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September is National Pain Awareness Month; Fort Collins doctor offers new treatment for back pain

(Fort Collins, Colorado) September is National Pain Awareness Month. Back pain is the second most common reason for visits to the doctor's office. Back pain has many causes and includes muscle spasm, arthritis of the spine, and herniated or bulging discs. There is a new treatment for pain caused by bulging or herniated spinal discs in the neck and back called spinal disc decompression therapy. **The treatment is an alternative to surgery or prolonged treatment with prescription medications for patients.** This new, effective treatment is available at the Spine Correction Center of the Rockies at 1101 Oakridge Drive, Suite A in Fort Collins, Colorado.

Medical journal research has placed the effectiveness of spinal disc decompression therapy at 75 to 92 percent with a relapse rate of 2 percent. Patients with bulging or herniated spinal discs have a variety of painful symptoms according to which spinal segment or disc is involved. According to chiropractor Dr. April Cardwell, "Symptoms differ but the most common are electric shock pain that typically goes into the arms when the herniation is in the cervical spine (neck) and into the legs when the herniation is in the lumbar spine (low back). Along with pain in the area, there can be muscle weakness from the lack of nerve energy to that muscle or the surrounding area."

Before beginning spinal disc decompression therapy patients receive a complete examination with a medical history and a series of X-rays are taken of the affected area in a seated position. A complete architectural analysis of the X-rays is then done by the chiropractor. "We look at the X-ray and evaluate the curves and the amount of degeneration. We then use our exam findings and the X-ray to make a clinical decision. If we feel the need to refer for an MRI (magnetic resonance imaging) we absolutely will," comments Dr. Cardwell.

Patients with bulging or herniated spinal discs that are associated with pain are placed on an outpatient regimen in her office of approximately 20 to 40 sessions of spinal disc decompression therapy. Patients are placed on a table that precisely stretches the affected spinal disc resulting in a negative pressure inside the disc that allows the disc to go into a more normal position. Some patients are placed on a rehabilitation regimen that optimizes the outcomes of spinal disc decompression therapy. "Pain typically is decreased in less than 2 weeks of care," adds Dr. Cardwell.

Many patients have been able to avoid surgery, prolonged treatment with prescription medications, and extended time in pain with spinal disc decompression therapy. Dr. Cardwell elaborates, "Often we are keeping people out of surgery but also we are helping people with unsuccessful back surgeries. It is very fulfilling as a doctor to see people's lives changed and getting them back to the life they want to live. Makes me feel good when I go home to know that what we do is helping so many people!"

About Spine Correction Center of the Rockies

The Spine Correction Center of the Rockies is a new concept spinal rehabilitation facility that focuses on correcting abnormalities with spinal alignment in the neck and back. The Spine Correction Center uses state of the art equipment and therapies to restore wellness.

[Dr. April Cardwell](#) attended York College in York, Nebraska graduating with a Bachelor of Science degree in General Science. Dr. Cardwell received her Doctorate of Chiropractic degree from Palmer College of Chiropractic in Davenport, Iowa in February of 2006. Prior to her graduation from Palmer College of Chiropractic, she traveled to India to provide humanitarian care to hundreds of people. In addition to her chiropractic education, she has had extensive post graduate study on spinal rehabilitation focusing on spinal curve restoration at the Pettibon Institute. In 2009, Dr. Cardwell became certified in standard treatment of scoliosis by the Clear Institute. She has practiced with Dr. Michael Farrell at the Spine Correction Center of the Rockies in Fort Collins, Colorado since July of 2007.

[Dr. Michael Farrell](#) received a Bachelor of Science from Colorado Christian University in Lakewood, Colorado majoring in Business Administration with minors in Science and Management with an emphasis in Leadership Studies, Outdoor Leadership, and Biblical Studies. In June of 2006 Dr. Farrell completed his professional education at Palmer College of Chiropractic in Davenport, Iowa earning a Doctor of Chiropractic degree. He has furthered his education through extensive training in rehabilitation programs including the Pettibon technique. Dr. Farrell has traveled to India to provide humanitarian natural health care to people there. He resides in Fort Collins.

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