

Frequently Asked Questions

Will I be comfortable during treatment?

Yes, IDD Therapy is safe, very gentle and patients feel relaxed during treatment; they wear ergonomic harnesses to support their body whilst on the machine and remain fully-clothed throughout.

Will I feel any pain afterwards?

Typically not. Some patients may experience a temporary soreness after treatment; a sign that muscles have been worked in a new way. Cold therapy at the end of treatment sessions reduces any discomfort of this kind.

Can I drive home after treatment?

Yes, although patients are advised not to travel for more than half an hour afterwards as any more than this could be counterproductive to the therapeutic effects of the treatment.

How many treatments will I need?

Patients usually have a series of treatments spread over a number of weeks. As all conditions are different, some patients may feel a symptomatic improvement after a few sessions but for most, the long-lasting therapeutic changes are progressive and take a number of weeks to achieve.

I have had surgery on my back in the past – could I still be a possible candidate for IDD?

Patients who have had surgery can have treatment provided that the procedure was not within the previous six months (to allow for complete healing) and there are no surgical implants.

Do I need to do any exercise or activity?

Yes. The goal of the IDD Therapy treatment programme is to improve mobility, relieve pain and create a platform for normal daily activity. As treatment progresses you will be given gentle exercises to perform and shown how to look after your back properly. Exercise and activity are an important part of long-term rehabilitation

BACK PAIN?

We can help you.

For more details, please contact your nearest IDD Therapy spinal decompression provider.



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Put back pain behind you

Spinal Disc Problem?

IDD Therapy Spinal Decompression

- 'Slipped', bulging, or herniated discs
- Sciatica and nerve pain
- Facet joint syndrome
- Chronic back and neck pain

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IDD Therapy®

Spinal Decompression

for back pain, neck pain and related conditions.

Our clinicians treat most back and neck pain with manual therapies but some patients need something more to help their condition improve.

What is IDD Therapy?

Intervertebral Differential Dynamics (IDD) Therapy is the specialist non-invasive treatment for chronic back pain, neck pain and leg pain, in particular herniated discs and sciatica.

IDD Therapy delivers a precise and more consistent treatment than is possible with the hands alone or with traditional traction treatments. There are over 2,000 IDD Therapy systems in clinics internationally including a national network of UK providers.



How does IDD Therapy work?

Many back pain conditions are located at a particular level in the spine. IDD Therapy uses computer-controlled pulling forces delivered by the Accu SPINA medical device to gently distract (draw apart) targeted segments of the spine in order to take pressure off specific discs and relieve muscle spasm.



By decompressing (taking pressure off) an injured or bulging disc and stretching the soft tissues, IDD Therapy aims to improve mobility in the spine and allow the body's natural healing mechanisms to operate more efficiently. In so doing, it can relieve pain caused by muscle spasm and alleviate nerve compression and irritation caused by bulging intervertebral discs.

What does the IDD Therapy treatment programme involve?

Patients are fully assessed before embarking on a course of IDD Therapy; this assessment includes a review of a current or recent MRI or suitable scan.

IDD treatment is gentle and safe and delivered by the Accu SPINA machine. Sessions begin with some infrared heat therapy on the lower back to prepare the muscles and ligaments.



Patients wear ergonomic harnesses which are connected to the pelvis and upper back. The machine tilts vertically so that patients can get onto the treatment bed without added pain or difficulty.

Once the patient is comfortably harnessed, a series of computer-controlled pulling forces are gradually applied at precise angles to gently distract the vertebrae surrounding a targeted disc. Patients remain completely relaxed during the 25 minute session on the SPINA machine.

At the end of the session some cold therapy is applied to minimize any temporary soreness which may be caused by muscles being worked in a new way.

Gentle exercise and activity are gradually introduced as treatment progresses as this is very important for long-term pain relief.

Who can benefit from IDD Therapy?

Typical candidates for IDD Therapy are people who have had back pain or neck pain for three months and have not responded to manual therapy and exercise.

Reasons to choose IDD Therapy:

- Current treatment is not working
- Want to stop taking painkillers
- Seeking long-term pain relief
- Want to return to normal daily activities

