

# Chiropractor in Stamford, CT Announces Spinal Decompression Treatments

Richard Roll September 30, 2015



Dr. Scott Bender

**Dr. Scott Bender, offers hope for effective treatment of chronic back and neck pain without the use of drug treatment or surgery with Spinal Decompression treatment.**

([Newswire.net](#) -- September 30, 2015) Stamford, Connecticut -- Back pain is a common health issue today that affects at least eight out of ten people. It is a prevalent problem among Americans. In fact, statistics from the American Chiropractic Association (ACA) reveal that at least 31 million Americans experience lower back pain at any given time. Second to the common cold, low back pain is the number one reason for a visit to a primary care doctor and the fifth most frequent cause of hospitalization.

“Many of the patients I see who are suffering from chronic back pain try other treatments and find little, if any, long term relief,” [Dr. Bender](#) says. “I have patients who have tried spinal injections, acupuncture, physical therapy, and pain medication without relief. Many of these cases are faced with spinal surgery as a last resort.”

There is an alternative choice: Spinal Decompression therapy. “Spinal Decompression is completely non-invasive, painless, and comfortable,” [Dr. Bender](#) says. “Many patients notice immediate relief after their first session, and the relief improves with each succeeding treatment.”

Nobody should undergo spinal surgery for back pain without considering Spinal Decompression. This non-surgical treatment for low back pain has helped thousands of people return to a normal, pain free lifestyle. And the relief is not just temporary. The results of a four year follow up study have shown that 91 percent of patients treated with Spinal Decompression were still performing normal daily activities, and 87 percent were either still working or had retired without back pain as the cause.

Spinal Decompression is the alternate solution for people with chronic back pain who want to avoid painful, costly surgery, a prolonged hospital stay and weeks of recovery and rehabilitation. Spinal Decompression is FDA-certified and clinically proven to effectively relieve low back pain.

“Decompression therapy is an effective treatment solution for handling chronic pain,” said [Dr. Bender](#). “This treatment has benefited numerous patients. After living with chronic pain, this has allowed them to go back to leading an energetic and comfortable lifestyle. At Connecticut Spine and Health Center, our efforts are concentrated on both acute pain relief and permanent wellness care. This is why decompression therapy is so successful. After just one session, patients can experience pain relief. After a series of treatments, cumulative improvement is the result. Wellness care enables every patient to experience a much healthier, more energetic life.”

“We want to bring [Spinal Decompression](#) to the forefront and make sure people with back pain are aware of all their options.” [Dr. Bender](#) continues, “There is a non-invasive, non-drug treatment alternative to surgery for lasting relief of back pain. Spinal Decompression produces fantastic results and should be explored by anyone thinking about back surgery.”

A free, no obligation, no risk, informative consultation can be scheduled by calling the [Connecticut Spine and Health Center](#) at 203-293-0023.

## What is Spinal Decompression (NSSD)?

Non-Surgical Spinal Decompression (NSSD) is a process of elongating the spine in a slow, gentle digitally controlled manner in order to relieve pressure on compressed vertebrae and discs. A patient lies on the spinal decompression table and relaxes as the device applies decompression forces to injured areas. This not only takes pressure off of pinched nerves, but also helps to reposition bulging discs and gently pulls extruded disc material back into place. Even post-surgical patients and those suffering from certain types of stenosis (narrowing of the spinal canal causing nerve

compression) have obtained significant and lasting pain relief.

See what patients have to say...

*Dr. Bender is a healer! He has helped me tremendously. When I came in with a neck problem, he immediately determined what it was and proceeded to treat it. After a few short sessions he completely alleviated my pain which allows me to continue to live a normal pain free life. Thank you Dr. Bender! Robert C.*

*I'm a lifelong athlete that trains very hard. I got into a relatively bad car accident in 2013. For over a year I tried everything, physical therapy, acupuncture, even massage. Nothing was working no matter how hard I tried. I started seeing Dr. Bender a few months ago and I am finally seeing results and I can finally train again. I highly recommend Dr. Bender to anyone with a whiplash or athletic injury.  
Austin B.*

### What is the Treatment Session Like?

NSSD utilizes a sophisticated method of cycling you through a series of slow pulls, hold and releases. Depending upon the severity of your condition, your chiropractor will define a treatment program specific to you. Treatment usually consists of 20-25 sessions spread over four to six weeks, with each session lasting between 25-45 minutes.

Many patients report relief from their pain and other symptoms during the first few treatment sessions, and most experience dramatic pain relief after completion of their prescribed NSSD program. The spinal decompression table is equipped with headphones and a monitor so you can listen to music or watch a DVD during treatment and has an easily accessible safety switch that allows you to stop the decompression forces if you need to. The super-smooth transitions between each phase of therapy can make for an experience so relaxing that many patients often fall asleep.

Experts surmise that NSSD stimulates the body's repair mechanism, providing the building blocks needed to mend injured and degenerated discs. NSSD enables the body to get to work and heal itself! Now there truly is hope for lasting relief without drugs, injections, or surgery!



Dr. Scott Bender provides Spinal Decompression for patients through Connecticut Spine and Health Center in Stamford, Connecticut and throughout Fairfield County area.

### About Scott Bender, D.C., B.C.A.O

Scott Bender, D.C., B.C.A.O. is the founder and director of Connecticut Spine & Health Center, the first Atlas Orthogonal Healthcare Center in the state of Connecticut.

Dr. Bender received his training at Life Chiropractic College in Atlanta, Georgia, and is Board Certified in Atlas Orthogonal procedures with the R.W. Sweat Foundation, and Sherman College. He holds a B.A. degree from the State University of New York at Stonybrook in Psychology, and has advanced training in Whiplash and Traumatology

thru the Croft Whiplash Seminar Program.

In addition to being director of Connecticut Spine and Health Center, Dr. Bender is a founding member of the Trauma Imaging Foundation, a multispecialty group of physicians dedicated to proper diagnosis and treatment of trauma patients and he participates in patient rounds with Stamford Hospital Center for Integrative Medicine.

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