

HAYWARDS HEATH SPINAL HEALTH



IDD Therapy® Spinal Decompression

An advanced non-surgical treatment for unresolved back and neck pain.

Intervertebral Differential Dynamics (IDD) Therapy is a non-surgical spinal decompression treatment for back pain, neck pain and related conditions such as nerve pain and sciatica.

Our clinicians treat most back and neck pain with manual therapies but for some patients - particularly those who have disc-related conditions - the IDD Therapy treatment programme can do more to help their condition improve. It delivers a precise and more consistent treatment than is possible with the hands alone or with traditional mechanical treatments.

How does IDD Therapy work?

IDD Therapy uses computer-controlled distraction forces delivered by the Accu-SPINA® medical device to gently decompress *targeted* spinal segments, taking pressure off specific discs whilst working soft tissues to improve mobility and helping to restore function.

By restoring function and combining with specific exercises, IDD Therapy allows the body's natural healing mechanisms to operate more efficiently. In so doing, it can relieve pain, alleviate nerve compression and irritation caused by bulging or herniated discs.

Who can benefit from IDD Therapy?

Typical candidates for IDD Therapy are those who have chronic disc-related conditions (three months or more), have not responded to standard conservative treatments and find that back or neck pain is having a negative impact on their lives. They may be taking pain medication and may be considering invasive treatments.

Conditions treated

- Herniated or prolapsed discs
- Degenerative disc disease
- Sciatica
- Chronic low back pain
- Facet syndrome
- Cervical radiculopathy

For more information or to book an appointment contact the clinic on:

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