



DRS Script - Cervical

Patients are encouraged to wear comfortable clothing. Belts, shoes, and contents in pockets are removed and phones are turned off. A DRS assistant will ask about the patient's progress and inquire about pain levels before initiating the DRS treatment.

The cervical head cradle is positioned at an angle that corresponds with the injured area in the cervical spine. The cervical head cradle is attached to the tensioner, which allows distractive forces to be focused on the specific intervertebral region of the patient's condition.

We begin by having the patient lie comfortably on their backs on the DRS table. The head will fit snugly into a cradle of two padded bolsters. Once the patient has determined a comfortable position, they are secured into place. A stabilizer on the forehead will help keep the patient from moving their head during treatment.

Once the treatment is initiated, the DRS assistant will be near. The onboard computer closely monitors your progress and any resistance is noted. The distraction will be applied in an oscillated pattern which creates a pumping effect within the selected regions of the spine. This encourages mobility of the spine and increases blood flow to the damaged discs and joints. Over time, this mobilization of the spine increases the space between the vertebrae, helps dehydrated discs heal, and allows herniated discs to retract.....reducing pressure on the irritated spinal nerves.

The treatment lasts for about 25 minutes and is followed by interferential and ice. This helps to decrease both inflammation and pain and relaxes the muscles in the neck. At the end of each treatment, patients are advised to wear a supportive brace for one hour after treatment.

The DRS Protocol also includes a comprehensive and holistic nutritional supplement plan to aid in the recovery of your condition. As treatment progresses, a DRS Assistant will inform you of recommended stretches and exercises to help stabilize the spine.