



## Advanced Physical Medicine Center, L.L.C.

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### **IDD Therapy Offers Non-Surgical Back Pain Relief** *Revolutionary Accu-SPINA System at Local Chiropractor's Office*

May 31, 2007 (Fairview, N.J.)—Suffering from acute or chronic lower back pain? There is an innovative treatment option at the Advanced Physical Medicine Center locally in Fairview, N.J, which will get you back on your feet.

“There are only a handful of these machines in Bergen County,” explains Dr. Michael Arber, a chiropractor at the center, who administers non-invasive Intervertebral Disc Decompression (IDD) therapy. “The best part about the equipment is that it’s not just temporary relief. It actually reduces the size of disc injuries and helps the surrounding soft tissue return to normal function.”

Thanks to IDD Therapy, a non-surgical treatment, approximately 85 percent of people can relieve back pain symptoms without drugs or surgery. This revolutionary technology is ideal for herniated or bulging discs, degenerative disc disease, spinal stenosis, sciatica and acute or chronic back pain.

IDD therapy is deployed via the Accu-SPINA System, and works to reshape the spine using computer technology to apply traction to spots causing lower back pain. The traction provides a negative pressure that allows fluid, blood and nutrients into the affected discs that cause pain. In other words, as each challenge is introduced to the body, it supports muscles and ligament tissue to retone itself, re-educating the neuromuscular system and relieving pain. The typical treatment is 18 to 24 treatments over eight weeks, and each session lasts 30 minutes.

“It’s not painful. Once on the machine, a lower harness pulls at a specific angle and tension to alleviate the area of stress,” says Dr. Arber. “While IDD therapy is not currently reimbursable by insurance carriers, the cost of getting lower-back surgery is far greater. And IDD therapy is non-invasive.”

Dr. Arber says a lumbar MRI and an exam is all that is needed to determine if IDD therapy is right for a patient.

The Advanced Physical Medicine Center specializes in chiropractic care, physical therapy, pain management and massage therapy. Located in Fairview, N.J., the facility has numerous certified professionals including chiropractors Michael Arber, BS, DC, DAAPM, and David Berk, BS, DC, MS, CCSP. To contact the office, call 201-945-1156 or visit [www.advancedphysicalmedicinecenter.com](http://www.advancedphysicalmedicinecenter.com).

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