



SpineMED® Decompression Information Sheet

Dear Patient,

in order to achieve the best possible course and therapy success, we kindly ask you to observe the following notes:

Before treatment

- Please register 5 - 10 minutes before your appointment at the reception (1st floor) or at the device (2nd floor).
- Short waiting times or overlaps are rare, but cannot always be completely avoided. Therefore, please allow for some time reserve.
- If something comes in between, you feel uncomfortable or fall ill, please cancel in good time. - we reserve 15 minutes preparation time and 30 minutes treatment time for you!
- Please wear as few and comfortable clothes as possible, avoid stress and time pressure.
- Please take off your jewellery, belts and constricting garments and take off your shoes.
- Please empty your trouser pockets (lost coins or keys may be difficult to reach).
- If necessary, please take care of the toilet before treatment.

During treatment

- Lie as relaxed as possible, refrain from "accompanying exercises" - you can also sleep.
- If you have any questions or need help, please activate the signal transmitter. our employee will look after you. Please only use the emergency switch on the right side of the table in an emergency, because the device will then completely interrupt the session.
- The treatment is computer-monitored and usually painless. No damage can be done due to the biofeedback and the tension that is personally adjusted to you. Even if counter tension is noticeable, the device switches off.
- The SpineMED® therapy is intermittent dynamic, i.e. the traction force is gently increased and decreased in short intervals within and also in the course of several sessions, whereby a basic tension is always maintained. You can observe the traction force directly in front of you on the monitor. This leads to a decrease of the internal pressure and contributes to a "recovery" of the intervertebral discs, which are not supplied with blood, "dry out" with increasing age and lose their "water core". A dynamic "rolling through" helps to improve the metabolism and the rehydration of the water core. This is because liquids, nutrients and oxygen only enter the diseased tissue through diffusion.
- Slight pulling or burning pains during therapy or slight dizziness during neck treatment are very rare and of a temporary nature - usually this is a slight muscle stretching stimulus.

- In the case of some herniated discs we were able to detect the decline and even the disappearance of disc sequesters by magnetic resonance tomography and avoid operations. However, a successful outcome here always depends on the individual case and is not predictable, sometimes also laborious or tedious. Therefore it can also require great patience and further or other measures.
- In the case of severe nerve pain attacks, it cannot be ruled out in individual cases that a temporary worsening of the symptoms may initially occur if the irritated nerve experiences pressure from gravity or everyday stress after or despite the mechanical relief.

After treatment:

- First walk for about 15 minutes and then rest at home for 1-2 hours. Avoid prolonged sitting, driving, office work, bending down, deep, soft armchairs and long walking distances.
- If necessary, please let us help you to put on your shoes and avoid bending over when putting them on (a shoehorn is ready) - we will be happy to help you!
- Please do not twist your torso, lift heavy objects or wear high-heeled shoes.
- Walk 3 x 15 minutes daily and drink a lot of water. We are also happy to serve you calcium-enriched mineral water before or after the treatment!
- Combination treatments such as acupuncture, loosening massages, trigger shock wave treatments, physiotherapy/osteopathy, injections or kinesiotaping can be useful.
- If you have been prescribed a bandage, it is important to wear it consistently (but not during treatment).
- Aquajogging or floats are highly recommended during the therapy series, activities that strain the back such as golf, tennis or gardening should be avoided.
- Please take your medications (if prescribed) regularly at first. - Later on, we intend to reduce or discontinue the medication.
- Please arrange a doctor's appointment in good time for a final consultation or examination.

General information:

- A noticeable improvement effect usually occurs after 6-8 treatments - this is mainly due to the continuous increase in the tension individually adjusted to you.
- Please don't do any activities too soon that you have avoided before the treatment, even if you feel better.
- For an optimal treatment success the American SpineMED® users (doctors, therapists, university clinics) recommend a 20x treatment series, at least 3 times per week or daily - this also corresponds to the official specifications of the manufacturer.
- At the end of the treatment, a final medical consultation/examination should take place and the further procedure should be jointly determined. In addition to prescriptions, you can also receive a SpineMED® exercise sheet from us.
- In many cases, after the SpineMED® therapy series, an adapted muscle build-up program, (extended) physiotherapy or medical training therapy makes sense in order to consolidate the long-term success of the treatment.
- As an innovative method, SpineMED® therapy is not yet anchored in the 1996 fee schedule. For this reason we have to charge a series of similar "analogous billing figures", which can be reimbursed differently by private insurers and subsidies. We recommend submitting partial invoices.
- Tip: Previous enquiries about the assumption of costs tend to lead to a rejection of the therapy costs - however, the submission of an invoice during treatment as a partial invoice or as a total invoice is usually better accepted. However, as a private patient, please be aware of the possibility of remaining costs that will not be reimbursed by your insurance. Then we can support you here - but without guarantee - with a helpful letter of justification co-authored by our PVS.