

Before You Consider Back Surgery, Read This First

How non-surgical spinal decompression with SpineMED technology is giving patients real relief from disc-related pain — without the risks of surgery.

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What Is Non-Surgical Spinal Decompression?

Non-surgical spinal decompression is a **clinically proven, FDA-cleared** treatment that gently stretches the spine to relieve pressure on compressed discs and pinched nerves — the root cause of most chronic back and neck pain.

Unlike surgery, which involves cutting tissue, removing bone, or fusing vertebrae, spinal decompression works by:

- **Creating negative pressure** within the disc, allowing herniated or bulging material to retract
- **Drawing in nutrients and oxygen** to the damaged disc, promoting natural healing
- **Relieving nerve compression** that causes pain, numbness, and tingling
- **Restoring disc height** that has been lost through degeneration

The Science Behind It

During treatment, computer-controlled traction creates a precise negative pressure (–50 to –150 mmHg) inside the targeted disc. This vacuum effect draws in nutrients, retracts herniated material, and promotes the body's natural healing response. The process is gentle, gradual, and completely non-invasive.

Spinal decompression has been extensively studied, with clinical trials showing **significant improvement in 86% of patients** with herniated or degenerative discs.

SpineMED – The Gold Standard in Decompression

At Fairway Chiropractic Centre, we use the [SpineMED Decompression System](#) – widely recognized as the most advanced non-surgical spinal decompression technology available.

86%

Clinical success rate for SpineMED decompression therapy

What Makes SpineMED Different?

- **Computer-controlled precision:** The system continuously monitors and adjusts treatment parameters in real-time, ensuring optimal decompression at the exact spinal level needed
- **Patented pelvic tilt:** Tilts the pelvis to isolate the specific disc being treated, maximizing effectiveness
- **Built-in safety:** Multiple sensors detect any muscle guarding or spasm, automatically adjusting to keep you comfortable
- **Logarithmic curve technology:** Applies force gradually to prevent muscles from tensing up – a common problem with older traction tables

“SpineMED represents a quantum leap forward in non-surgical spinal treatment. The precision and comfort it provides is unmatched by any other decompression system on the market.”

Cervical & Lumbar Treatment: SpineMED can treat both [lower back \(lumbar\)](#) and [neck \(cervical\)](#) conditions using specialized treatment positions for each area.

Conditions That Respond to Spinal Decompression

SpineMED decompression therapy has shown excellent results for a variety of disc-related and spinal conditions:

✓ Herniated Discs

✓ Degenerative Disc Disease

✓ Spinal Stenosis

✓ Failed Back Surgery Syndrome

✓ Chronic Neck Pain

✓ Leg Pain / Numbness

✓ Bulging Discs

✓ Sciatica

✓ Facet Joint Syndrome

✓ Chronic Lower Back Pain

✓ Arm Pain / Numbness

✓ Posterior Facet Syndrome

Back Surgery: The Numbers You Should Know

40–50%

of spinal fusion surgeries result in “Failed Back Surgery Syndrome” — ongoing pain after surgery

Before committing to surgery, consider these facts:

- **Recovery time:** 6–12 months for spinal surgery vs. 0 downtime for decompression
- **Risk:** Infection, nerve damage, blood clots, anesthesia complications vs. virtually no side effects
- **Repeat procedures:** Up to 30% of surgery patients require additional operations
- **Cost:** \$50,000–\$150,000+ for surgery vs. a fraction of that for decompression

What to Expect During Treatment

Step 1: Comprehensive Assessment

Your first visit includes a thorough evaluation with Dr. Nik Dukovac:

- Detailed review of your medical history, imaging (MRI/CT), and previous treatments
- Physical examination to identify the source of your pain
- Assessment of whether you're a candidate for spinal decompression
- Honest discussion of expected outcomes and treatment plan

Step 2: Your Treatment Sessions

A typical treatment session looks like this:

- **Duration:** 30 minutes per session on the SpineMED table
- **Comfort:** You lie comfortably while the system gently decompresses your spine. Many patients relax or even fall asleep during treatment
- **Frequency:** 3–5 sessions per week during the initial phase
- **Full program:** Typically 20–25 sessions over 6–8 weeks

Step 3: Supportive Care

For optimal results, your decompression sessions may be combined with:

- Targeted therapeutic exercises to strengthen supporting muscles
- Chiropractic adjustments to maintain proper spinal alignment
- SoftWave therapy to accelerate tissue healing (available at our clinic)
- Ergonomic and lifestyle guidance to prevent recurrence

Most Patients Feel Relief Within the First Few Sessions

While results vary by condition, many patients report noticeable improvement in pain levels within the first 5–6 sessions. The cumulative effect continues to build over the full program, with many patients achieving lasting relief.

Find Out If Spinal Decompression Can Help You

Book a free consultation with Dr. Nik Dukovac to review your condition and determine if non-surgical spinal decompression with SpineMED is right for you.

[Book Your Free Consultation](#)

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Dr. Nik Dukovac

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BSc (University of Guelph), DC (Canadian Memorial Chiropractic College, 2007). Over 17 years of clinical experience across Canada, Australia, and Nicaragua. Published researcher in the Asia-Pacific Chiropractic Journal. Founder of the Disc Repair Clinic, specializing in non-surgical spinal decompression, SpineMED technology, and complex spinal conditions. Professional speaker on sports injury, pediatric care, and spinal rehabilitation.