END THE PAIN. RECLAIM YOUR LIFE WITH

MEDISPINE

A CLINICAL GUIDE TO NON-SURGICAL SPINAL DECOMPRESSION WITH SPINEMED

Hey You,

I'm Dr. *Veronica Gobeil*, DC, founder of Medispine.

If you're reading this, I imagine you've been on a *long journey* with your pain. You've likely tried everything — rest, medication, maybe even injections — and you're still searching for an answer. I want you to know that I see you, and I understand the frustration that comes with feeling like your own body is working against you

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Here in the Atlantic provinces, I saw too many people stuck in this cycle. They were told their only options were to manage the pain or consider surgery, leaving a huge gap for those who weren't candidates for surgery or simply wanted a less invasive path. It became my mission to find a better answer for our community.

My search for a truly modern, evidence-based solution led me to the SpineMED® table.

This isn't the old-school traction you might have heard of. This is a precise, gentle, and targeted approach. Instead of just pulling, SpineMED® uses advanced computer guidance to isolate the specific disc and gently reduce the pressure inside it. This creates a *negative pressure* that allows vital nutrients and hydration to flow back into the disc, promoting true healing from within.

I brought this technology to Medispine because it aligns perfectly with our mission: to offer expert, personalized care that addresses the cause of your pain, not just the symptoms. This eBook is your first step to understanding how this process works and what it could mean for you.

This is a path to real, lasting relief. And you don't have to walk it alone.

Let's do this together.

with gratitude,

Dr Veronica Gobeil, DC

THE PROBLEM ISN'T YOU. IT'S THE APPROACH.

MOST TREATMENT MANAGES PAIN. FEW ADDRESS ITS CAUSE.

You've taken the medication. You've done the stretches. Maybe you've even had injections or been told surgery is your only option. And yet — ***the pain is still there.*** The stiffness in the morning. The burning down your leg. The feeling that your body is working against you.

You are not alone. In 2020, low back pain affected ***619 million people globally***, and that number is projected to reach 843 million by 2050. It is the #3 cause of disability-adjusted life years in the United States, with a staggering annual **financial burden of nearly $980 billion.** For most, the standard approach — rest, medication, and "wait and see" — simply doesn't address the root cause.

The problem isn't that you haven't tried hard enough. The problem is that most treatments manage the symptoms without ever addressing what is actually happening inside your spine. Even surgery, often presented as a last resort, has a failure rate as high as 10–40%, with some studies showing up to ***74.6% of patients fail to find lasting relief.***

Learn more about our services & offers online :
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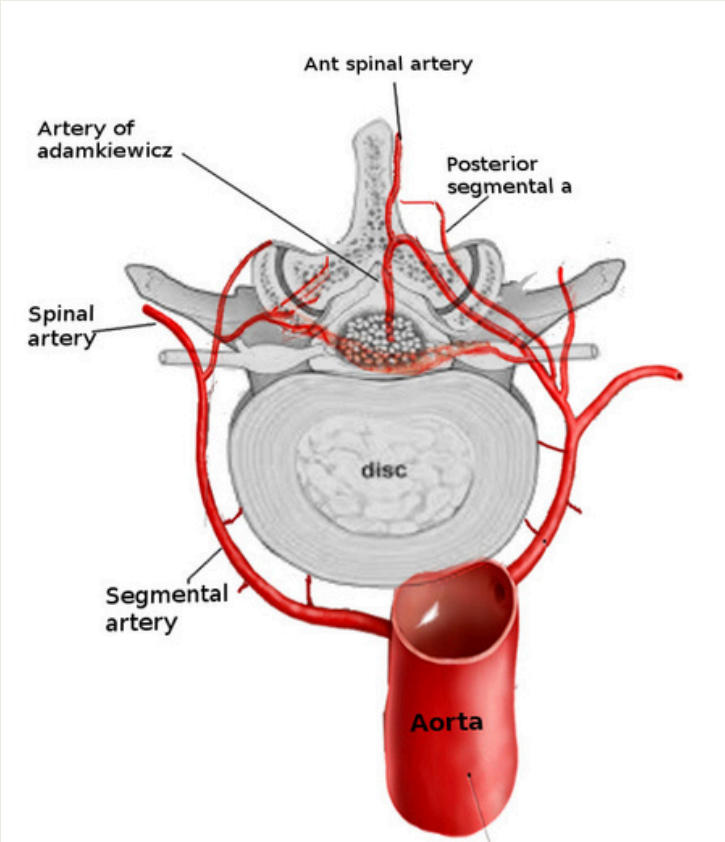
UNDERSTANDING YOUR SPINE

YOUR SPINE IS UNDER PRESSURE. LITERALLY.

Your spine is made up of 24 vertebrae stacked on top of each other, separated by *discs*, small, gel-like cushions that act as shock absorbers. These discs have no direct blood supply. They rely entirely on movement and pressure changes to absorb the nutrients and water they need to stay healthy. This process is called ***imbibition.***



When a disc is compressed, damaged, or dehydrated — whether from injury, poor posture, repetitive strain, or simply the aging process — it can bulge, herniate, or degenerate. This puts pressure on the surrounding nerves, causing pain, numbness, tingling, or weakness that can radiate into your arms or legs.

The same compression can narrow the spinal canal (spinal stenosis), irritate the small facet joints, or create the chronic, deep ache that so many people learn to live with - ~~but shouldn't have to.~~

KEY CONDITIONS THIS AFFECTS

- Herniated or bulging discs
- Degenerative disc disease
- Spinal stenosis
- Facet joint syndrome
- Sciatica and nerve pain
- Chronic low back and neck pain

THE SOLUTION

NON-SURGICAL SPINAL DECOMPRESSION: A SMARTER WAY TO HEAL

Non-surgical spinal decompression is a clinically proven, non-invasive therapy that gently and precisely stretches the spine to create negative pressure within the disc. This negative pressure — called a ***vacuum effect*** — does two powerful things:

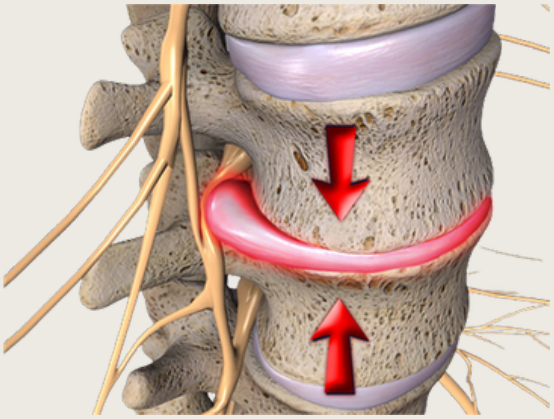
IT DRAWS THE DISC MATERIAL BACK INWARD

Bulging or herniated disc material is gently pulled away from the nerve it is compressing, providing relief from pain, numbness, and tingling.

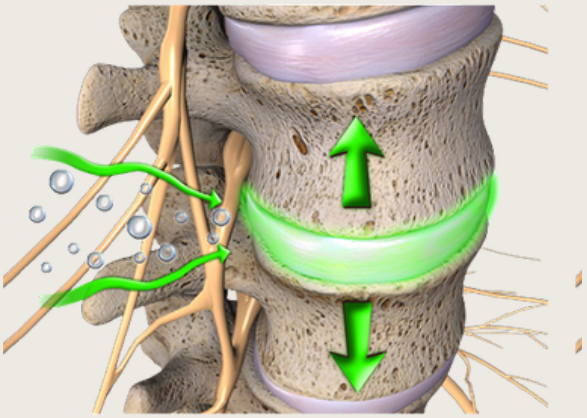
IT REHYDRATES THE DISC

The pressure change creates the ideal conditions for the disc to absorb water, oxygen, and nutrients, triggering the body's natural healing process from the inside out.

Unlike traction, which simply pulls the spine, modern spinal decompression technology delivers a precisely controlled, computer-guided distraction force that targets specific spinal levels with accuracy that manual therapy alone cannot achieve.



HERNIATED DISC



DECOMPRESSED DISC

THE GOAL ISN'T JUST PAIN RELIEF. IT'S *STRUCTURAL HEALING* — RESTORING THE DISC SO THE PAIN DOESN'T COME BACK.

THE SPINEMED DIFFERENCE

At Medispine, we use the ***SpineMED® system*** — one of the most advanced non-surgical spinal decompression technologies available in the world, and one of the first available in Atlantic Canada.

Here is what makes it different:

Direct skeletal capture

The SpineMED® uses a patented pelvic restraint system that attaches directly to the iliac crest, rather than a nylon harness around your waist.

This means the decompression force travels directly to your spine, bypassing layers of muscle, fat, and tissue entirely. The result is *dramatically more efficient* treatment at a fraction of the force required.

Computer-controlled precision

Every session is guided by a computerized system that delivers a precise, logarithmic distraction force, meaning it builds gradually, holds at the therapeutic peak, and releases in a controlled cycle.

This carefully programmed pattern prevents muscle guarding and maximizes disc separation, allowing the body to respond without resistance or discomfort.

Real-time monitoring

Unlike conventional traction devices, SpineMED® Ultra models allow patients to follow their own session trend-line graph in real time on a screen throughout the treatment.

This level of transparency gives both the patient and the clinician immediate insight into how the spine is responding, building trust and confidence with every session.

Dual capability

The SpineMED® is engineered to treat both lumbar and cervical conditions — lower back and neck — within the same system.

Whether your pain originates in a herniated disc at L4-L5 or a compressed disc in your cervical spine, the SpineMED® can be precisely configured to target the exact segment that needs relief.

WHO IS IT FOR?

YOU MIGHT BE A CANDIDATE IF...

Spinal decompression is not a one-size-fits-all treatment — and that is exactly what makes it so effective when it is the right fit. With a ***clinical success rate between 71% and 89%*** across more than 10 major studies, the best candidates are people who are ready to commit to a structured program and who want a real, lasting solution rather than temporary relief

YOU MAY BE A GREAT CANDIDATE IF YOU:

- Have been diagnosed with a herniated, bulging, or degenerated disc
- Suffer from sciatica, nerve pain, or radiating symptoms into your arms or legs
- Have been told you have spinal stenosis or facet joint syndrome
- Have tried physiotherapy, chiropractic, or medication without lasting results
- Want to avoid surgery or reduce your dependence on pain medicationthreat
- Are ready to invest in your health and follow a personalized treatment plan

This treatment is not suitable for everyone. A thorough consultation and assessment with your practitioner is required before beginning a program. ~~Contraindications~~ include certain fractures, tumors, advanced osteoporosis, and some post-surgical conditions.

ARE YOU READY TO DO THE WORK?
WE HAVE THE KNOWLEDGE AND THE TOOLS. LET'S BUILD A PLAN THAT ACTUALLY WORKS FOR YOU.

WHAT TO EXPECT?

WHAT DOES A SPINAL DECOMPRESSION PROGRAM ACTUALLY LOOK LIKE?

STEP 1 — COMPREHENSIVE ASSESSMENT

Before anything begins, your chiropractor conducts a thorough evaluation — including a detailed health history, physical and neurological examination, and a review of any imaging (X-rays, MRI) you may have. This is where we determine whether you are a candidate and design your personalized treatment plan.

STEP 2 — YOUR DECOMPRESSION SESSIONS

Most programs consist of 15 to 25 sessions over 6 to 8 weeks. Each session lasts approximately 30 minutes. You lie comfortably on the SpineMED® table while the system gently and precisely decompresses your spine. Most patients find the sessions relaxing.

STEP 3 — CUMULATIVE HEALING

The benefits of spinal decompression are cumulative. Clinical research confirms that the greatest improvement typically occurs between weeks 3 and 6, as the biological process of disc rehydration and tissue repair accelerates. Some patients feel relief after the first few sessions; others notice gradual improvement over the course of the program.

STEP 4 — REHABILITATION & MAINTENANCE

Once your active program is complete, we introduce a structured exercise and rehabilitation plan to stabilize the spine and prevent recurrence. This is where the long-term results are locked in..

REAL RESULTS. REAL SCIENCE. REAL PEOPLE

Spinal decompression is not a new concept — but the technology and the evidence behind it have advanced significantly. Here is what the research and our patients tell us:

THE CLINICAL EVIDENCE:

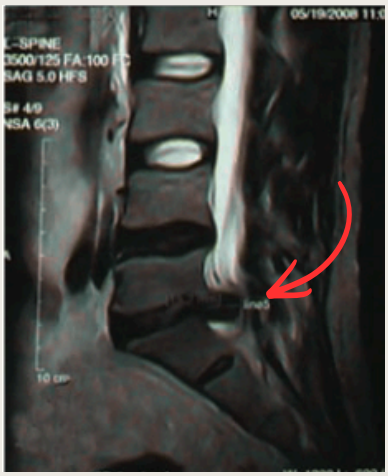
Clinical studies on non-surgical spinal decompression have demonstrated remarkable and measurable results. A 2025 military study of 267 patients found that **90.5% reported pain reduction**, with average pain scores **dropping by 4.4 points** (from 6.9 to 2.5 on a 10-point scale). Another 2025 study confirmed these findings with an **80% average pain reduction** and a 50% **improvement in functional ability** (Oswestry Disability Index).

But the changes aren't just subjective. MRI studies have shown that NSSD can lead to:

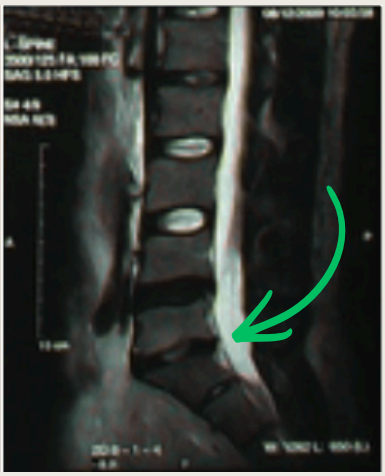
- 1.0–1.6 mm average increase in disc height
- 14% increase in disc water content in just six weeks
- 17% reduction in herniation volume on repeat MRI
- 76% of patients showing visible healing on imaging

For patients considering surgery, the data is even more compelling: multiple studies have shown that **82–86% of patients who were already scheduled for surgery were able to cancel their procedures** after completing a full spinal decompression program.

PRE SPINEMED



POST SPINEMED

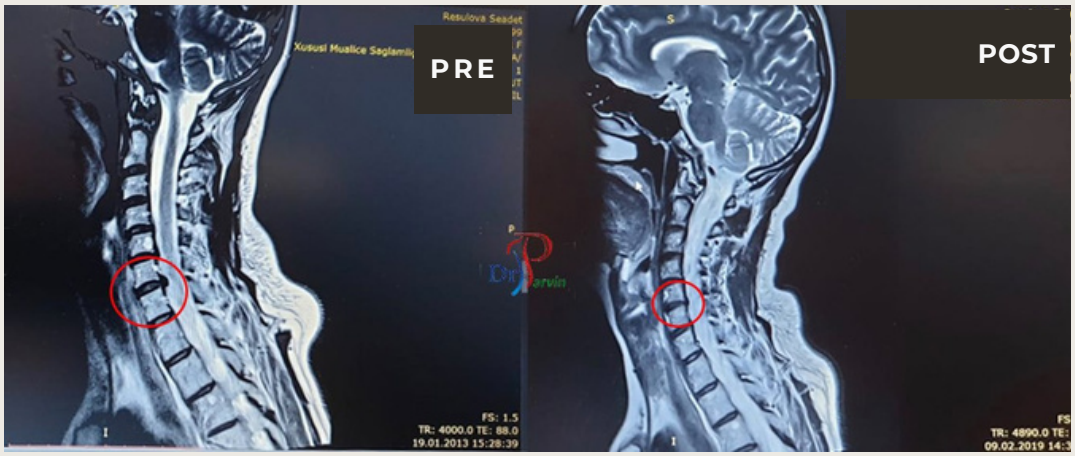


WHAT OUR PATIENTS SAY:

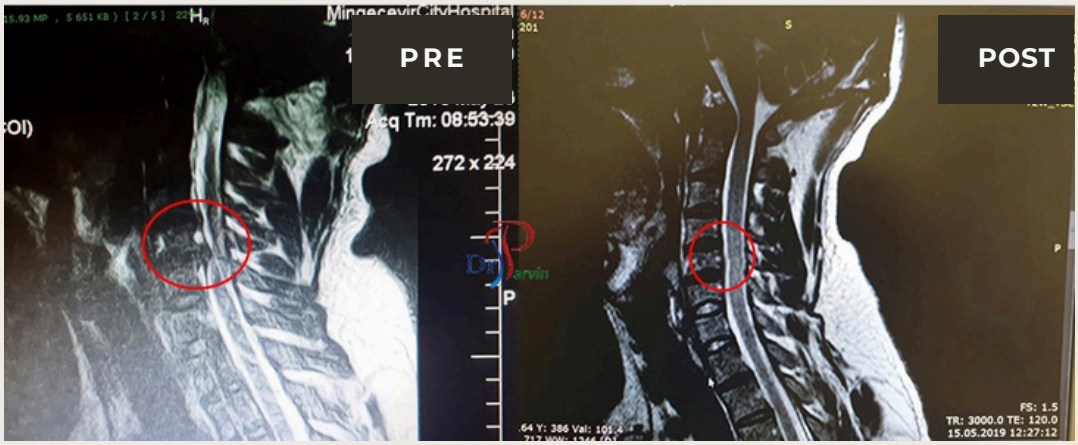
"I had been told surgery was my only option. After completing my program at Medispine, I am back to doing everything I love — without pain and without going under the knife."

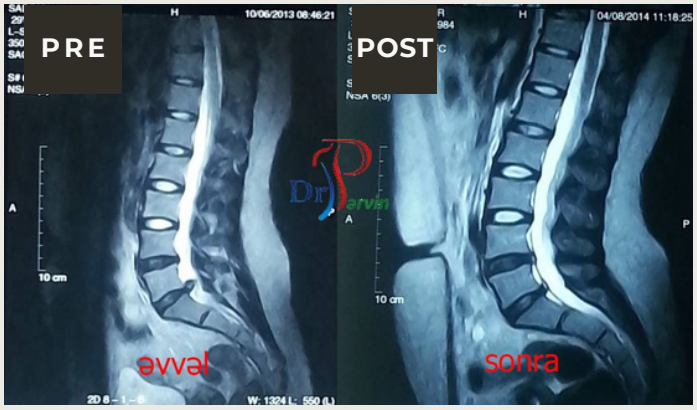
"*I was skeptical at first.* By week four, **I couldn't believe the difference**. The team at Medispine genuinely cares about your results."

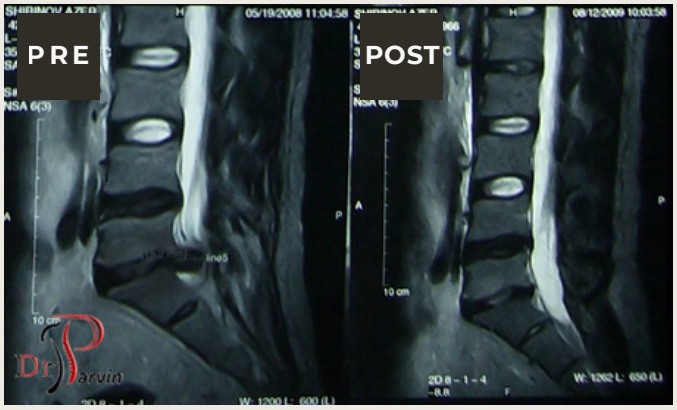
THE RESULTS SPEAK FOR THEMSELVES.

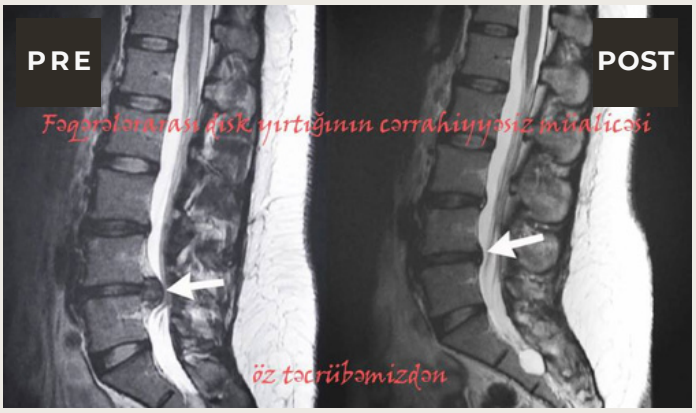


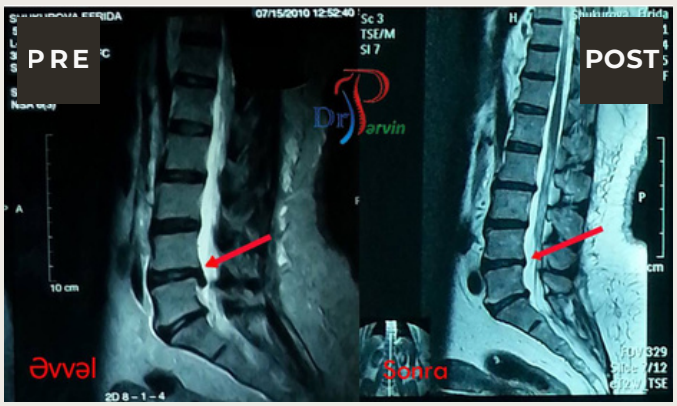
THIS IS WHAT DISC HEALING LOOKS LIKE ON MRI.











THE MEDISPINE DIFFERENCE

EXPERT CARE. MODERN TECHNOLOGY.
A TEAM THAT ACTUALLY LISTENS.

At Medispine, we believe that going to see your healthcare practitioner should be an uplifting experience. Improving your health should be a positive path to take — not something you dread.

We combine chiropractic expertise, cutting-edge technology, and a deeply personalized approach to care. *Every treatment plan is built around you* — your condition, your goals, your life. We take the time to explain what is happening in your body, why we are recommending what we are recommending, and what you can do between sessions to accelerate your results.

We are proud to be ***one of the first clinics in Atlantic Canada*** to offer the SpineMED® system — and we are committed to continuing to invest in the tools and knowledge that give our patients the best possible outcomes.

WHAT SETS US APART

✅ Diagnostic authority — your chiropractor can assess, diagnose, and treat
✅ Advanced SpineMED® technology — one of the first in Atlantic Canada
✅ Fully personalized treatment plans — no cookie-cutter protocols
✅ Interdisciplinary approach — combining manual therapy, technology, and education
✅ A clinic environment designed to make you feel welcome, respected, and heard

Learn more about our services & offers online :
@MEDISPINE.CA

NOW, FIND OUT IF IT'S FOR YOU

WITH A COMPREHENSIVE CONSULTATION AT MEDISPINE.

The first step is a conversation. Our team will review your history, assess your condition, and give you an honest, clear answer about whether spinal decompression is the right solution for you. No pressure. No commitment. Just clarity.

BOOK YOUR CONSULTATION

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