

# DynaPro™ – A Revolutionary Breakthrough in the Treatment of Back and Neck Pain!

## DynaPro™ – A Complete System

Most treatments for back and neck pain only look at one aspect of the problem. They treat that aspect in isolation, ignoring all of the other factors that cause back and neck pain. The good news is patients have found effective, lasting relief through the DynaPro Spinal Health System – the ONLY treatment regimen that takes a comprehensive, four-phase approach to eliminating back and neck pain.

## PHASE 1 – Light Therapy

Any treatment for back and neck pain is going to involve the muscles of the back in some way. But if the muscles associated with the back and neck are tense, sore, or in spasm, the treatment will not be as effective.

The DynaPro System starts with the application of Light Therapy. Light Therapy has been cleared by the FDA for the relaxation of muscles. A light pad is placed on top of the affected area for nine minutes. For smaller areas, a light probe is used.



The light is at the optimum wavelength to deeply penetrate the muscles. Following light therapy, your muscles are now relaxed and ready for the next phase of treatment, thus ensuring a more effective result.

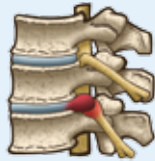
## PHASE 2 – Targeted Decompression

In a healthy spine, the vertebrae that protect the spinal cord are separated by discs made of sponge-like tissue which absorb the shock of movement by the spine. Back and neck pain may be caused by several problems with the discs including:

**Degenerative Disc Disease** – the disc material itself loses volume and becomes thin, causing the bones of the vertebrae to rub against each other and the nerves exiting the spinal column to become pinched.



**Herniated Disc** – the disc material actually bulges out from the nucleus and may even rupture, putting pressure on the nerves that extend from the spinal cord. In some cases, this results in radicular nerve pain, more commonly known as Sciatica.



## Benefits of Decompression

The goal of targeted decompression is to apply steady, gentle distraction to the affected vertebrae, increasing the space between them. This produces several benefits:

- It takes pressure off of the discs, bone structures, and nerves in the area. This increases the flow of blood and nutrients to the discs and promotes healing.
- With increased space, a bulging disc may flow back into the space between the vertebrae where it belongs.
- Misaligned joints may see an improvement in alignment, giving them greater mobility.
- There is now increased space for spinal nerves to flow from the spine to other parts of the body.



Healthy Spine

## PHASE 3 – Core-Stabilization Exercises

Once pain has diminished, it is recommended that you begin an exercise program to strengthen supportive core muscles and improve flexibility.

Many treatments for back and neck pain omit this crucial step. By stretching and strengthening the supportive muscles through exercise, you improve your body's flexibility and strength, and lessen chances for re-injury in the future.



The type of exercise undertaken is very important. That is why targeted decompression should be coupled with a professionally-supervised exercise program, followed by a specifically prescribed exercise regimen for you to follow at home.



**Cleared by the FDA** – The DynaPro Spinal Health System has been cleared by the FDA to relieve pain associated with herniated discs, protruding discs, degenerative disc disease, posterior facet syndrome, and sciatica.