



Everything to Know About The Accu Spina Decompression Table

Accu-Spina is the only approved therapeutic device for IDD Therapy (Intervertebral Differential Dynamics) Disc Treatment. IDD Therapy is a collection of treatment protocols that mimic many traditional physical therapy regimens.



Unlike those other regimens, it can treat the damaged spinal segments with computer-directed precision and variable pressure to ensure an individualized treatment protocol for each patient. There is no other spinal rehabilitation device like the [Accu-Spina](#).

In this article, we will discuss important things about this specific decompression table.

What is an Accu-SPINA?

Accu-Spina is a state-of-the-art medical device dedicated to the non-surgical treatment of lower back and neck pain. Most therapists combine this technology with chiropractic adjustments and physical therapy methods to strengthen and relieve various spine issues.

Doctors and scientists first created the technology behind the FDA-cleared **Accu-Spina** system to treat neck and back issues that did not respond to traditional treatments.

Degenerative disc disease, herniated and bulging discs in the low back and neck, sciatica, and spinal stenosis brought on by a herniated or bulging disc can all be successfully treated with

this system. Symptom relief of 94% has been demonstrated in clinical trials using this treatment method.

What makes Accu-Spina unique?

IDD Therapy began with the development of non-surgical decompression in 1989. Since then, software and technology have developed steadily. The delivery of decompression therapy may be done much more smoothly and precisely with the unique programming and monitoring features of the Accu-spina system.

Furthermore, owning an **Accu Spina decompression table for sale** allows you to perform extremely innovative therapeutic modalities that other decompression devices cannot. Its procedure can accomplish many goals.

- It helps lower the pressure on the injured disc.
- It improves disc health by generating a vacuum inside the disc and permitting the oxygen flow necessary. This is achieved by repeatedly decompressing and relaxing the spine, which has the effect of pumping the spine.
- A special secondary oscillation supplied to the surrounding muscle tissue at the peak of decompression soothes and retrains muscles that are in spasm.
- All this is done as you unwind with peaceful music while lying comfortably in soft light.

What is the success rate of accu-spina decompression therapy?

This decompression therapy has been shown to be effective in more than 75% of patients who have received it. Most patients find long-term relief and effective management of their pain upon completion of the entire program of treatments.

It is the most popular non-surgical decompression traction. According to the research, 78% of the 41 patients who finished the therapy noted improvement in their quality of life.

There have been claims that this treatment has a success rate of between 71% and 89%.

What are the benefits of buying an accu spina decompression table?

Physiological benefits

- Increases blood flow and promotes nutrient supply to the disc.
- Decreases the intradiscal pressure
- Reduces compression and pinching of nerves
- Facilitates disc rehydration
- Prevents the advancement of the herniation

Physical Benefits

- A general reduction in pain and better chances of resuming daily activities
- Improves spinal mobility
- Prevents muscle guarding
- Plays a role in developing core strength.
- Improves joint flexibility
- Boosts the immune system
- Prevents new injuries.
- Lowers stress levels.

Apart from those above, other benefits that are obtained by owning an [AccuSpina decompression table for sale](#) include the following:

- With a spinal decompression table, the spine is less prone to deterioration and damage.
- It has immediate effects, and many patients feel pain relief after just one session. It is a non-invasive procedure that takes little time and no medication.
- This process is much quicker than any spinal surgery and avoids the postoperative recovery period.

Conclusion

Accu Spina decompression table therapy is a non-invasive alternative to many back pain treatments. We at **DOC [Decompression Table](#)** offer an affordable range of decompression tables. Call us now.