

# CHRONIC NECK AND BACK PAIN CHANGES YOUR LIFE

But there's hope  
For lasting relief with

## Non-Surgical Spinal Decompression



**SPINE & NERVE**  
CENTER - NIGERIA

**RESULTS THAT  
WILL CHANGE  
YOUR LIFE**

Patients from all walks of life have chosen Non-surgical Spinal Decompression to alleviate neck and back pain and avoid surgery.

At Spine And Nerve Center Ghana, we provide the most up to date, non-invasive technology and cost-effective treatments for pain caused from degeneration of the disc.



Spine and Nerve Center Ghana has set the standard for relief from neck and back pain, while changing the way back and disc problems are treated.

We are committed to providing the very best care to help patients avoid addictive narcotics, epidural injections and invasive surgeries that often do more harm than good.



Research has shown that Non-Surgical provides sage, gentle and effective relief from upwards of 90% of patients that qualify for care.

I see miracles happen every day, expect the best from the Doctors and Staff at Spine & Nerve Center Ghana.



**Dr. Craig Slapinski has long recognized the importance of finding ways to help patients suffering from neck and back pain.**

As a result, he has made it his mission to help those in need through non-surgical spinal decompression. To achieve this, he has invested his time and energy into acquiring the most comprehensive education on the subject.

Dr. Craig Slapinski has achieved national certification in the field from both Parker University in Dallas, Texas, and National Health University in Chicago, Illinois. In addition to his certification, he also holds a graduate degree from Palmer College of Chiropractic in Davenport, Iowa.

He has also attended and completed advanced training in disc disorders from the International Medical Advisory Board on Spinal Decompression. In order to stay up to date on the latest techniques, he is a member of the Disc Education Association and certified in KDT Decompression Technique.

After receiving vast education, he began his career as a chiropractor in Ghana in 2007, assisting people with spinal disorders. In 2009, he returned to his home state of Wisconsin after marrying a Ghanaian and began practising non-surgical spinal decompression.

He and his wife decided to return to Ghana in 2020, bringing their knowledge and professional experience to help those suffering from severe neck and back pain. He is thrilled to be the first to offer this non-surgical, non-pharmaceutical technique to treat pain while simultaneously addressing the underlying source of the discomfort.

“For years, I have seen patients suffer despite multiple opinions and therapies. I’m thrilled to be able to alleviate my patients’ pain with this new state of the art treatment. The procedure is non-surgical, drug and needle free and I’m excited to bring Non-Surgical Spinal Decompression to Ghana” says Dr. Craig Slapinski, D.C



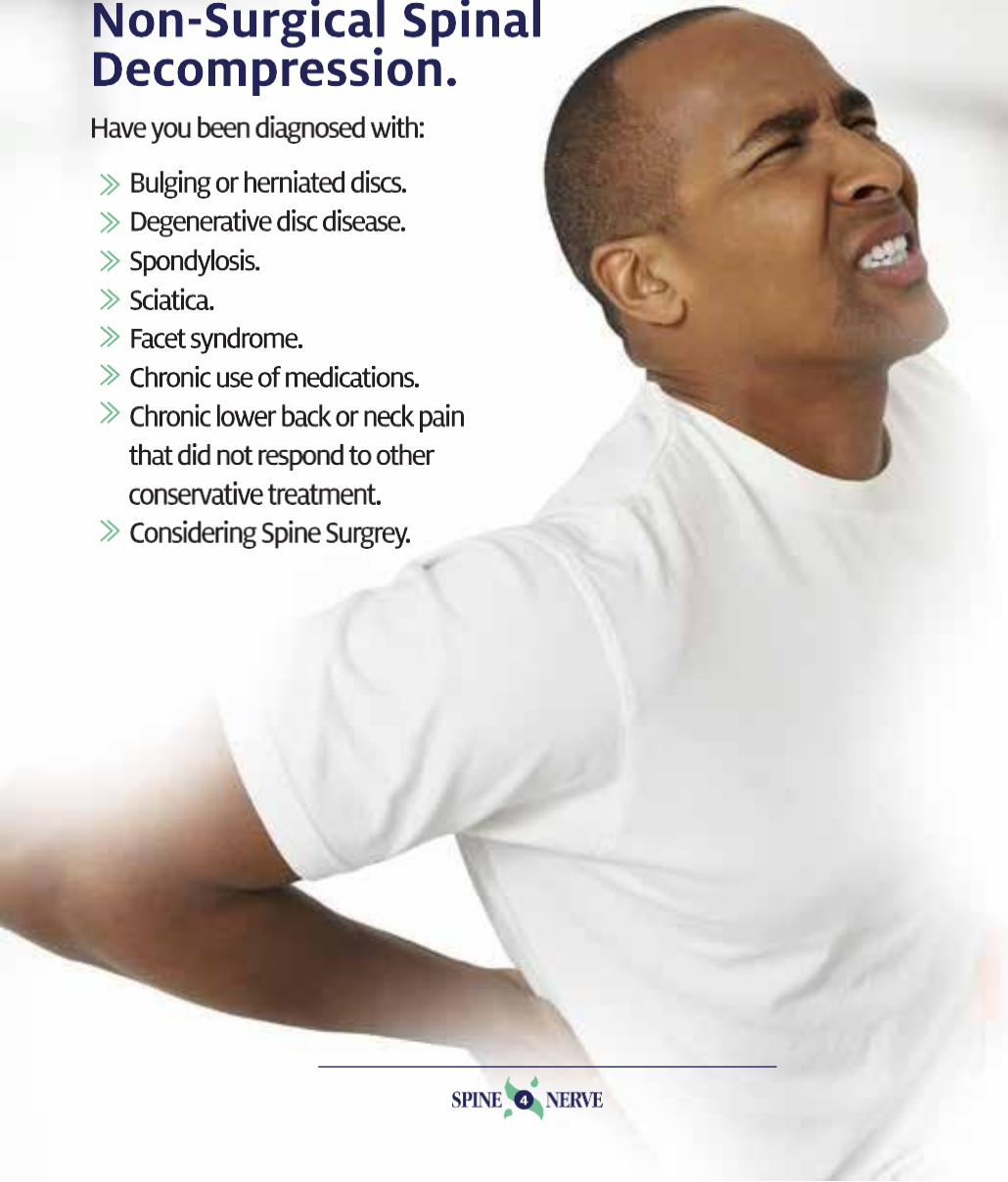
**DR. CRAIG SLAPINSKI**

# Reasons

## To Consider Non-Surgical Spinal Decompression.

Have you been diagnosed with:

- » Bulging or herniated discs.
- » Degenerative disc disease.
- » Spondylosis.
- » Sciatica.
- » Facet syndrome.
- » Chronic use of medications.
- » Chronic lower back or neck pain that did not respond to other conservative treatment.
- » Considering Spine Surgery.



## What is Causing my Back & Neck Pain?

While only a trained healthcare professional should diagnose and recommend treatment, a basic understanding of the common causes of back pain can help in making a more informed decision concerning your treatment options.



### **Bulging and Herniated Discs**

The vertebrae in the spine are separated by discs, which provide flexibility and shock absorption.

When subjected to extreme pressure, the disc wall can tear, causing the inner core to protrude and place pressure on adjacent nerve roots, resulting in pain, numbness, tingling, and / or muscle weakness.

### **Degenerative Disc Disease?**

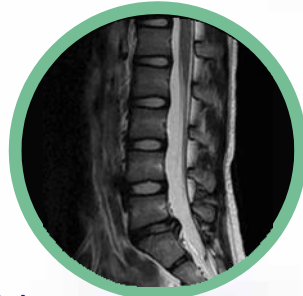
Degenerative disc disease is a state of disc dryness and deterioration caused by a combination of cumulative injury, poor nutritional and physical activity habits, and ageing.

### **Spondylosis**

Spondylosis is a form of arthritis that affects the spine and joints. It is caused by degeneration of the spine due to wear and tear and results in back pain, stiffness in the spine, and limited movement.

### **Cervical Radiculopathy**

Nerve damage caused by severe pressure to the cervical nerve roots is known as Cervical Radiculopathy. Common causes include disc bulging or herniation, degenerative disc disease, spinal stenosis, osteoarthritis and facet syndrome. Symptoms are pain, numbness, tingling and/or muscle weakness in regions of the shoulders, arms, hands or fingers.



### **Sciatica**

Sciatica is the sensation of pain, tingling, or numbness in the buttocks and/or legs caused by inflammation of the sciatic nerve. Sciatica is caused by herniated, bulging, or degenerative discs that press against the spinal nerve roots.

### **Facet Syndrome**

Facet syndrome is a condition caused by compression or inflammation of the facet joints in the spine. The facet joints are small joints located between the vertebrae (bones) in the spine, and their primary function is to help control the motions of the spine.



# What is Spinal Decompression?

Non-Surgical Spinal Decompression is a non-invasive treatment for patients who suffer from neck and back problems. A decompression treatment slowly and gently lengthens or releases pressure in the spine through repetitive movements by a customised medical device.

The table pulls and releases, creating a pressure change within the intervertebral disc, surrounding soft tissue, and joints. This pressure change allows the disc bulges or herniations and nutrients to be pulled back into the disc.

Rehydration of the disc and surrounding tissues creates a physiological change which assists the body's natural healing process. How long will my results last? Each patient is unique and results vary. However, research suggests that continued improvement is seen up to four years following the decompression treatment program.

# How Spinal Decompression Works

## A Formula for Relief

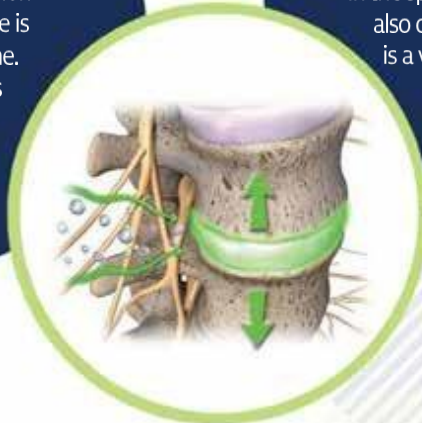
Through the stretch and release protocols of the decompression procedure, negative pressure is created in the disc over time.

This vacuum effect draws any herniated disc material back into the disc.



## When Negative is Positive

By relieving pressure in the spine, increased circulation also occurs in the disc which is a vital aid in the healing process.



**Note:** Decompression is a unique form of traction. The term traction, elongation and distraction are often used interchangeably to describe it, BUT don't be confused. There is only one pull-release pattern that is classified as decompression. Everything else is a variation of traction. Treatment momentum can only be developed by having uninterrupted, closely scheduled sessions.

Without momentum, we cannot develop the physiological changes that ultimately begin the healing process.



# Tired of Taking Drugs



Drugs can be beneficial in the short term for treating low back pain, but they do not provide long-term relief. The most often used treatments for low back pain are nonsteroidal anti-inflammatory drugs (NSAIDs). These drugs serve to reduce inflammation, relieve pain, and enhance function. Short-term pain relief is also provided by nerve suppressors (gabapentin and pregabalin), muscle relaxants, and steroid injections (cortisone and methylprednisolone).

However, none of these treatments address the root cause of disc-related discomfort. They simply mask symptoms while keeping the underlying source of the pain unsolved, which can be troublesome. In addition, these medicines provide only short-term pain relief, which can be deceitful because it provides a false sense of security. A person may believe they are capable of engaging in activities that they are not, which might cause greater damage to the affected area.

The effectiveness of these treatments may wane over time, necessitating an increase in medicine dosage to achieve the same level of pain relief. This can raise the likelihood of adverse effects including nausea, drowsiness, addiction, liver or kidney damage, seizures, and depression or other mental health difficulties. Without treating the source of the pain, the injury can become more severe and can lead to chronic pain and disability.





## Are You Considering Back Surgery ?

While back surgery may provide temporary relief for some, it is important to understand that it does not guarantee long-term pain relief.

Back surgery is an invasive procedure that involves cutting into the bone and soft tissue to repair spinal structures that may be causing pain.

Depending on the individual, the procedure can involve removing a piece of bone, replacing a damaged disk with an artificial disk, or fusing two vertebrae together.



Surgery can result in complications such as infection, nerve damage, instability of the spine, and in some cases, no relief from pain.

Surgery can be expensive and there is no guarantee that it will provide long-term relief from back pain.

## Complementary Therapies to a Comprehensive Spinal Decompression Program

### Cold Laser Therapy

Cold laser therapy is a safe, non-invasive therapeutic approach that effectively treats chronic pain. It uses different wavelengths to penetrate through the skin and into the muscles, tendons and ligaments to stimulate the cells to work faster, speeding up the healing process.



### Orthopaedic Supports Recommendations

Orthopaedic supports like the gel roll, thoracic brace, ice packs and back brace are essential for helping to reduce the pain associated with back and neck pain. They help provide extra cushioning to the spine, support to the core muscles to help maintain good posture and keep the spine in the optimal position to reduce strain and discomfort.



## Active rehabilitation programme (Physiotherapy)

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Active rehabilitation is an important part of managing pain. It is a combination of exercises, activities, and lifestyle modifications that help to improve your strength, flexibility, balance and improve your overall health. Active rehabilitation not only improves the strength of the spine, but also improves proprioception in the muscles, thus causing effective communication within the muscles, allowing the body to sense and respond to changes in the surrounding environment more quickly and with greater precision.

## Manual treatment or spinal manipulation (Chiropractic Adjustment)

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Spinal manipulation is a type of manual therapy that is used to align the joints and muscle groups of the spine to help alleviate pain and restore an optimal range of motion.

During a spinal manipulation, a practitioner applies quick, manual force to a specific joint or area of the spine to bring it out of a restricted position.

This helps restore alignment and can help reduce pain and increase mobility.





## When Can I Expect Results?



Many patients report a reduction in pain after their first few NSSD treatments.

Although this is a wonderful sign that NSSD is working, the healing process is not finished! Quitting treatment early can result in a relapse of symptoms, as well as wasted time and money.

On the other hand, it may take several sessions before patients experience a noticeable remission of symptoms. Why is this? Bulging and herniated discs may need several sessions to fully reposition themselves depending on your physiology.



You can be sure that your spine is responding to NSSD's vacuum effect, but results are not always immediate. Using time-tested protocols, NSSD can be tremendously effective at eliminating back pain!



## Visible Progress

After as little as ten treatments, the injured disc wall may have almost completely healed. However, a small fissure remains. This fissure still requires more sessions of NSSD in order to properly mend itself. Continuing on with the NSSD protocol will allow for an enriched disc environment to speed the body's natural healing mechanism. The last remaining NSSD sessions will enable the disc to heal completely.

## Follow Through for Best Results

As with all wounds, tears in the disc wall need time to heal. The absence of pain does not mean the tears have had time to seal up, which is crucial to preventing the newly retracted nucleus pulposus from escaping and putting pressure back on the nerves.

Completing your course of NSSD as recommended by your doctor, requires a commitment to feeling good again. The time needed to complete a treatment course varies according to the severity of your condition. Each session prescribed is needed to maintain a fully hydrated and oxygen-rich environment for the damaged disc. The same principles apply for those with degenerative disc disease.

# Patient Testimonials

Exceptionally high quality of treatment and patient care from the staff that I do not think can be rivalled. I had been advised that I may need to fly home for surgery before I was lucky enough to find the Spine and Nerve Center Ghana.

The results I experienced in only a matter of weeks are, in my opinion, almost miraculous and I cannot recommend them highly enough to anyone that could benefit from this painless, relaxing yet incredibly effective treatment.



Gareth A.

I suffered from low back pain with numbness and tingling in my left foot after suffering a lift injury. Medical Doctors told me they could try a nerve block and injection or I could have surgery and that was it.

I definitely did not want a surgery so I searched the internet for an alternative. Upon seeing the spine and nerve center I called to see the doctor. I was very doubtful at first but ever since I started treatment I can confidently say this is definitely working for me. Thank you guys.



Tony B

Call it love at first sight, I've enjoyed every bit of my therapy so far and I can confidently say I bless the day I found Spine and Nerve Centre...I feel so much at home over there. It's amazing how professional the staff are and how they attend to everyone's specific needs. No chemotherapy, yet a wonderful job done.



Dennis A.

Google



"Spine And Nerve Center Nigeria" to check out our latest reviews from our patients. Be assured that our first-rate services and our commitment to excellence will provide the highest quality treatment available.

# SCIENTIFIC RESEARCH PROVES THAT DECOMPRESSION WORKS

Chiropractic Economics (Vol.61, No. 4, March 13, 2015) Measured Success, Evaluating the Effectiveness of Spinal Decompression Therapy

**CONCLUSION:**

Of 815 patients receiving spinal decompression therapy a random selection revealed a 91% success rate” Davenport University 2015.Disc Distraction Shows Evidence of Regenerative Potential in Degenerated Intervertebral Discs, SPINE 2006 Disc repair fundamentally depends on the stage of disc degeneration.

**CONCLUSION:**

This study with respect to previous reports, confirms that disc distraction enhances hydration in the degenerated disc and may improve disc nutrition via the vertebral endplates.

Thorsten Guehring, MD, et al; Department of Orthopedic Surgery, University of Heidelberg, Germany, SPINE (Vol. 31, Number 15, 2006) Journal of Neurologic Research (Vol. 29, No. 3, March 2003). Efficacy of Vertebral Axial Decompression on Chronic Low Back Pain.

**CONCLUSION:**

This 144 patient study showed 76% achieved remission of pain. Except in emergent conditions, Vertebral Axial Decompression should be used on all conditions before surgery is undertaken.

Orthopaedic Technology Review (2003; 6 (5). Surgical Alternatives: Spinal Decompression.

**CONCLUSION:**

86% of the 219 patients who completed the therapy reported immediate resolution of symptoms, while 84% remained pain-free 90 days post-treatment. Physical examination findings showed improvement in 92% of the 219 patients, and remained intact in 89% of these patients 90 days after treatment. It was shown to be effective for herniated and degenerative discs.

Journal of Novel Physiotherapy and Physical Rehabilitation (Vol 4, No. 3, 2017) Non-surgical Spinal Decompression an Effective Physiotherapy Modality for Neck and Back Pain.

**CONCLUSION:**

Non-surgical spinal decompression brought statistically significant improvements in cervical and lumbar pain. Associated paresthesia and weakness also frequently improved.

Decompression Therapy has lasting results. Archives of Physical Medicine and Rehabilitation Medicine February 2008. Protocols for Patients with Activity – Limiting Low Back Pain

A total of 296 patients with low back pain and evidence of a degenerative and or herniated disc at 1 or more levels were in this study. 8 Week course of treatment consisting of 5, 30 minute sessions of Decompression Therapy per week for 4 weeks and 1, 30 minute session for a week for 4 additional weeks.

**CONCLUSION:**

Patients showed continued statistical improvement in both pain scores and functional movement scores after their treatment programs were completed for 180 days post-treatment.

Anesthesiology News, (Vol. 29, No. 3, March 2003) Vertebral Axial Decompression Reduces Chronic Discogenic Low Back Pain-4 Year Study.

**CONCLUSION:**

Four year follow-up after Decompression method shows a sustained 86% reduction in pain and that 91% of patients had resumed their normal activities and had remained pain free.

- Non-Surgical Spinal Decompression for Back & Neck
- Knee or Hip Decompression
- Peripheral or Diabetic Neuropathy

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