DTS treatments has not been realized. This typically indicates functional integrity (poor muscle control and weakness) may be interfering with optimal healing and must be addressed if further relief is to be expected.



Your Company Name

1234 Main Street
Anytown, USA 12345
800-123-4567
www.yourwebsite.com

DTS™

SPINAL
DECOMPRESSION
THERAPY

PHASE II

Stabilization of Structure

Controlled distraction and stretching of the spine with DTS Therapy has re-started the imbibition of the discs. This is a first step to helping heal your discs and reducing your pain. However, lack of proper spinal motion and poor core stabilization, your discs, if left alone, will not recover fully. Your active participation in a specific rehabilitation program will help you restore these vital components of true spinal health. Most low back pain sufferers have two compounding problems that have contributed to their disc injury and limited their natural healing.

- Decreased Spine Flexibility
- Poor Muscle Control

The program of focused rehabilitative exercise, with Biofeedback, may begin during or after your DTS Therapy course of treatment. At what point you start the exercise program is a function of your pain and overall progress based on our findings.

Our rehabilitation program involves several clinically effective yet simple, pain-free activities including Biofeedback. Biofeedback allows you to monitor and control spinal motion and re-claim proper spinal movement patterns. Strengthening the muscles that support the spine, and re-gaining endurance in them, is also vital for spinal health. All the body systems must work in concert for optimum health so nutritional and lifestyle advice may be given as well as an at-home exercise program. We can't over-emphasize the importance of the at-home exercises. What you do at home is integral to the overall success we have. Studies show consistent stabilization and endurance exercises control back pain and reduce injury.

Though many patients often report dramatic pain relief in as few as five sessions, injured discs take more time to fully heal. As the old saying goes, "Pain is the last thing to show up but often the first thing to leave". This is particularly true for back



pain. It is important to not fully equate your problem with your pain. Pain is a sign of damage and stress, however cessation of your pain doesn't imply everything is now "OK" or fully healed. Maintaining your prescribed treatments will allow the best possible outcome and accurate transition to the exercise portion of care. We want you to return to your normal lifestyle as soon as possible, however, your active participation and discretion in daily activities is a vital link in your fullest recovery.

OBJECTIVES AND EXERCISES

We need to accomplish two main objectives during Phase II:

- Reestablish proper co-contraction of the muscles of your abdomen and lower back as well as determine movements that may benefit or degrade your condition.
- Improve the endurance of these muscles (their ability to work longer periods of time without fatiguing). Our evaluation will determine the duration of our in-office Phase II activities based on your progress. Typically Phase II lasts for 4-6 weeks.

We focus on the following:

- Monitor and retrain the co-contraction of the "deep" abdominal and lower back muscles using the Stabilizer TM biofeedback device.

- Add more complex movements monitored by the Stabilizer TM as control is improved.
- Prescribe low stress, short duration home-exercises. These are called "floor-core" movements

These activities can create dramatic improvements in lower back function and stability if done consistently and with dedication of purpose. Typically the "floor core" procedures are trained very conscientiously in our office to assure proper execution, then done in an ordered fashion two times daily. The time you spend on the exercises is dependent on the number of exercises, sets, and repetitions. Most sessions will be about 15 minutes.

ADDITIONAL INFORMATION

If Phase I passive treatments (DTS/adjustments/modalities) fail to give satisfactory (>50%) relief, it is usually due to one of three reasons:

- 1) The damage is too extensive for complete healing. This can include extensive arthritis, stenosis, multiple herniations, pinched nerve roots and congenital anomalies. In these cases a referral to another doctor or further tests may be needed. (If it is determined rehabilitation is still warranted the duration and provocation of your pain will guide our progression through Phase II).
- 2) Daily activities present stresses that continue the pain/injury. When daily activities are the ongoing source of problems, work modification or bracing may be considered. In many people the back muscles are simply too weak to meet their daily demands. Structured exercise is often the only real solution.
- 3) Passive treatments alone are not enough to motivate the healing process. Typically 80% of patients will report good- to-excellent relief by the 8-10th treatment. If progress is stalled or has reached a plateau (and surgical intervention is not a real option) Phase II activities will often generate renewed improvements in the pain.