



Tried Everything and Still In Pain?

A new treatment, known as IDD Therapy, is giving long-lasting relief from headache, neck and back pain.

IDD THERAPY, (Intervertebral Disc Decompression) has been called the most significant advancement in spinal treatment in the past decade. For thousands of patients who have tried it all and were resigned to living their lives with on-going pain, stiffness and loss of their activities of daily life, IDD has been a God-send. FDA approved, scientifically-researched by leading medical schools and clinically proven by neurosurgeons, orthopedists, neurologists, family doctors, chiropractors and physical therapists, IDD Therapy represents a conservative, non-invasive, credible approach for those patients suffering from compression of the posterior spinal joint, commonly found in clinical presentations of herniated discs, spinal DJD, facet syndromes, whiplash and chronic headaches. .

In the past 12 years, Cathy Perryman, PT and Todd Mosenthal, DC have worked together to form one of the more unique and successful spine clinics in New England. As they tell it, "We have long known that both physical therapy and chiropractic offer the spinal patient tremendous resources to reduce and/or eliminate pain, restore joint motion, increase muscle length and strength and to significantly improve the activities of daily life.

When we looked around we saw that no one had combined the two fields but were instead, competing against each other. We felt that the best and most logical solution was to combine our knowledge and offer an integrative approach. We have found, time and time again, that this approach makes the difference for patients when other

approaches have had limited success.

Today we use an incredible variety of highly effective, safe, gentle, scientifically accepted and clinically proven techniques from both physical therapy and chiropractic to help our spinal patients.

Activator Methods Chiropractic, acupuncture, H-Wave stimulation, laser, muscle therapy approaches, gait analysis and orthotics, proprioceptive and balance training, ergonomics, a number of stretching and strengthening approaches including MedX spinal core strengthening are just a few of the treatments that are available to the patient. Compressive spine based problems like herniated discs, facet syndromes and DJD spinal patients have always been difficult to treat with any measurable long term success.

These patients eventually end up taking steroids, getting injections and sometimes surgery. We felt a need to find a better way to treat these patients. We have been following decompression therapy therapy for the past 8 years. As the technology has improved, so has the research and so have the outcomes.

A year ago we purchased a state-of-the-art Accu-Spina decompression table, the best researched decompression table in the world. In the last year we have treated a wide variety of spinal cases that had reached an endpoint in their care. These were patients who had failed back surgery, chronic DJD, severe chronic whiplash syndrome and migraine headaches.

The clinical results have been astounding.

When a patient comes in and gives you a hug thanking you for giving them a new life, without their back or neck pain, which happens repeatedly after IDD Therapy, the decision to have this therapy available for patients is gratifying.

Innovative Healthcare spoke to Dr. Mosenthal and Cathy Perryman, PT about their integrative approach to spinal care and to ask them about the new IDD Therapy that they now offer...

So, you feel that the two approaches (physical therapy and chiropractic) combined are better than either one separate?

CATHY PERRYMAN: I have been a physical therapist for 20 years and felt that our profession was the best answer to help the spinal patient. I was at first a skeptic as to what the chiropractic side could offer a patient but now having worked with Dr. Mosenthal, it is incredible to see how much faster and better our spinal patients recover than just doing physical therapy alone.

DR. MOSENTHAL: Both fields are constantly growing and understanding how best to help those with spinal problems. And yet they do it from different approaches. The chiropractic side is primarily passive and focuses on joint alignment whereas the physical therapy side takes an active approach and focuses on muscle strength, flexibility and balance. Combining both approaches has made a world of difference in how we treat our patients and the excellent results speak for themselves.



INNOVATIVE HEALTHCARE:

Why did you choose IDD Therapy and now that you have it, what do you think?

CATHY PERRYMAN: It is clear from the literature that the experts feel that the disc is the most significant source of spinal pain. Diagnosis such as disc herniation, DJD, spinal stenosis, chronic spinal pain syndrome, facet syndromes, all represent a compressive force on the posterior spinal structure. Our profession has tried McKenzie postural exercises and traction with marginal results. We have been looking in the literature for years to see if there was a scientifically-established, safe, patient-friendly approach to reducing the compressive spinal forces. In the past two years we have read about how advanced the IDD Therapy approach was in helping to do exactly what we were looking to do. Our research led us to conclude that the therapy was too good not to offer to patients who needed this type of care.

DR. MOSENTHAL: Chiropractic is phenomenal in correcting lateral, posterior, extension/flexion and rotational joint misalignments. However, it is quickly apparent when you have a compressed patient, (e.g. disc patient) that the need to decompress the spine is paramount. Up until now most of these patients need the established medical model of medication, injections, and possibly surgery. However,

the compression issue remains and the likelihood of on-going or returning symptoms is probable. Our treatments with IDD Therapy have shown how incredible the spine can heal when the compressive tension is released.

Is IDD a stand alone therapy or do you combine it with other treatments?

DR. MOSENTHAL: The typical spinal patient has weak and/or tight supportive muscles, dysfunctional spinal joint motion and eventually too much load on the posterior spinal elements, resulting in disc and facet irritation. As clinicians, our goal is to use the best methods possible to reverse this pattern. IDD Therapy is another but essential tool at our disposal to help those with spinal pain.

Who is a good IDD candidate?

CATHY PERRYMAN: We have found that a number of symptoms have responded very well to decompression therapy. Some of those clinical presentations include: headache patients (cervicogenic, tension and migraine), patients with neck pain and forward head posture, whiplash syndrome, disc conditions, facet syndrome, spinal stenosis caused by disc narrowing, DJD, sciatica, chronic back pain patients with no other known pathology. Again, we view IDD Therapy as part of our treatment

approach. A patient with very weak spinal core muscles will do even better with a combination of IDD Therapy AND core spinal exercises.

Who is not a good IDD candidate?

DR. MOSENTHAL: Contraindications for IDD Therapy include those with any spinal or abdomen hardware, recent fracture, recent bone fusion, greater than a grade 2 spondylo, pacemakers, chest wires/pumps, infection, lupus, spinabifida, pregnancy, severe obesity, under 18 years of age, highly unstable spines, disc fragments.

How successful has IDD been in relieving pain for your patients?

DR. MOSENTHAL: I know that the national average for patient satisfaction who has tried IDD Therapy is somewhere between 86-92%. Obviously there is no guarantee. Patients have many reasons for not getting well - obesity, smoking, poor activity levels, poor diets, old beds, jobs that require too much sitting, bending, lifting and twisting or just too much damage to the posterior elements of the spine. However, what we have seen so far is that the therapy does do what it claims. It helps decompress or separate the posterior spinal elements, decreasing disc bulging, increasing disc height, separating the facets, increasing the spinal canal opening, relaxing and stretching the intrinsic soft tissue structures (ligament, tendon and muscle), strengthening the outer disc wall and alleviating the pressure on the spinal nerves. In short, giving people as much a new back or neck disc as possible.

What does the patient feel during the treatment?

CATHY PERRYMAN: We have found the universal response so far is! "This feels good"! It feels so comfortable that many of our patients have fallen asleep. If your problem is one of spinal compression, patients quickly sense that the treatment of spinal decompression is just what they need.

So I am a patient contemplating IDD Therapy, what do I do?

DR. MOSENTHAL: First we encourage



MedX Physical Therapy



Activator Methods

you to find out everything you can about the therapy. A good starting place to go is to call our clinic. We will send the person a DVD on the therapy which answers most the questions a person may have. We then recommend a consult with the doctor. He will review your MRI and see if you would make a good candidate. Once pain relief has been gained (usually by the 7th or 8th visit) we encourage the patient to begin a graduated return to spinal exercises.

What spinal exercises do you recommend?

CATHY PERRYMAN: We have found that the MedX core spinal muscle equipment to be the very best approach in helping people regain their intrinsic spinal muscle strength,

flexibility and balance. In the great majority of cases, people lose their core spinal strength as they age. This causes a number of problems including muscle spasm, abnormal joint motion, stiffness, and pain. Eventually loss of core spinal strength speeds up the spinal aging process which leads to spinal compression.

So why MedX?

CATHY PERRYMAN: All the spinal experts agree that a strong, flexible and balanced core is essential for a healthy back. But to actually get to

the muscles you need to work are very deep and very difficult to isolate. Programs like Pilates or core workouts offered by the various gyms try to affect the core muscles but it takes a long time and a lot of expertise to achieve any appreciable results. The MedX equipment is the only equipment proven to isolate the core muscles and allow you, no matter how athletically fit or unfit you are, to exercise them. Using MedX we have a 100% success rate in strengthening, lengthening and balancing the core muscles. No one gets missed. The effect on how well the spine works after MedX is phenomenal. Having tried all the other approaches, I can tell you that if you have neck and/or low back pain, more than likely you have weak spinal muscles no matter what approach you've tried. If you are looking for answers, I would highly recommend MedX.

It sounds as if MedX is the perfect complement to IDD Therapy.

DR. MOSENTHAL: It is.

So why the need for chiropractic care?

DR. MOSENTHAL: Core muscles (also known as intrinsic spinal muscles) move spinal joints. Over time, an imbalance, weakness, or inflexibility in the core muscles causes abnormal motion to occur in the spinal joints. This imbalance causes the capsule (or facet) of the spinal joint to become stretched or pinched. The nerve signals in the area are altered which cause the spinal muscles to become even more

imbalanced. If a spinal joint is not functioning well, all the core exercises in the world will not restore the improper spinal joint motion. It needs to be adjusted or manipulated such that it regains normal motion. That is what chiropractic is so good at doing.

Does the chiropractic adjustment hurt?

DR. MOSENTHAL: In our clinic we use the Activator Method chiropractic technique. It is the best researched, safest, gentlest and effective adjusting method available today. Just as people call IDD Therapy an incredible advancement in technology, so do our patients refer to the Activator Instrument. The instrument and accompanying technique, known as the Activator Methods Chiropractic is revolutionizing the field of manipulation as it takes away the "crack" of the traditional manipulation. With the Activator Method there is no neck or low back twisting. For those who have been concerned about the traditional method of manipulation being uncomfortable or unsafe, the Activator Method is the perfect choice to help them restore their spinal joint health.

I am impressed. You appear to have an incredible facility! Your slogan, The Spinal Solution seems to be well founded.

DR. MOSENTHAL: As good as the methods are, the best feature about our clinic is the staff. All of them are committed to providing the best care in the most considerate and friendly manner possible. We take our jobs very seriously but we have a lot of fun helping people get rid of their pain and showing them how they can stay well. I think people feel very comfortable coming to our clinic because of this.

We feel very fortunate to be in the Upper Valley and hope that when people are looking for answers regarding their neck or back pain that they consider our clinic as a place they can go to get answers and most importantly, relief!

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