

HOW BACKSTRONG CAN HELP YOU

Most clinics that treat back and neck pain are equipped to treat simple back and neck problems. But when it comes to difficult back and neck problems, common methods often prove ineffective. At Backstrong we employ the most sophisticated treatment technologies to, more effectively, treat difficult back and neck pain.

Our treatment is based upon intervening in the "natural history" of spinal degeneration. Aging and injuries result in progressive, degenerative, compression of our spine's discs, nerves and joints. Eventually this process can result in significant pain and disability. Additionally, weakness of the back and neck muscles often perpetuates pain and disability.

The most effective treatment approach for most difficult back and neck pain is to reverse compression and strengthen the spine. This often requires sophisticated tools you won't find at other clinics. Non-surgical spinal decompression is proven to effectively improve the anatomical cause of most difficult back and neck pain and disability such as herniated and degenerated discs, pinched nerves and joint pain. It deserves a **PROMINENT** role in the treatment of difficult back and neck pain. Doctors with direct, clinical experience using this treatment agree - it addresses the cause of pain and disability in a uniquely direct and effective way. And the results are better, for many patients, than conventional treatments. Visit us at www.backstrong.net

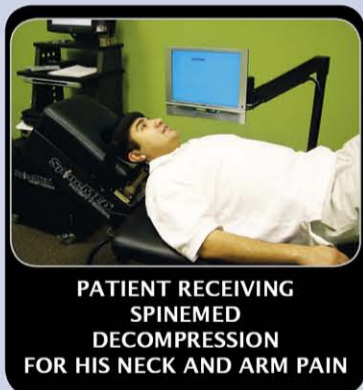
BACKSTRONG PATIENT TESTIMONIALS

"I had low back pain with spasms and I was hospitalized twice. My MRI indicated one or two herniated discs. I was **ABSOLUTELY** skeptical about the treatment before I started. Now I have returned to tennis activities and travel extensively again. I'm not 17 years old again, but I am a lot better than I was. I would recommend this treatment to other people". - Parke Kallenberg

"I have had back pain for over twenty years. I am now pain free! It's the first time in over twenty years that I can wake up and say I actually have no pain! I can do everything that I could do before. I was surprised that it worked and so quickly and that it's lasting. I would tell others that it's worth trying". - Vickie Haywood

WHY SPINAL DECOMPRESSION TREATMENT IMPROVES DIFFICULT BACK & NECK PROBLEMS

The cause of most difficult back and neck problems is **COMPRESSION** of the discs, nerves and joints of the spine. All specialists who treat back and neck problems are, essentially, treating the same process that occurs in human spines. That process is progressive, degenerative, compression of our spines from time, gravity and genetics. It affects almost all of us and can cause pain and disability.



PATIENT RECEIVING SPINEMED DECOMPRESSION FOR HIS NECK AND ARM PAIN

Our SpineMED spinal decompression treatment reverses compression of the spine, including discs, nerves and joints. As a result pain and disability usually improve or resolve. Conventional treatments such as physical

therapy, chiropractic and injections don't physically reverse spinal compression so they sometimes don't help. In one study of 778 patients who had pain an average of 3½ years, from herniated or degenerated discs or joint pain, 92% reported improvement or resolution of their pain (Neurological Research, volume 20, 1998).

Spinal decompression works by slowly separating the vertebrae of your spine. This reduces pressure in the discs, can reduce the size of disc bulges and herniations, reduces pressure on nerves and joints, increases water, nutrients and oxygen into discs, increases the number of cells in the disc, increases the synthesis of reparative molecules, increases disc height and improves nerve function. Recent research documents partial disc regeneration is possible. Spinal decompression physically improves your discs and spine. That means less pain and better function. (Disc Distraction Shows Evidence of Regenerative Potential in Degenerated Intervertebral Discs, Spine, 2006, July)

Recently, I was in excruciating pain from a herniated disc in my lower back. Pain medication gave no relief and I could not be comfortable standing, sitting or lying down. I have now had 14 treatments over the span of a few weeks and can say I have no pain. I can go about my normal activities without even thinking of my former back pain. I would highly recommend that others try the same for neck or back pain".
- J. Lindsey, Tucker, GA

See Video & Many More Testimonials at www.backstrong.net

MAP & DIRECTIONS



DIRECTIONS

Take interstate 285 to exit #37 (La Vista Rd). Turn west on La Vista Rd and go 1/2 mile to Montreal Rd. Turn left on Montreal Rd and go 1/3 mile to 1901 Montreal Road, Suite 126, Tucker, GA 30084
(We are located at the red star on the map above)



Physical Therapist,
David Moore, P.T.
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www.backstrong.net



PHYSICAL THERAPY FOR MUSCULOSKELETAL PROBLEMS & SUPERIOR TREATMENT FOR DIFFICULT BACK & NECK PAIN



DR. CASTANET, D.C.
ADMINISTERING SPINEMED SPINAL DECOMPRESSION TREATMENT FOR THE LOW BACK.

Herniated and Degenerated discs
Pinched nerves, sciatica
Facet, joint pain
Arthritis, stenosis
Chronic back & neck pain
Accidents, Degeneration,
Work & Sports injuries

Open Mon-Fri ; 8 am - 6 pm, AND
Evenings and Saturday by appointment
Most insurance accepted
Major credit cards accepted

Phone 770-908-0740

ADDITIONAL TREATMENTS WE USE

At Backstrong we offer other treatments as well, including conventional treatments for simpler back and neck problems. Our other services include:

Conventional Physical Therapy- For arm and leg problems too; not just spinal problems- Including therapeutic exercises, activities, and modalities.
Medx Spinal Strengthening- the most sophisticated, effective spinal strengthening. Weakness often perpetuates chronic pain. Strengthening rehab is proven to improve chronic back and neck pain (www.medxonline.com).
ATM2- For neuromuscular retraining of core muscles.

BACKSTRONG'S MISSION

Sometimes better treatment outcomes require more sophisticated treatment methods. We evaluate, acquire and provide our patients the world's best treatment methods.

Dr. Craig Castanet, D.C., DAAPM, CEDIR, a graduate of Palmer-West, is medically-oriented with eighteen years experience in an orthopedic, physical medicine and physical therapy clinic, participating in the treatment of more than 35,000 patients. He is a diplomate of the American Academy of Pain Management and certified by the American Academy of Disability Evaluating Physicians. He suffered six years of chronic low back and sciatic pain so he knows how patients feel.

David Moore, P.T. a graduate of the University of North Florida, has twelve years experience in orthopedic outpatient clinics involving treatment of the spine and extremities. He also, personally, suffered a severe back injury as well as a variety of sports injuries and is empathetic to patient needs and concerns.



MEDX LUMBAR & CERVICAL STRENGTHENING REHAB

WHAT DOCTORS SAY ABOUT SPINAL DECOMPRESSION TREATMENT!

"I was amazed at the results. I was astounded. I have now treated hundreds of patients including myself and am continually impressed with the results."

-Dr. Donald Bailey, M.D., pain management, Savannah, GA.

"As an orthopedic surgeon and peer reviewer I see many patients who are significantly worse after back surgery. In many cases I believe that if they had been treated by vertebral axial decompression before surgery they would have resolved completely."

-Dr. Howard Berkowitz, M.D., orthopedist, Atlanta, GA.

"For the last 7 years I have been burdened with increasing back pain. Before we had limited options for treating acute and chronic back pain- all of which basically treat the symptoms, not the underlying problems. I did the full treatment and I am virtually pain-free. This procedure works. I believe in it so much that I'm now the medical director here."

-Dr. Jack Dodge, M.D., orthopedist, Mitchell, SD.

"Manipulation, acupuncture, steroid injections, anti-inflammatory agents and muscle relaxants all fall short of addressing the underlying problems associated with disc lesions. Vertebral axial decompression should be utilized in all patients who are poor surgical candidates and before surgery is undertaken except in the emergent conditions."

-Dr. Gustavo Ramos, M.D., neurosurgery, McAllen, TX.

"Vertebral axial decompression is a more effective treatment than surgery, is safer treatment than surgery, has fewer side effects than surgery and may have beneficial side effects."

-Dr. David Duncan, M.D., anesthesiology, Tulsa, OK.

"I have found vertebral axial decompression to be my most effective tool in the treatment of low back pain due to discogenic causes, facet syndrome and failed back surgery syndrome."

-Dr. Robert Odell, M.D., anesthesiology, Las Vegas, NE.