

*First Ever Cervical Non-surgical Decompression Study presented at NASS*

Dr. Richard Bernstein, D.O., Physiatrist, recently presented the results of the first ever cervical non-surgical decompression study at the 2008 North American Spine Society's Annual Meeting. The "Non-Surgical Intervertebral Disc Decompression for the Treatment of Lumbar and Cervical Disc Pathology" presentation focused on the clinical application of non-surgical Disc Decompression utilizing SpineMED® for patients with both lumbar and cervical disc pathology including: indications, goals of treatment, protocols and clinical outcomes.

The sample was composed of 156 lumbar patients and 37 cervical patients. Each participant received 20-25 sessions for herniated or degenerated discs. Of the lumbar patients, 56 out of 156 have had some history of cervical surgical intervention before becoming involved with the SpineMED® study. The gender ratio for lumbar patients was 50/50, with a mean age of 54 years. The cervical patients were 60% female, with a mean age of 50 years, and 40% male, with a mean age of 46 years, with three previous surgery patients.

The results displayed a dramatic increase in perceived ratings, positive changes in abli scores, a five-point mean decrease in vas scores (from 5.8-0.8), and an overall increase in patients functionality. Oswestry scores also decreased from 33 to 13, regardless of the patient's surgical history. "What we see here with these results is pretty significant, and is very consistent wth what I've seen as well", concluded Dr. Bernstein. Overall, the study presented favorable results and reflected what SpineMED® physicians and patients witness daily.