

Sciatica and herniated discs may be to blame for pain and numbness in legs



Did you know that over 30 million Americans suffer from back pain every day? Herniated and degenerative disc, stenosis and facet arthritis are often misunderstood. They can result in pain and numbness in the back, legs and feet. The symptoms can affect everything you do, from work to play, and ultimately limit your quality of life. We want you to know that there is hope. At Puget Sound Laser Centers, we have helped thousands of pain sufferers, just like you. We have the technology and experience that could help you find relief from disc problems and sciatica. We offer only the most advanced, non-surgical treatments. To determine if you are a candidate for these safe, effective, pain-free procedures we are offering a consultation and screening evaluation free of charge. There's no obligation, and the only thing you have to lose is your pain!

What is Sciatica?

Sciatica is diagnosed when there is irritation of the sciatic nerve. The most common cause of sciatica is a herniated spinal disc. The protruding disc presses into the nerve tissue and applies pressure on the sciatic nerve giving people the sensation of pain, weakness and numbness in the leg. Sciatica can affect people of any age. It can appear as a sudden onset due to over exertion or a back injury. Sciatica and disc herniation have been very misunderstood because they can affect the legs and feet. Most treatments do not focus on the root problem area and many people have been frustrated when trying to find a solution.

Are pain pills effective, long-term solutions for pain relief? ABSOLUTELY NOT!

Until now people have masked their pain by frequently taking pain pills. This type of pain relief is temporary. Often these treatments lead to more health problems or worse yet- addiction. So many people innocently fall into abusing prescription pain pills while initially using them to alleviate real, constant pain.

Is surgery the Answer? Consider these facts before surgery

- Back surgery can cost over \$50,000
- Recovery can be very painful and take months or years
- Surgery may or may not relieve your pain
- Dependence on prescription drugs may occur after surgery
- Missed work can amount to thousands in lost wages
- Outcomes may be uncertain, surgery is not reversible

It is true that surgery may be the answer for certain types of back injuries. When considering your options, ask yourself this question: If there is a solution to back pain that doesn't require surgery, is it worth exploring?

Spinal epidural injections

Some people find temporary relief from spinal injections, however, the pain eventually returns as injections are generally treating the symptoms and not the cause of the problem. Patients can become dependent on such injections and can have a difficult time functioning without them. Why spend a lifetime masking pain with spinal injections when there is a more permanent nonsurgical healing alternative?

Will my pain go away over time?

Many people try to wait back pain out only to find that it keeps getting worse. They buy new mattresses, try different stretching exercises, learn new

techniques for sitting and standing etc. only to find that their condition doesn't improve. Why suffer longer than you need to? If you are considering extreme measures visit Puget Sound Laser Centers first!! If you are experiencing any type of neck or back pain take action now! Don't let any degree of back or neck pain persist.

The solution: Puget Sound Laser Center's laser and decompression program

During the spinal decompression therapy a negative pressure is created within the inside of the disc called the nucleus pulposus. Because of that negative pressure disc material that has protruded, herniated or slipped can be pulled back within the normal confines of the disc and permit healing to occur. Laser and Decompression Therapy at Puget Sound Laser Centers can help you get your life back and reduce your back pain.

Not all laser and decompression programs are created equal

Our laser and decompression program is much more successful because we use the FDA-cleared low level cold laser therapy. The Puget Sound Laser Center's doctors use laser therapy in concert with decompression and physical rehabilitation to reduce sciatic nerve irritation, as well as speed the healing of muscles, and ligaments. Many Olympic athletes have used this therapy to recover from injury more quickly and improve their performance. Even if you are not an Olympian, laser therapy will likely help you experience less pain and enjoy greater activity in your life. Laser therapy has proven to be a valuable treatment in helping athletes maintain or regain Olympic form in record time, without the use of drugs or surgery.

Laser treatment and spinal decompression allow neck and back pain to heal... NATURALLY

In addition to spinal decompression technology, combining the use of cold laser therapy, produces even greater relief. Cold (class IV) laser does not cause tissue destruction, instead, it accelerates cellular repair. The power generator of cells is called mitochondria. Cold laser is absorbed by the mitochondria, much like a plant absorbs sunlight and converts it to energy for growth. Cold laser reduces pain and inflammation, and accelerates soft tissue repair. Our dedicated team of medical professionals will show you how our laser and decompression program can help you find relief for back pain and sciatica. If you have back or neck pain, and it has been caused in whole or in part by a degenerated or damaged disc, you are likely to find relief from the customized laser and decompression therapy protocol used at Puget Sound Laser Centers. They have helped thousands of patients find relief from the following conditions: Herniated/Bulging disc's, degenerative disc's, stenosis, arthritis, facet syndrome, spondylolisthesis, and sciatica.

What are Patients saying?

“ I have been in the construction business for over 10 years which has really taken a toll on my back. I saw an orthopedic surgeon who did an MRI, which revealed major disc damage up and down my spine. I had previously seen laser and decompression programs on the internet, but had just written it off as another scheme. One day as I walked (or stumbled) down the stairs I ran into a doctor who informed me that he had a new therapy that could help my back. I was very interested in what he had to say. As it turned out he had a spinal decompression table, and I immediately started treatment.

After just two treatments my pain levels dropped from a 10 to a 3.

With every subsequent treatment my pain got less and less until I felt no more pain. I never thought that I could feel this good again. I am now able to hold my son and play with him, which I did not think that I would be able to do again. I have never been a firm believer in alternative medicine, but after my experience with this laser and decompression program, I am a true believer.”

- Mark M., 32

Why Puget Sound Laser Centers?

Puget Sound Laser Centers have doctors with up to 30 years of experience helping patients find lasting relief. Their experience with laser and decompression therapy has been invaluable to their patients. Hundreds of testimonials from current and previous patients validate the effectiveness of Puget Sound Laser Centers' programs. If you are suffering from neck or back pain, or numbness and tingling in the arms or legs, it's likely you too can find relief. When you combine advanced medical treatments with knowledge and experience, the result is reduced pain and regained life. In addition to pain relief and injury care, we also provide training in self-care procedures you can use at home, so you have lasting results.

Who is a candidate for laser treatment and spinal decompression therapy?

With 7 out of 10 people experiencing low back pain at some point in their lives and low back pain being one of the most common reasons for patient visits to their primary care physicians as well as hospitalization, there is no doubt that low back pain exists in epidemic proportions today. Laser and decompression therapy can be used to treat disc bulges and herniations, disc degeneration, sciatica, spinal stenosis, arthritis, facet syndrome and chronic pain in the low back and neck.

Our spinal decompression and laser treatment system uses FDA cleared technology. Research demonstrates it's effectiveness in relieving the pain associated with this degeneration, herniated disc, facet syndrome and sciatica. Laser treatment and spinal decompression are great alternatives, because they allow you to avoid the risks, complications and potential failure of surgery. If you suffer from chronic back and neck pain, you may be a candidate for our safe, pain-free, non-surgical treatment procedures. With our complimentary consultation and screening examination we can give you an honest and fair assessment of your condition and determine whether or not we can help you.

No-risk complimentary visit

Even with these exceptional treatments, if the person's condition has progressed too far. Conservative treatment may no longer be an option and we would not be able to accept them for care. Fortunately we are able to help most of the people that come to us suffering from chronic pain. To find out if you are a candidate for treatment we are offering a consultation and screening evaluation free of charge. There is no obligation. This will allow us to determine whether or not we can help you. We will give you a straight answer either way. The only thing you have to lose is your pain. Due to demand we are extending this offer to the first 25 callers only. Time slots fill quickly call today to reserve your complimentary consultation and screening evaluation, CALL TODAY.