



# Armeli

CHIROPRACTIC LLC

## SPINAL DECOMPRESSION FAQS

### What type(s) of patients benefit the most?

Patients that benefit most from true non-surgical spinal decompression may be those diagnosed with herniated discs, bulging discs, sciatica, radiculopathy, degenerative disc disease or facet syndrome.

### How does it work?

Through cycles of stretch and relaxation, decompression unloads the disc - gel-like cushions which improves positioning, blood flow and important nutrient exchange for the injured area.

### Why has it been shown to help disc issues?

Traction of the disc creates negative pressure - a vacuum - in the disc which allows the body to reabsorb much or all of the bulging or herniated disc material.

### How does the disc heal?

Decompression helps bulging or herniated discs to retract, taking pressure off nerves and other structures in your spine. This promotes movement of water, oxygen, and nutrient-rich fluids into the discs so they can heal.

### I don't have a disc issue. I have a nerve issue.

A "nerve issue" is a disc issue. Various disc issues - bulging, herniation, inflammation, degeneration ~ cause nerve encroachment & irritation, resulting in symptoms of "nerve issues".

### Will I need a referral from my medical doctor?

No.

### How long will it take me to get better?

Every case is unique and your plan will be based on your specific needs and health goals. You can trust that you are in the right place!

## Careful Explanations Help Our Patients

Understand their problem and get them better, faster!

### Chiropractic | Decompression

Headaches • Tingling • Neck Pain • Bulging Discs • Arm/Hand Pain • Herniated Discs Radiating Pain • Back Pain • Poor Sleep Arthritis • Degenerative Disc Disease Leg/Foot Pain • Facet Syndrome • Sciatica



Dr. Andrew Armeli

Dr. Andrew Armeli would like to welcome you to our practice that is committed to serving the Eagan area. In our practice, using state

of the art technology and cutting edge chiropractic care we help you and your family find out where your true health is at.



855 Vikings Pkwy, Suite C - Eagan, MN 55121  
[ArmeliChiropractic.com](http://ArmeliChiropractic.com) | (651)688-0736