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## Welcome to VAX-D B A Nonsurgical Solution to Low Back Pain

Back pain has grown to be a \$54 billion industry and has literally become a national epidemic. Due to the astounding array of varied treatment options, finding a back pain solution can be a daunting task. Chronic pain is one of the most debilitating health conditions. Studies show that back pain is often recurrent, even if the original symptoms resolve; and many patients suffer chronic symptoms at intervals. Many back pain sufferers live a life of compromise in their daily activities.

VAX-D, short form for Vertebral AXial Decompression, is a patented non-surgical therapy proven to be as much as 88% successful at treating chronic low back pain and sciatica, caused by bulging, herniated or degenerative discs, and facet syndrome. Even post-surgical patients and those suffering from stenosis (narrowing of the spinal canal) have reported significant pain relief from VAX-D treatments. Over a series of relaxing treatment sessions, patients experience powerful pain reduction and healing.



**The most advanced and only clinically proven**  
spinal decompression equipment available today

**Surprise B Canadian Eh???**

VAX-D was the brain child of Allan Dyer, M.D., Ph.D. whose invention was born out of necessity. As former Deputy Minister of Health in Ontario, Dr. Dyer's many contributions to health sciences include his extensive research that led to the development of one of the most vital medical tools used in every hospital emergency room around the world: the heart defibrillator. Dr. Dyer's own experience with back pain began with a herniated disc that proved to be so debilitating as to

confine him to a wheel chair. After conventional treatment failed, Dr. Dyer was driven to create a solution of his own and formulated the theories that led to the design and development of VAX-D. After spending more than six years in research and development with a team of physicians, engineers, and technicians at major teaching hospitals, Dr. Dyer introduced VAX-D for clinical use.

### How Does VAX-D work?

High intradiscal pressure causes discs to bulge out and press painfully on nerve roots, They also make for a compressed, anaerobic environment unsuitable for healing. Decompression produces and sustains negative pressures in the disc, creating a vacuum effect which draws in nutrients and fluids to promote the repair of injured discs and surrounding tissues. This vacuum has also been shown to aid in the retraction of escaped cushioning gel from herniated discs.

### When Negative is a Positive

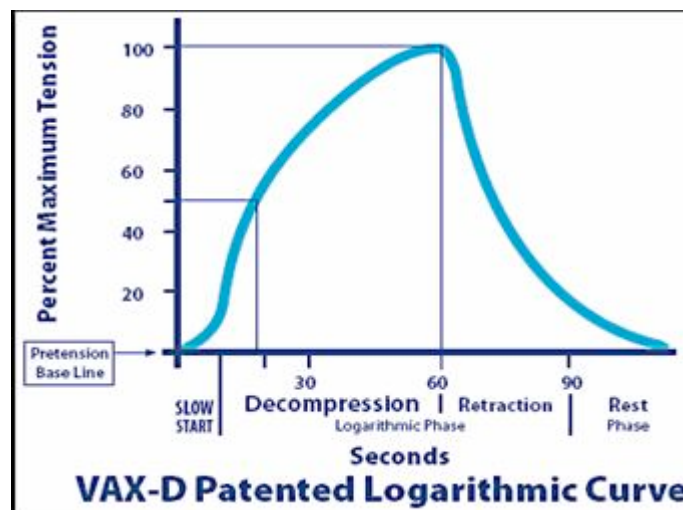
Much like gauging the air pressure in car tire, scientists have been able to use pressure sensors to measure the various pressures put on the spinal discs while lifting, standing, sitting, lying down, undergoing traction, and during VAX-D Therapy. Like other pressures found in the body such as blood pressure, intradiscal pressure is measured in millimeters of mercury (mmHg). While traction, physical therapy and manipulation may reduce disc pressures to as low as 40 mmHg, only VAX-D has been shown to achieve negative pressures within the spine. Clinical studies have shown that, with VAX-D Therapy, negative pressures as low as -160mmHg are created within the injured disc during the treatment sessions.

### Traction is Not Decompression

With traction, weights are added one by one to the end of the traction bed which, in turn, adds tension to a harness secured around the patient's pelvis, lengthening the spine. The intention is to relieve pressure, but the linear force of this traction can produce spasming which can lead to greater injury. The results of traction are not long-lasting and are not capable of producing negative pressures in the disc. Decompression also lengthens the spine, but the approach is far different, and that makes all the difference.

### The Logarithmic Difference

Normally, pulls exerted on the spine trigger sensory receptors in the back to tighten the muscles surround the vertebrae and discs in an effort to protect them from injury by a mechanism in the body known as the proprioceptor response. VAX-D Therapy is able to detect, then bypass this response through a patented motion-controlled biofeedback system which then allows the back to relax completely. With the body's natural protective mechanism Adistracted@, VAX-D can administer tension without causing injury.



### The Key to Decompression

The key to Adistracted@ is achieved through an intricately timed series of pulls, holds and releases over the course of about 45 minutes. Tension moves along the logarithmic curve, slowly

ramping up, holding, then decreasing. VAX-D's biofeedback system adjusts this curve of tension specifically to each patient's need, making every session a truly individualized treatment. VAX-D Therapy involves three phases that repeat fifteen times throughout the treatment session: the decompression Phase, The Retraction Phase, and finally the Rest Phase. During the Decompression Phase, tension slowly mounts, lengthening the spine: up to 99 pounds of tension may be exerted directly on the injured discs. This is where spinal pressures drop and decompression actually occurs. During the Retraction Phase, tension is slowly decreased and the spine is retracted slowly. This is followed by a short Rest Phase.



**Treat Prone or Supine**VAX-D - The only equipment that can treat face-up or face-down.

#### **You Are a Candidate for VAX-D if:**

- You have chronic or severe back pain caused by bulging or herniated discs, degenerative disc disease, sciatica, and/or facet syndrome.
- You have been diagnosed with a clinically unstable low back.
- You have failed back surgery syndrome
- You have been told to consider surgery

#### **You Are Not A Candidate for VAX-D if:**

- You are pregnant
- You have sustained a recent vertebral fracture
- You have any retained surgical hardware (titanium rods or fusion cages)
- You suffer from severe osteoporosis
- You have any rare conditions such as certain spinal infections and pelvic or abdominal cancer.
- Ankylosing spondylitis
- Abdominal aortic aneurysm

#### **When Can I Expect Results?**

Many patients report a reduction in pain after their first few VAX-D treatment sessions, and happily feel that they have had all the treatments they need. This is a wonderful sign that VAX-D is working, but the scientific reality is that the healing process is not finished! Quitting the treatment regimen early usually results in a relapse of symptoms, as well as wasted time and money. On the other hand it may take several sessions before patients experience a noticeable remission of symptoms. Why is this? Bulging and herniated discs may need several sessions to fully reposition themselves depending on your physiology. You can be sure that your spine is responding to VAX-D's vacuum effect, but results are not always immediate. VAX-D has been proven to be effective, if given the chance!!

The statistics on the magnitude of the problem are overwhelming and the number of chronic back cases continues to grow each day. In fact, low back pain that is related to work is the most common complaint presented to primary care physicians and workers compensation. VAX-D is a non-invasive treatment for the management of patients with chronic back and leg pain from lumbar disc and facet joint pathology (disease). VAX-D is an effective and safe procedure without any of the risks associated with surgery, injections, or anesthesia. Time off work or in recovery is minimal, and resolution of symptoms is long-lasting.