



"WITH THE EXCELLENT SUPPORT I RECEIVED FROM THE DOCTORS & STAFF, I AM NOW COMPLETELY PAIN-FREE!"

- JAN G., LINDSTROM, MN



FEEL BETTER. LIVE BETTER.

Any form of physical activity performed as a treatment for an illness or injury is termed exercise therapy. Exercise therapy is designed to specifically treat various musculoskeletal, neurological and psychological conditions. Exercise therapy

is aimed at increasing function and muscle strength, but also has many additional benefits.

Throughout your treatment plan you will be instructed in the proper use of an exercise program, custom tailored to your individual needs.

Individualized exercises are given to patients in order to take into account their daily habits, limitations, and weaknesses. Most often musculo-

"These exercises become an integral part, of not only getting well, but staying well."

skeletal pain persists due to controllable factors, such as muscle weakness and lack of endurance. Exercises designed to target those weakened groups are heavily emphasized due to promotion of "self-management" that ensues.

You are a candidate for rehabilitation if you exhibit one or more of the following:

- Repeated episodes of the same or similar injury.
- Total health is not regained from spinal manipulation or other treatment.
- Injury exhibits a loss of range of motion that may become permanent.
- Injury exhibits a loss of strength that may become permanent.
- Structural anomalies that increase need for good soft tissue support.



VISIT US ON THE WEB:

www.DiamondDiscInstitute.com

**DIAMOND DISC INSTITUTE
FOR SPINAL CARE**

12670 Lake Blvd.
Lindstrom, MN 55045

Tel: (651) 257-DISC
Fax: (651) 257-1020



**Long
Lasting &
Effective**
RELIEF FROM CHRONIC PAIN



Customized Wellness Plans to Maintain Spinal Function & Enhance Well Being



WE OFFER REHABILITATION FOR:

- Car Accidents
- Trauma
- Sports
- Falls
- Work related
- Recreational
- Motorcycle

With your ache or pain diminished, the objective is to stabilize spinal function and promote a more complete healing. The following are some examples of how that is accomplished.

- Cervical and lumbar stabilization
- Extremity specific
- Muscle Kinetic Protocols
- McKenzie lumbar and cervical protocols
- Retraining the nervous system to function and coordination
- Balance, proprioception, muscle function and coordination
- Help patients return to activities of daily living, work and sports quickly
- Equipment available includes: Biodex UBC (upper body cycle), rocker boards, physioball, physiotherapy, etc.

Carefully exercising the injured joint under measured amount of stress is the best method of rehabilitating soft tissue around injured joints. Most rehabilitation programs work with patients to achieve better function and stability.

"The primary focus is to reduce or eliminate and relieve pain."

An exercise program may include in-office resistance training, at home Stabilizer exerciser and resistance training, and other "core" exercises. Regular and consistent home-based exercise is one of the keys to long-term relief. We have found through experience that the simple home-based exercises we prescribe are most effective. Introduction to the low-tech movement exercises you can do to speed the healing process are one of the most important parts of your wellness plan.

We Offer an All Natural Treatment for Chronic Pain

WITH STATE-OF-THE-ART EQUIPMENT, WE NOW OFFER AN ALTERNATIVE TO SURGERY, PAIN-MEDICATIONS, & INJECTIONS. LORDEX THERAPY CAN HELP REDUCE OR ELIMINATE CHRONIC PAIN CAUSED BY: HERNIATED DISCS, SCIATICA, DEGENERATIVE DISCS, STENOSIS, FACET ARTHROSIS, & BULGING DISCS

CUSTOM CONSULTATION

At Diamond Disc Institute, we are committed to providing personalized care to each of our patients. For that reason, we conduct a thorough initial history, perform a physical evaluation, and review any recent X-rays or MRIs you may have. This information is collected to determine if Spinal Decompression Therapy treatment is correct for you.



WHAT IS LORDEX THERAPY?

LorDEX Therapy is an all natural computerized treatment for the common causes of chronic neck pain, low back pain, & leg pain. The treatment is a safe alternative to surgery, long term pain management, and drugs, as well as proven to be effective in relieving the associated pain.

LorDEX Therapy is an FDA-cleared therapy called closed reduction decompression, which alleviates pain by taking pressure off the nerves and discs in the spine.

THERAPY TREATMENT OVERVIEW

The Therapy treatment is spread out over the course of several weeks, which varies depending on your condition and severity. Each session consists of approximately 45 minutes. Patients find the therapy sessions to be relaxing and comfortable. All treatments are administered under physician supervision

In addition, we offer a patient education program along with the therapy treatment, which includes instructions for self care and exercises to help strengthen core and back muscles to prevent future reoccurrence.



HOW DOES LORDEX THERAPY WORK?

LorDEX Therapy is designed to specifically target the Lumbar & Cervical spine and apply a gentle yet effective distraction to the vertebrae above or below the diseased or injured disc. The theory behind this revolutionary procedure is that reducing the pressure inside the discs of the Lumbar spine allows nutrients, water, and blood not able to reach the discs under normal circumstances, to be drawn back into the disc along with any displaced disc material as well as to assist the disc in a natural healing process. Also, the ligaments that hold the disc material in place become strengthened in order to prevent the process from recurring.

HOW LONG UNTIL I FEEL RELIEF?

Many patients begin to feel relief after just a few visits. Throughout the therapy sessions, patients experience a gradual reduction in symptoms as treatment progresses.

WHAT ARE MY CHANCES OF SUCCESS?

LorDEX Therapy has demonstrated great success rates in clinical studies, at hospitals, and hundreds of private outpatient clinics. Also, we only accept patients we truly feel we can help.

WHY IS LORDEX THERAPY EFFECTIVE?

LorDEX Therapy has shown to decrease disc pressure in numerous clinical studies. This device uses the latest technology available to distract the spine, which takes pressure off the discs and spinal nerves, and allows the back to heal itself.

WHAT IF, I'VE ALREADY HAD SURGERY?

In most cases, patients that have had surgery and continue to have pain are still eligible candidates for LorDEX Therapy, as long as implants were not used.