



When your doctor recommends physical therapy - Choose *Sports Therapy, Inc.*

**Local.** We are a family owned practice serving Cincinnati since 1988.

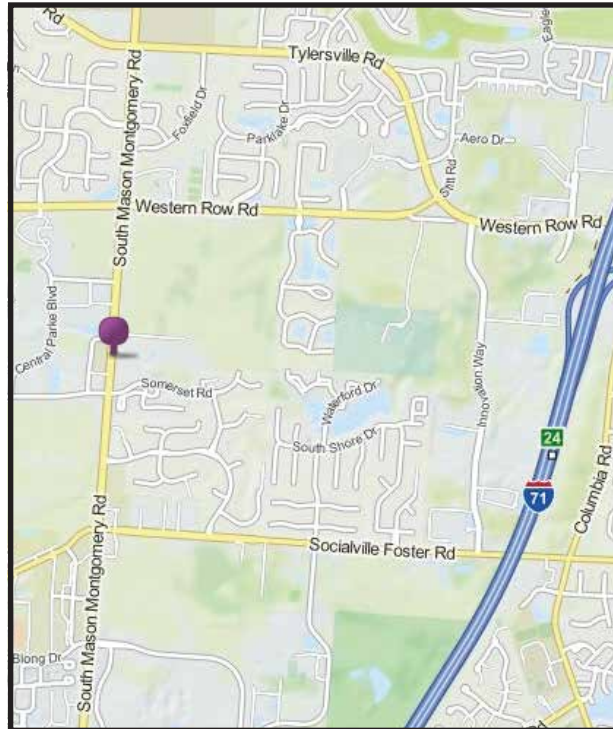
**Convenient!** Initial evaluations can be scheduled within 48 hours.

**We accept most types of insurance** and verify your insurance so we can let you know exactly what PT benefits you have.

## Sports Therapy Inc.

Sports Therapy, Inc. at Mason specializes in the evaluation and treatment of low back pain.

Sports Therapy, Inc. has developed an evidence based program to alleviate low back pain.



7450 Mason Montgomery Road  
Mason Health Park  
Suite 105  
Mason, Ohio 45040

**(513) 336-0540**

## Decompression Therapy

**Treatment for Low Back Pain**

**SPORTS  
THERAPY INC.®**



*Jason Privett*  
MPT, ATC, C. Ped

7450 Mason Montgomery Road  
Mason Health Park  
Suite 105  
Mason, Ohio 45040

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## What is Decompression Therapy?

Spinal decompression traction is a non-surgical alternative for disc-related syndromes of the Lumbar spine.

Decompression therapy is traction applied at a specific angle to allow a damaged disc to heal. Research has demonstrated that decompression traction can reduce the size of a herniated or bulging disc. This vacuum phenomenon can reduce pressure on the lumbar nerve roots and improve sciatic nerve symptoms or radiculopathy.



## Low Back Pain Statistics

- Most common cause of disability under the age of 45
- Second leading reason for visits to a physician
- 80% of the population will suffer low back pain during their lifetime
- Low back pain reduces your quality of life

## Common Diagnoses treated using decompression therapy

- Low Back Pain
- Lumbar Disc Herniation/Bulge
- Sciatica
- Facet Syndrome
- Degenerative Disc Disease
- Degenerative Joint Disease

## What can the patient expect

Treatment time - 25 minutes

An individualized rehabilitation program will be prescribed and consist of:

- Core stabilization and lower extremity flexibility program
- Home exercise program
- Medical massage
- Modalities as needed including electrical stimulation, ice/heat

## Cost

There are no additional costs associated with Decompression Traction Therapy. This treatment is normally associated with additional costs to be paid by the patient that can range from \$1,000 to \$4,000. At Sports Therapy, Inc. there will be no additional cost to the patient except for the standard co-pay or deductible associated with your health insurance plan.

