

## **PREPARATION FOR VAX-D THERAPY**

You have been recommended for VAX-D therapy. This is a non-surgical procedure designed for patients who have been diagnosed with herniated, bulging or degenerative discs in the back or neck.

### *HOW DOES VAX-D WORK?*

Therapy will be scheduled for four weeks, Monday through Friday for 45 minutes to one hour each day. Patients simply rest, fully clothed, on a VAX-D table, which is designed to decrease pressure on structures that may be causing pain through gentle traction.

The starting day of your treatment, the VAX-D therapist will go through all instructions that you will need to follow. You will be advised to follow these instructions for your four treatment weeks, and three additional weeks following treatment. Continuing to follow the instructions during this post-treatment time period allows the healing process to take effect on the spinal structures. If you are participating in *cervical* VAX-D therapy for the neck, you will be fitted for a cervical collar to purchase, which is specially designed for the VAX-D machine.

### *IMPORTANT INSTRUCTIONS FOR THE PATIENT*

1. If you are receiving VAX-D treatment for the neck, you will need to bring your cervical collar with you to every treatment. We will be unable to treat you without it.
2. Avoid lifting heavy objects.
3. If receiving cervical VAX-D treatment, avoid flexion or rotational movements of the neck.
4. Refrain from chiropractic or physical therapy activities during treatment.
5. It is important to relax the back/neck as much as possible during treatment for maximum benefit.

### *POSSIBLE SIDE EFFECTS*

You may experience inflammation and/or instability during this procedure. This is very normal, especially at the beginning of courses of treatment. You may feel fatigued for a period of time after completing your treatment. Some patients also find that the distribution of pain/symptoms may “refer,” or change, during treatment. Do not get discouraged if you experience any of these sensations. These episodes are generally transient in nature and usually improve with continuation of VAX-D.

At *Weiss Medical Associates*, approximately 80% of patients report a significant improvement in pain and function following four weeks of VAX-D treatment. Prior to VAX-D, many of our patients had been treated with physical therapy, massage therapy, epidural injections, and activity modification without great success and were considering surgery as their only remaining option. VAX-D provided these patients with a non-surgical alternative treatment of their back pain that is cheaper, less invasive and has been proven effective in improving their symptoms.

*Weiss Medical Associates* is pleased to offer VAX-D treatment as part of your healthcare program. With use of this state-of-the-art equipment, and by adhering to the guidelines set forth above, we hope you will experience great alleviation in your neck and back pain. Please do not hesitate to call our office with any questions you may have at (970) 477-0700.