

### Benefits of Spinal Decompression:

- Improves nutrition to the intervertebral disc, spinal ligaments and facet joints.
- Relieves irritating pressures from spinal nerve roots or other neural tissues. Best when combined with a comprehensive therapeutic management program.
- May restore normal muscle tone and enhance relaxation.
- May help restore normal alignment and relative position of intervertebral disc protrusions or ligamentous bulges within the spinal canal.
- Spinal decompression therapy is backed by numerous clinical studies demonstrating that such therapy enables disc space to decompress, generally by producing and sustaining negative intradiscal pressure.
- Such therapy is effective and economical; with cumulative costs at approximately 10% of the cost of spinal surgery.

Spinal decompression and stretching are not for everyone. If you think you have any significant disabling condition, you must be properly examined by your Medical or Physical Therapy doctor. Stretching can lead to musculoskeletal injuries, which is precisely why it is vital for these procedures to be administered *only* by properly trained experienced professionals, who perform all that is necessary to minimize injury potential and maximize the benefits of the **15-Minute Therapeutic Stretch & Decompression Program.**

Contact us today to discover how this affordable well-being program can help you.

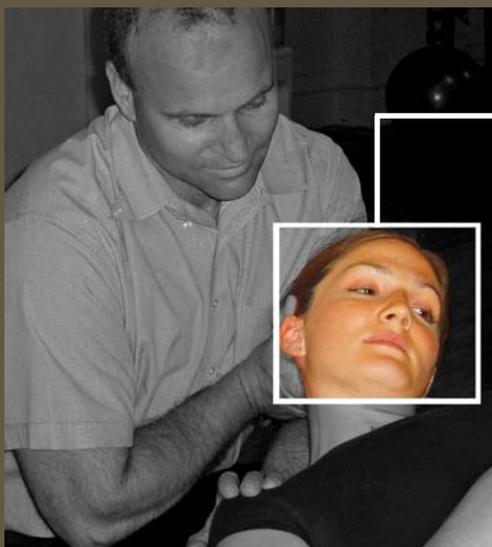
# The 15-Minute Stretch and Decompression Program

It's just what you need!



Beyond health there is *well-being*:

a feeling of balance, confidence and comfort. Investing in your well-being has never been more affordable. Once you've experienced our exceptional program, you will recognize the difference...



*The Caring Intelligent Touch*

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*The Caring Intelligent Touch*

## The 15-Minute Therapeutic Stretch & Decompression Program

You may already be aware of the benefits of adequate flexibility, range of motion, and ideal muscle balance. As we mature, our tissues become less supple, stiffer and more susceptible to injuries. As practicing doctors of Physical Therapy for over 15 years, the MSMPT team has experienced what scientific literature reveals very clearly: That most orthopedic-related musculoskeletal injuries come about due to lack of adequate elasticity. Injuries such as muscle strains, disc bulges and herniations, spinal, wrist, ankle and knee sprains, shoulder impingements and rotator cuff pathologies may all be attributed at least in part to the lack of adequate flexibility.

Living or working in New York City, we tend to experience excessive life or work induced stresses. This leads to abnormally high muscular tension and myofascial restrictions, mostly involving several **select** muscle groups. Persistent and abnormally elevated muscle tension has been reserved by evolution for short periods of great danger, (i.e.,) when a bear is chasing you. While some level of stress and muscle tension is beneficial, elevated levels are detrimental to our physical and emotional health.

Most of us are engaged in fairly sedentary and repetitive work activities for which evolution has not prepared our body. The terms "Computer Neck" or "Computer Back" denote a set of signs and symptoms associated with prolonged sitting in a compressed, shortened, mechanically undesirable position and are a fairly recent additions to our vocabulary. We must now find ways to adapt, develop, and flourish in our given environment.



## MSMPT's Professionals Have Developed a Significant Portion of the Solution.

We offer an **individually designed, time-tested 15-Minute Therapeutic Stretch & Decompression Program** to relieve tension from your over-active muscles and joints. Decompression of your spine, neck, and back from daily loads also enhances proper nutrition to intervertebral discs, facet joints, ligaments, and supporting muscles.

Keep in mind that most benefits of massage dissipate immediately or very shortly after the session ends and you have resumed normal daily activities. **Benefits of the 15-Minute Therapeutic Stretch & Decompression Program endure long after the session is over.** If you keep up with the program, benefits may last a life time. All stretching is based upon careful examination of your particular needs. This is not a generic routine, but rather **carefully pre-planned therapeutic maneuvers.**

**Investing in your well-being has never been more affordable!**

Consult with an experienced MSMPT physical therapist to establish a regimen based upon your individual needs. We will develop the most appropriate program to maximize your benefits and achieve the best possible results. **Please contact us today at (646) 487-2495 with any questions or to schedule an appointment.**

## Benefits of Stretching:

- Restoration of a full pain-free range of motion to muscles and joints.
- May reduce pain and stiffness of muscles, joints, tendons and ligaments.
- Restoration of normal movement patterns, to help prevent future degenerative conditions, such as osteoarthritis.
- Intelligent stretching will enhance and improve muscle activation and power production mostly by improving length-tension relationships and may slow down, halt or perhaps reverse some of the damaging effects of aging on our body.
- Targeted stretching improves postural awareness, and control leading to enhanced breathing capacity, oxygen intake, concentration, memory and attitude towards life.
- Improves sports and recreational performance capacity and outcomes.
- Aids in the prevention of long lasting abnormal compensatory movement patterns which can predispose an individual to traumatic or cumulative musculo-skeletal injuries.
- May help improve quality of sleep.
- May prevent or reduce post-exercise muscle soreness, aches, or stiffness.

Let's compare the 15-Minute Therapeutic Stretch & Decompression Program to a typical massage...

Benefits	Therapeutic Stretch & Decompression Program	Massage
Time Invested	15 Minutes	30-60 Minutes
Feels Good, Pleasant	☺☺☺	☺☺☺
Reduces Muscular Tension	☺☺	☺☺
Stress Relief	☺☺	☺☺
Increased Flexibility	☺☺	None
Long Term Gains	☺☺	None
Improved Body Mechanics	☺☺☺	☺☺☺
Minimizes Injury Potential	☺☺☺☺	None
Cost Per Session	\$40	\$80-\$120