Retrospective Study of SpineMED patients

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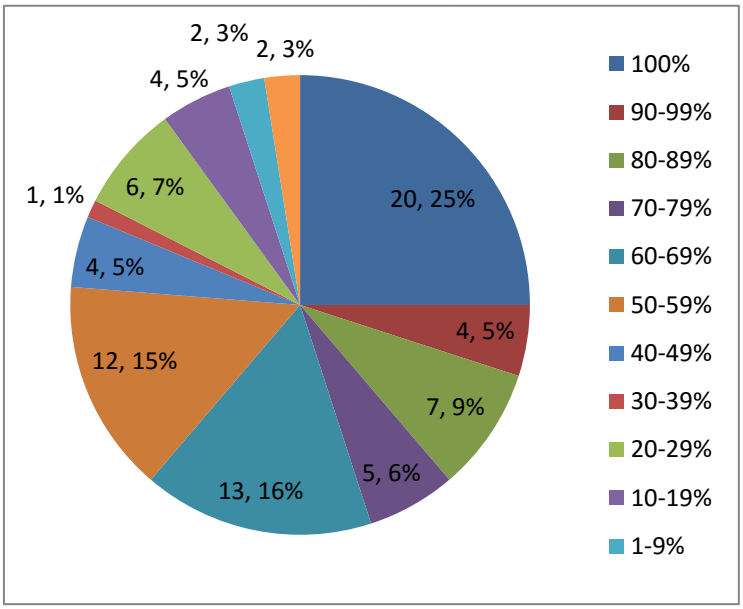
Question - Is non-surgical spinal decompression an effective treatment modality for disc bulge, herniation, degenerative disc disease, stenosis and facet syndrome in the lumbar and cervical spine.

Method – Review of 80 patients who completed 20 sessions on the SpineMED decompression system. Data gathered includes patient gender, age, MRI results, Visual Analog Scale (V.A.S.) start, V.A.S. end and prior surgery. There are 71 patients that completed the lumbar decompression and 9 patients for cervical decompression. 11 of the patients had prior lumbar or cervical surgeries.

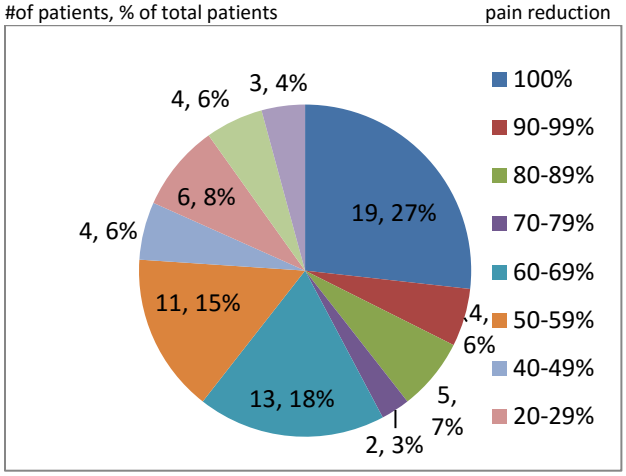
Background – 87.5% of the patients in the study were referred. The average length of time the patients experienced pain was 26.65 months before starting spinal decompression. (The mean time was 24 months.) Prior therapies included Physical Therapy (67.5 %) ESI (53.75%) Chiro (26.25%,) as well as dry needling, prolotherapy, acupuncture, oral pain medications and anti-inflammatories. MRI reports revealed 60% of the patients had bulges and herniations. Most often in conjunction with stenosis and/or DDD.

Results – Overall, 97% of the patients had a reduction in pain; only 2 patients had no pain relief. Of the 80 patients in the study, (lumbar and cervical,) 25% had complete remission in pain. This includes 2 patients with failed back surgeries. 73% of the patients reported a reduction of their pain by at least 50%. There were no reported increases of pain at the conclusion of non-surgical spinal decompression therapy.

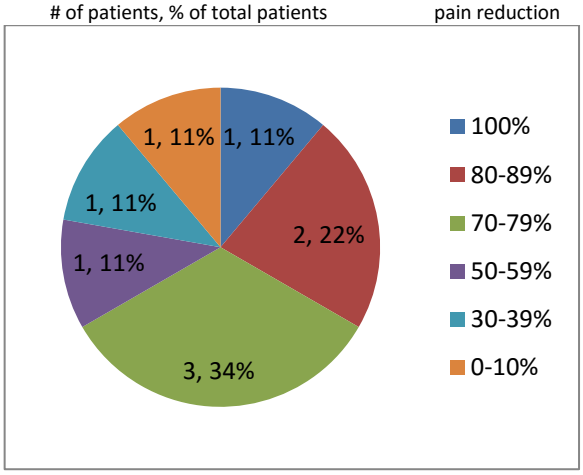
Graph # 1. Number of patients, percentage of total patients pain reduction



When we seperated the cervical and the lumbar patients we saw no statistical difference of the percent reduction in pain from the 50% to the 100% range, measured by the patient's V.A. S.

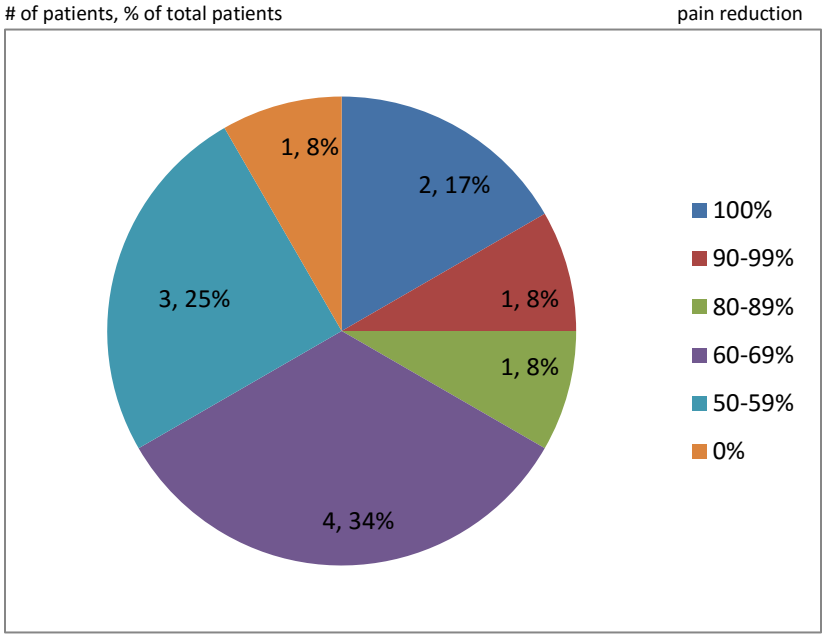


Graph #2 Lumbar patients



Graph #3 Cerical patients

Patients with Prior Surgery - The subset of patients in our study who had failed spinal surgery was small, only 12 patients. 11 patients (92%) experienced at least a 50% reduction in pain through spinal decompression therapy. Only 1 patient did not respond to decompression therapy. The average reported length of time before starting spinal decompression was 29.66 months.



Graph # 3 Patients with previous history of cervical or lumbar surgeries.

Conclusion - Spinal decompression therapy with the SpineMED system is a conservative, safe, effective and economical modality for the treatment of cervical and lumbar disc pathologies.

NOTE: While compiling this data and reviewing patient follow up notes, we have noticed the patients typically reported lower pain scores one to two months after the end of the decompression therapy.