



DRS Script - Lumbar

How it works: Dr. Auth's Elevator Speech

After an initial comprehensive examination has been performed, we'll prescribe a specific care plan for the needs of the individual patient. DRS appointments take about 45 minutes and are performed in our state of the art facility at Auth Chiropractic and Vitality Center (part of office and DRS room).

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

We'll begin by fitting a pelvic harness around the waist. This pelvic harness will eventually be attached to the DRS machine. Then, a shoulder harness will wrap around the torso and secure the upper body onto the DRS table.

Patients will then stand at the foot of the table..... At which point, the table is slowly lowered to a horizontal position. This helps with patient comfort, especially when patients are experiencing severe pain.

DRS assistants will precisely place the patient onto the table and apply pillows, bolsters and other supports for maximum comfort. The pelvic harness is then attached to the tensioner of the DRS machine where distractive forces will focus on the lumbar area. The angle of the tensioner is adjustable to reflect the specific area of the spine where decompression is desired.

Once the treatment is initiated, our assistant will be near. Here your progress is closely monitored by an onboard computer. Gentle, distraction of the spine will gradually create space between the vertebrae, mobilize the offending spinal segments and create a vacuum or negative pressure within the intervertebral region. The distraction that occurs is applied in an oscillated pattern which creates a pumping effect of the spinal joints.....This encourages increased blood flow to the damaged discs and joints of the spine. With time, this increases the space between the vertebrae, helping dehydrated discs heal, allowing herniated discs to retract and removes painful pressure of the spinal nerves.

The treatment lasts for about 25 minutes and is followed by interferential therapy and icing which will help to decrease pain and inflammation and relaxes the muscles of the spine.

At the end of each treatment, patients are instructed to wear a supportive brace for one hour after their visit. The DRS Protocol will also include a comprehensive holistic nutritional supplement plan to aid in the recovery of the nerves, muscles and joints of the spine.

As treatment progresses, a DRS assistant will inform you of recommended stretches and exercises to help stabilize the spine.