

What You Need to Know About IDD Therapy®

If you experience back, neck, or leg pain, finding the right treatment option is a must. Prolonged nerve and back pain is incredibly debilitating, taking away from your quality of life. Chronic back pain and neck pain can affect every facet of your life: work, relationships, and finances.

IDD Therapy is a proven option for relieving pain for a variety of conditions, primarily for disc-related issue. If you are wondering whether it's right for you, here's what you need to know.

What is IDD Therapy?

IDD stands for Intervertebral Differential Dynamics, representing an approach that can help relieve pain and facilitate healing for a variety of conditions. IDD Therapy is a non-invasive, non-surgical programme which uses computer-controlled pulling forces to decompress and mobilise targeted spinal segments.

IDD Therapy was originally developed to address the failings of a treatment approach called "traction" and to help patients who need something more than manual therapy. The goal of IDD Therapy is to relieve pain by easing pressure on specific spinal discs and nerves and by gently mobilising spinal segments to help restore function and allow the body's natural healing mechanisms to operate efficiently.



IDD Therapy on the Accu SPINA

How Does It Work?

IDD Therapy usually involves a patient lying on a SPINA machine with a set of supportive harnesses on the waist and chest. Once comfortable, the patient is connected to the SPINA machine and computer-controlled pulling forces are applied at precisely measured angles to decompress targeted spinal levels e.g L4-L5 or L5-S1 in the lower back.

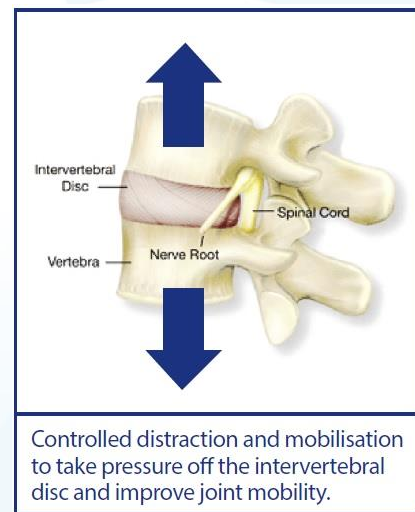
As the joints are decompressed, gently mobilisation is applied to ease stiff ligaments and tight muscles with a goal to help improve spinal mobility.

A typical session lasts 25 minutes and IDD Therapy is combined with certain other modalities so that each treatment lasts for one hour. When dealing with long term pain, patients require a series of treatments spread over a six to eight week period to achieve the best results.

There is no set recovery period after each session, so you can continue with your usual activities although strenuous or physical labour is best avoided to allow tissues to adapt to treatment.

How Does IDD Therapy Help the Spine?

Chronic back or neck pain can lead to immobility and this creates a vicious circle of pain and immobility. Spinal segments become stiff and discs remain under constant pressure. Combined with periods of sitting or standing, this can lead to more pressure on the discs and more pain.



IDD Therapy aims to decompress the disc and take pressure off nerves exiting the spinal column. At the same time, gentle mobilisation helps the body by freeing the joint and allowing fluid and nutrients into the disc space. This is important for healing.

What Conditions Respond Best to IDD Therapy?

A variety of neck, back, and leg pain issues may benefit from IDD Therapy. People with bulging or herniated discs may find relief from their discomfort as well as individuals with sciatica.

Those suffering from degenerative disc disease or posterior facet syndrome can also experience benefits from IDD Therapy.

- **Herniated or Bulging Discs**
- **Degenerative Disc Disease**
- **Facet Syndrome**
- **Sciatica or Nerve Pain (arms)**
- **Chronic Low Back / Neck Pain**



Additionally, individuals with acute or chronic back pain can see improvement in their condition, as muscle spasm is relieved and mobility is restored to the spine.

What Else Should You Do to Assist the IDD Therapy Treatment?

While getting IDD Therapy, it's wise to avoid activities that irritate the area being treated. This could include lifting over a certain amount of weight, twisting or turning, or even bending over.

Precisely how much you need to limit your actions depends on your unique situations, so it's wise to discuss this with a medical professional in advance.

Additionally, after receiving IDD Therapy, concentrate on maintaining good posture. This will help keep your spine properly aligned and may further reduce your pain. You will be given guidance on gentle exercises to follow and the closer you stick with the guidance you are given, the better your chance of long term pain relief.



IDD Therapy for Neck Pain

If you are wondering whether IDD Therapy can help with your pain, speak with a medical professional today. They can help you explore your options and determine if IDD Therapy may provide you with the relief you are seeking.

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