

Abdou Z Konte

I suffered cervical back pain since late September 2010 after I injured myself lifting heavy tools at work. And from MRI findings, the result was 2 herniated cervical discs. This condition prevented me from fulfilling my regular duty at work, driving long distance, sleeping well or sitting for an extended period of time.

After I tried Stretching and Electrical Simulation with the physical therapist, then a Cortisone injection to no avail, The Neurosurgeon suggest an Anterior Cervical Discectomy at C6-7 and C7-T1, precisely at these 2 locations which I declined.

I then started the spinal decompression therapy which not only has tremendously reduced the constant pain I was having, it also allowed me to sleep better, and slightly resume some activities I could not do before. After 8 weeks with 22 sessions, this treatment gave me confidence to ask to be released for light duty work while continuing the treatment.

I would genuinely recommend Spinal Decompression to anyone who is suffering from spinal discs injury before venturing into surgery.