

SPINAL DECOMPRESSION

A non-invasive alternative
to spine surgery



SPINAL DECOMPRESSION



Spine degeneration is an inevitable process that brings pain into the daily life of your patients. Did you ever experience that you have nothing to offer to those patients who:

Needed an alleviation of **chronic low-back pain** but your manual techniques were not enough?

Experienced **slipped disc** and wanted to **avoid spine surgery**?

Were looking for **side-effect-free** pain management for **spondylosis**?



Epidural steroid injections are very technique-sensitive and their use is **limited** to three sessions per year due to side effects.*

**FDA. Press Release: FDA Drug Safety Communication: FDA requires label changes to warn of rare but serious neurologic problems after epidural corticosteroid injections for pain. April 23, 2014.*



Spine surgery brings many risks and side effects as well as post-surgical limitations in daily life. The overall **failure** rate of lumbar spine surgery was estimated to be up to **50%****.

***Thomson S. Failed back surgery syndrome - definition, epidemiology and demographics. Br J Pain. 2013;7(1):56-59.*



BTL provides you with a side-effect-free solution and non-invasive alternative to spine surgery.



SPINAL DECOMPRESSION

Spinal decompression represents the **first-choice** treatment that relieves back pain of any origin regardless of its stage. The therapy is on the borderline of **next-level** manual medicine, a **non-invasive** alternative to spine surgery and **drug-free** back pain management.

SPINAL DECOMPRESSION is an ultimate solution that:

Allows you to treat a wide range of degenerative spinal conditions across all their stages, such as:

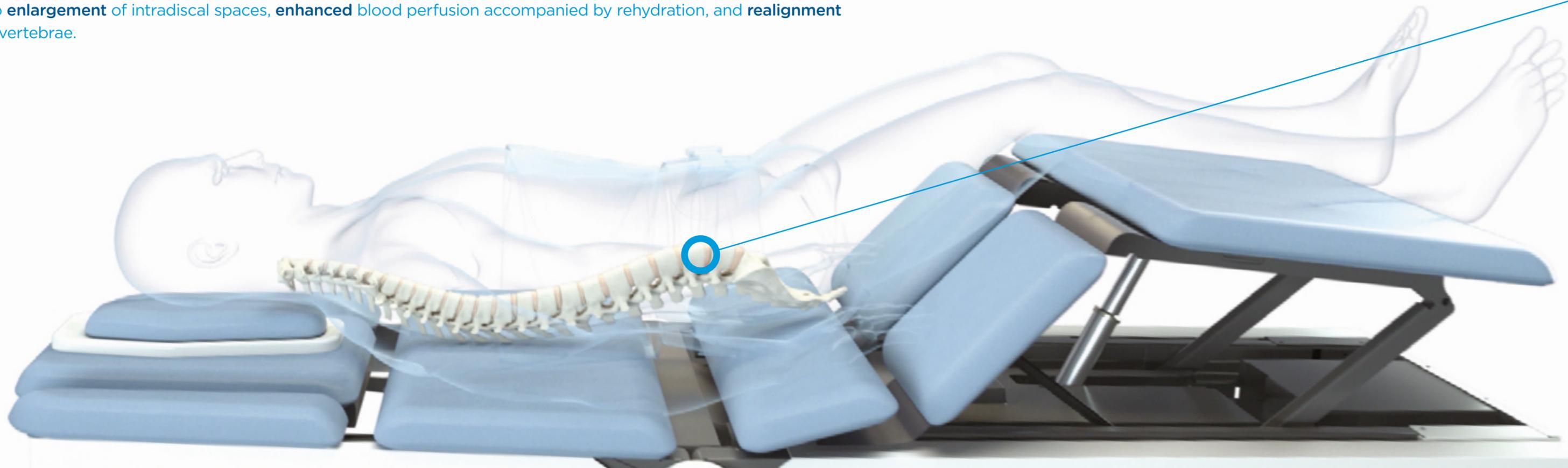
- Spondylosis
- Chronic low back pain
- Slipped disc in the cervical and lumbar areas
- Back pain indicated for spine surgery



MECHANISM OF ACTION

SPINAL DECOMPRESSION aims to **unload and release** neural structures and soft tissues of the spine in **pain-relieving positions** which can be fine-tuned to innumerable combinations according to the patient's condition.

- Therapy is based on the **precisely targeted** decompressive forces applied over vertebrae.
- Decompressive forces occur as **automated and controlled cycles**.
- This leads to **enlargement** of intradiscal spaces, **enhanced** blood perfusion accompanied by rehydration, and **realignment** of impaired vertebrae.



REFERENCE
Watch the tutorials here!

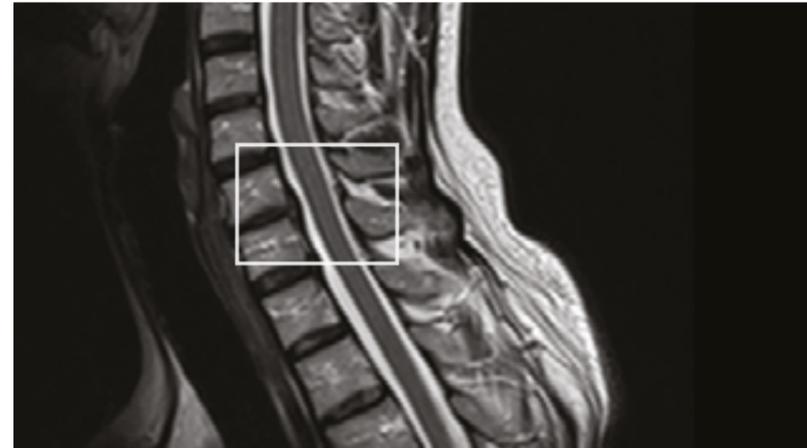
MEDICAL EFFECTS AND INDICATIONS

The **BTL SPINAL DECOMPRESSION** is a mechanical therapy that uses automated decompressive forces to mobilize joints, relieve the pressure over neuro-spinal structures, relax, and elongate soft tissues.

BEFORE



AFTER



SLIPPED DISC C5-C6, 10 SESSIONS WITH SPINAL DECOMPRESSION, COURTESY OF: BTL

JOINT MOBILIZATION & DISTRACTION

Distraction represents the mechanical distancing of two joints that allows the synovial fluid to fill the inter-joint space. The fluid reduces friction which results in smoother and painless movements. Distraction and repetitive joint mobilization movements stimulate mechanoreceptors to:

- enhance the movement of synovial fluid
- increase blood flow
- normalize joint viscosity

BEFORE



AFTER



SLIPPED DISC L4-L5, 15 SESSIONS WITH SPINAL DECOMPRESSION, COURTESY OF: BTL

RELAXATION & ELONGATION OF SOFT TISSUES

Joint distraction and mobilization are followed by widening of intervertebral spaces which cause stretching of anteroposterior longitudinal ligaments and interspinal ligaments. Muscle relaxation is achieved through

- inhibition of alpha motor neurons
- stimulation of the Golgi tendon organ

LOW BACK PAIN

The **BTL SPINAL DECOMPRESSION** promotes the new way forward to precise targeting of the therapy into impaired segments of the spine and **innumerable options** for treatment of **low back pain** of any origin.



The **PELVIC FLEXION** brings the most precise targeting of lumbar spine segments due to adjustable pelvic tilt angle.

INCLINED SEMI-UPRIGHT position induces **gentle stretching** of soft tissues in the lumbar area making it suitable for extremely sensitive patients.

PRONE EXTENSION evokes mechanical **retraction** of disc and nucleus which enhance pain relief.

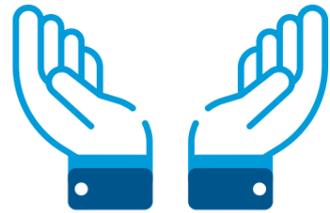
ROOF is a great option how to increase space between facet joints, reduce pressure on the nerve root, and stretch the **thoraco-lumbar** fascia.

SIDE-LINE represents a set of **transition** positions for sensitive patients combined with gentle relaxation of paraspinal muscles.

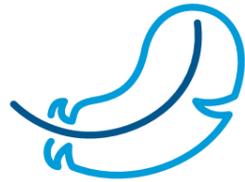
INVERSION suppresses initial pain in extremely sensitive patients, unloads the **thoracic spine** and releases muscle spasms.

NECK PAIN

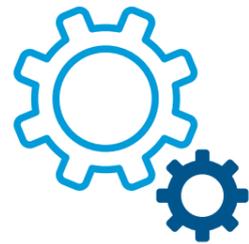
We bring **the very first automated** decompression for neck pain that perfectly substitutes manual therapy without compromising clinical outcomes.



Performs **human-like** movements for even the most sensitive neck pain conditions.



Gentle decompressive forces are targeted with the highest precision due to **100-gram** force increment.



Advanced positioning allows for precise targeting of the therapy into an impaired cervical segment.



EXTENDED POSSIBILITIES

SPINAL DECOMPRESSION gives you an opportunity to deliver therapy for **cervical spine in a sitting position** as well as it can be used to restore mobility and pain relief in various **joint conditions**.



Cervical decompression in a **SITTING POSITION** is suitable for slipped discs in the lower cervical segments or in patients who can not tolerate therapy in a supine position.

Slipped discs in the lumbar spine or arthrosis represent the most favorable indications for **HIP** application.

Irradiating pain, nerve entrapment, or post-traumatic conditions are the most suitable for **WRIST** and **ANKLE** applications.



THERAPY PROCEDURE

Put the patient into an initial position

1



2

Set up the belt system

Set the patient into such a position that will target the impaired spinal segment

3



4

Perform pre-intervention traction test and evaluate patient's tolerance. Follow with the therapy by choosing a preset protocol.



PRODUCT HIGHLIGHTS

Highlights

- **Innumerable** treatment options for low back pain
- The very first automated decompression for neck pain that **substitutes manual therapy**
- Parking position for effortless return of the patient to the initial position
- The most gentle and precise dosing of decompressive forces by **100-gram** force increment

Extended therapy options

- Adapter for neck pain therapy in a sitting position
- Asymmetric adapter

Additional features

- **Therapy modes** for personalized treatment
- Automated pre-intervention traction test
- Preset protocols
- Encyclopaedia
- An integrated **heat kit** for enhanced therapeutic outcomes
- Comfortable patient setup due to belt system



12

preset positions
fitting all spinal
nuances

TREATMENT OF CHRONIC LOW BACK PAIN WITH SPINAL DECOMPRESSION

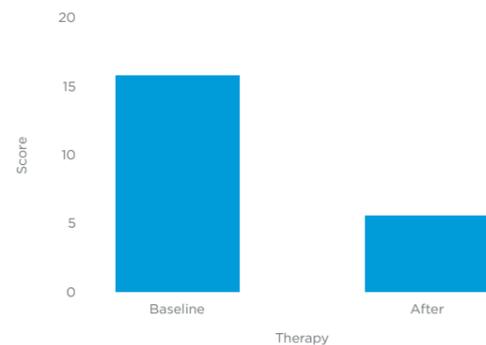
ANALGESIC EFFECT OF SPINAL DECOMPRESSION

In the publishing process

HIGHLIGHTS

- 26 patients with chronic low back pain
- 10 treatments scheduled twice a week
- Oswestry index and Patient health questionnaire (PHQ-9) were taken at the baseline and after completing the set of 10 therapies
- Overall improvement was observed in increased Oswestry index score by 65% and decreased PHQ-9 score by 64%

OSWESTRY INDEX



RANDOMIZED CONTROLLED TRIAL WITH SPINAL DECOMPRESSION

COMPARISON OF SPINAL DECOMPRESSION WITH CONVENTIONAL PHYSIOTHERAPY METHODS

In the publishing process

HIGHLIGHTS

- 30 patients with low back pain
- Comparison of treatment group that underwent decompression therapy + physiotherapy, and control group that underwent physiotherapy only
- 3 sessions scheduled once per week, in total for 3 weeks
- Numeric Pain Rating Scale, Oswestry Disability Index, and Range of Lumbar Spinal Motion were taken at the baseline and after completing the set of therapies
- Treatment group showed significantly higher pain relief compared to control group



THE USE OF SPINAL DECOMPRESSION THERAPY IN PATIENTS WITH BACK PAIN

SHORT-TERM AND LONG-TERM EFFECTS OF SPINAL DECOMPRESSION IN LOW BACK PAIN

Pending trial

Clinical center "3ДОПОБbE BCEM", Tashkent, Uzbekistan

HIGHLIGHTS

- Evaluate short-term and long-term effects of spinal decompression therapy in individuals with low back pain
- Age 30-60 years, both males and females, individuals with lumbar back pain (disc herniation, disc bulging or herniation, degenerative spinal diseases, myofascial syndromes, lumbalgia, cervicgia, etc)
- 10 treatments scheduled twice per week
- Clinical outcome measures include the Numeric Pain Rating Scale (NMRS) and Oswestry Disability Index (ODI) for the lumbar spine



SPINAL DECOMPRESSION CLINICALLY TESTED IN INDEPENDENT STUDIES

ANALGESIC EFFECT OF DECOMPRESSION IN RADICULOPATHY

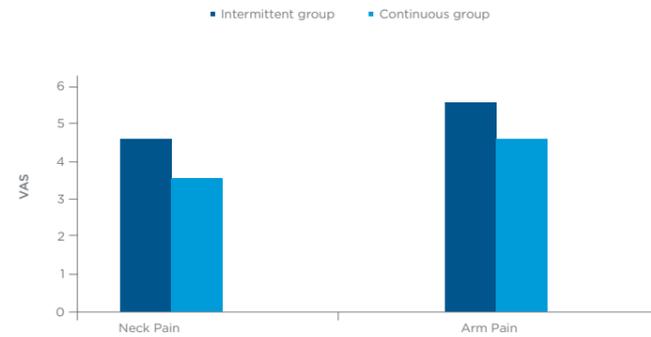
INFLUENCE OF SPINAL TRACTION IN TREATMENT OF CERVICAL RADICULOPATHY

Ibrahim M. Elnaggar, Hala R. Elhabashy, Enas M. Abd El-Menam
Published: Egypt J. Neurol. Psychiat. Neurosurg. Vol. 46 (2) - July 2009

HIGHLIGHTS

- The study compared intermittent and continuous cervical traction patients with C6-C7 radiculopathy
- The intermittent traction group with a mean age 47.13 ± 6.69 years in infrared radiation followed by intermittent cervical traction
- The continuous traction group with a mean age 46.40 ± 6.01 years, received infrared radiation followed by continuous cervical traction
- Patients were evaluated before and after treatment for neck pain severity, arm pain severity, amplitude and latency of flexor carpi radialis H-reflex, and neck mobility
- Both groups showed significant improvement in all the measured variables.
- The significant decrease in neck pain severity and a significant increase in frontal and transverse neck mobility is in favor of intermittent traction

PAIN REDUCTION



RANDOMIZED CONTROLLED TRIAL ON NECK PAIN

COMPARISON OF SPINAL DECOMPRESSION WITH CONVENTIONAL PHYSIOTHERAPY METHODS

In the publishing process

HIGHLIGHTS

- 30 patients with neck pain
- 3 sessions scheduled once per week, in total for 3 weeks
- Clinical outcome measures include the Numeric Pain Rating Scale (NMRS) and Neck pain disability index
- Treatment group showed significantly higher pain relief compared to the control group



THE USE OF INTERMITTENT CERVICAL TRACTION IN LARGE-VOLUME HERNIATED DISCS

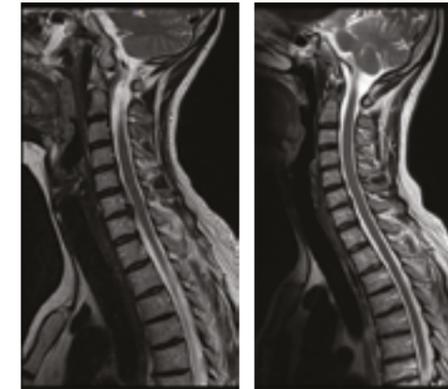
INTERMITTENT CERVICAL TRACTION FOR CERVICAL RADICULOPATHY CAUSED BY LARGE-VOLUME HERNIATED DISCS

Constantoyannis C., Konstantinou D., Kourtopoulos H., Papadakis N.

Published: J Manipulative Physiol Ther 2002;25:188-92

HIGHLIGHTS

- The use of intermittent cervical traction in 4 patients with cervical radiculopathy and large-volume herniated discs
- Patients were completely free of pain symptoms within 3 weeks

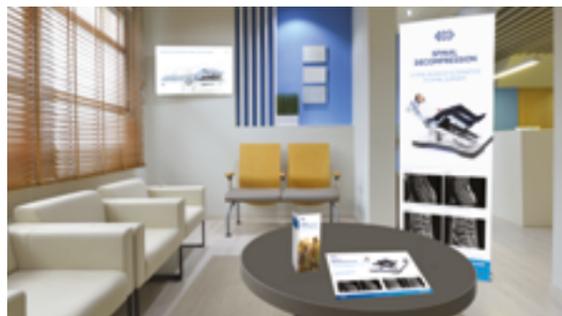


Coronal view of cervical spine T-1 weighted MRI showing a large-volume disc protrusion at C6-C7 level.



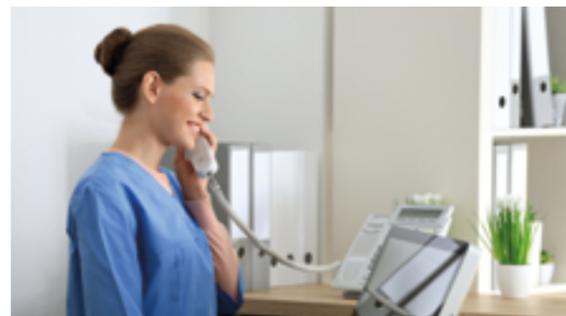
MAXIMIZE YOUR PATIENTS DATABASE!

To boost your patients' interest in **SPINAL DECOMPRESSION** treatment, BTL provides its customers with promotional materials. These materials include prints (banners, patient brochures) for placement in the waiting room or to hand out, as well as online materials.



IN-OFFICE BRANDING

Learn how to implement SPINAL DECOMPRESSION branding in high-traffic areas in your office by using patient brochures, roll-up banners and videos.



IN-OFFICE COMMUNICATION

We will provide you with documents that will help you effectively communicate the treatment to your patients. Train and support all personnel who will be responsible for phone and face-to-face communication on how to effectively talk about SPINAL DECOMPRESSION.



MAXIMIZING YOUR PATIENT DATABASE

BTL will provide you with ready-made e-blast template you can send to inform everybody that you now offer the SPINAL DECOMPRESSION for fully non-invasive and side-effect free pain management and faster injury recovery!



SOCIAL MEDIA STRATEGY

Start promoting SPINAL DECOMPRESSION on your social media account including Facebook, Instagram and Twitter from day 1. Let your patients know that you have something new and revolutionary for them!



WEBSITE PROMOTION

Optimize your practice's website by promoting SPINAL DECOMPRESSION to generate leads.



CLINICAL TRAINING

Our trainers will help you to become a clinical expert on SPINAL DECOMPRESSION. This is the key to successful patient outcomes and satisfaction.

THEIR WORD MATTERS



Vasile Druță
Romania

"We have the possibility to do decompression, depending on the desired outcome in supine, prone, or lateral positions, as well as we can perform cervical decompression. It is multifunctional and it brings maximum comfort to both an operator and the patient."



Silvie Šidáková
The Czech Republic

"We are very satisfied with the therapy and its intuitiveness such as a touch screen. Another advantage is that treatments can be adjusted according to every patient individually."



Narkeesh Aruguman
India

"We treated more than a hundred patients and various illnesses such as listhesis, osteochondrosis, disc herniation, and we get amazing results!"



The medical team of Plexus Physiotherapy Centre
Hong Kong

"We used to work with conventional traction systems until we tried out Spinal Decompression. This eye-opening experience showed us so many new options on how to treat all kinds of spinal conditions and also the outstanding solution for the cervical spine."



Rosen Kolev
Canada

"The BTL state-of-the-art system is superior to other similar ones I have used in the past in all aspects: the convenience of use, ease of operation, "feel" and patient comfort. The ability to treat the cervical or the lumbar spine without flipping the patient over is another great feature to consider."



Khalmeev Nariman Kasimovich
Uzbekistan

"The decompression system opened a new era of back pain therapy. It is a safe method with a wide range of therapy options wrapped in good design."



Andrei Negrea
Romania

"Treatments can be adjusted according to the patient's clinical symptoms and delivered over a longer period of time. The most common indications observed in the clinic were degenerative conditions."



Tereza Svobodová
The Czech Republic

"At our 3R Physiotherapy facility, we use Spinal Decompression for patients with cervical and lumbar spine problems. This revolutionary innovation is highly praised by patients for its immediate effect and pain relief. Physiotherapists especially appreciate the ease of control, patient positioning, and positive results of this therapy."

BTL: OVER 25 YEARS OF INNOVATION



More than 65 offices
around the globe



2,400 employees
worldwide

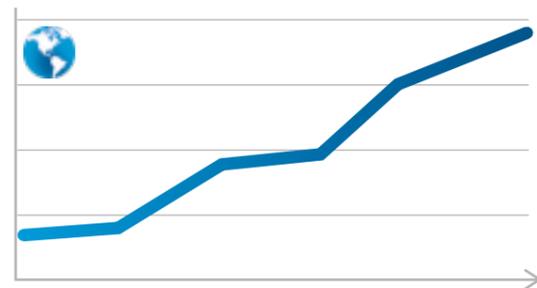


More than
370 engineers



2 focused divisions:
medical and aesthetics

Growing to meet your needs



1993 Continuous growth worldwide



OUR COMMITMENT TO YOU

BTL will:

- Provide safe and efficacious solutions of the highest quality
- Offer technology with NO costly consumables
- Continue to offer an affordable upgrade programs

©2022 BTL Group of Companies. All rights reserved. BTL® is registered trademark in the United States of America, the European Union and/or other countries. The products, the methods of manufacture or the use may be subject to one or more U.S. or foreign patents or pending applications.



sales@btlnet.com
btlnet.com

