Other than the common cold, the most frequent ailment patients present to their doctors is back pain. To find a remedy, patients seek the treatment and expertise of Dr. Marco Caruso, a chiropractor in Eastchester. And numerous physicians in the region refer patients to him as well.

For anyone who has experienced debilitating back and neck pain, the following complaints from some of Dr. Caruso’s patients will sound familiar:

“My pain had gotten so bad that it was down my right leg and continued through my knee and my calf. And when it reached my ankle, I...
said, ‘You know what? I better do something soon. I’m running out of leg.’ I was getting desperate to take care of my back.”

“I could not drive. I could not sit on the couch. And my physical therapist said I would probably have to get an operation.”

“I’ve suffered for about 25 years. I tried different doctors and chiropractors. I had a hard time working, walking around, lifting, bending down.”

“I had back pain from a sporting event injury and couldn’t go to sleep. I couldn’t get out of bed; it took about 20 minutes. I couldn’t really sit down. I was in a lot of pain.”

“I have a herniated disc. I had foot drop, numbness on the leg, pretty severe.”

These are but a few of the comments that patients made when consulting with Dr. Caruso. But after his treatments, here’s what the same patients said:

“Within the first two-and-a-half weeks, I felt what I call normal. I didn’t feel the stiffness and the tightness. I got the feeling back in my leg. I feel good. I’m very happy with the results.”

“Since I’ve been coming to see Dr. Caruso, I’ve seen tremendous improvement. What he said he’d do he did.”

“I got results in two to three weeks. I felt a great difference to where I was able to get around and do what I do normally, easier.”

“After two weeks with Dr. Caruso, I saw drastic improvements.

The patient lies in a supine position while Dr. Caruso adjusts the pelvic tilt during a spinal decompression session.
After a month, I slowly started doing activities. I’m 20 years old now, and I can do basically all I was doing before I got hurt.”

“After five sessions, [Caruso] brought me to a level where I could do things I hadn’t been able to do over the past 15 years.”

These patients are not only pleased with Dr. Caruso — a chiropractor they characterize as professional, compassionate, knowledgeable, thorough and encouraging — but more so about the spinal decompression therapy employed by Dr. Caruso.

**SPINAL DECOMPRESSION THERAPY VERSUS TRACTION**

Not gender specific, back and neck pain will affect four out of five adults, causing an estimated 80% of all work absenteeism, Dr. Caruso noted, adding that 90% of all back problems can be attributed to spinal compression.

Traditionally, the prescription for many back problems is static traction with its belts, pulleys and inherent slippage. But Dr. Caruso says such therapy actually exacerbates the problem by encouraging muscle structures to resist tractional force and not work in concert with it. Conversely, spinal decompression therapy has no loss of force; it exerts a rhythmic, measured and monitored distraction force on a patient’s spine to relieve the pain-causing pressure.

In addition to treating back and neck pain, spinal decompression therapy averts pain associated with herniated and protruding discs, degenerative disc disease, posterior facet syndrome and sciatica. Far more than pain aversion therapy, spinal decompression also increases joint space, disc height and the oxygen exchange necessary to promote healing and strengthen soft tissue.

These are not the claims of Dr. Caruso, but are substantiated outcomes verified through research. One study compared mechanical traction to spinal decompression therapy among 156 lumbar patients and 37 cervical ones, some of whom had previous surgery for pain. Forty-one percent of the patients’ perceived disability rates dropped to minimal from moderate to severe. And their self-rated pain scales sank from 5.8 to 0.8.

The outcomes of another comparative study evaluating the effect of nonsurgical intervention on symptoms of spine patients with herniated and degenerative disc disease was undertaken to evaluate the effect of spinal decompression on patients with herniated and degenerative disc disease. Results showed that a large percentage of the 219 patients who completed the therapy reported immediate resolution of symptoms, while a similarly significant proportion remained pain free 90 days post-treatment.

Physical examination findings showed improvement in 92% of the 219 patients, and the improvement remained intact in 89% of the patients 90 days after treatment. This study shows that disc disease can be cost-effectively treated using spinal decompression. The cost for successful nonsurgical therapy is less than a tenth of that for surgery. These results show that spinal decompression therapy holds promising results for the effective management of patients with.
disc herniation and degenerative disc diseases as opposed to more traditional therapies.

Even more research utilizing MRI, pre- and post-treatment, has shown significantly reduced disc herniations, depending on the number of sessions performed. Researchers also found rehydration of the disc nucleus.

**SPINE MED TABLE IS THE KEY**

Vertebral disc problems are among the most common causes of lower back pain. The SpineMED table used by Dr. Caruso is specifically designed to treat these types of conditions by using proven principles to relieve pressure on vital structures of the lumbar spine and spinal nerves, reducing pressure inside the discs.

Unlike other decompression and distraction devices, the SpineMED table does not employ antiquated traction components like a traction box, pulleys, drums, ropes and harnesses. Rather, using pelvic restraints, the table captures and distracts the skeletal structure through a unique design not found on any other decompression device.

In addition to its proprietary mechanical design, the table has an on-board computer that monitors every 2.5 milliseconds the tension applied to a patient’s spine, and makes any necessary adjustments after eight samplings, for an adjustment rate of 20 milliseconds. Antiquated distraction equipment simply cannot react and adjust tensions at this incredible speed. While their load sensors are recording changes in milliseconds, the inherent

**MRI will help determine the treatment specifications of each individual patient.**
Dr. Caruso is now a very important part of my practice and I refer many of my new patients to him for conservative therapy prior to a surgical evaluation.

 slack in their restraining devices significantly delays true reaction time as the force is disbursed throughout their outdated force generation system.

“The table knows when to add more pressure and when to reduce it,” Dr. Caruso said. “It’s not only for acute patients, but is an integral part of proactive measures to help repel back problems.”

For eight years, Dr. Caruso has used the SpineMED decompression table. “It is a breakthrough technology that has revolutionized the treatment of patients with certain back problems,” Dr. Caruso said.

“The SpineMED table is well researched, and the research continues,” he said. “We’ve gone as far as doing some pre- and post-treatment MRI studies ourselves,” he added, so as to rely on his own original research.

“I’m humbled at what my patients say about the table and my treatments,” Dr. Caruso said. “But I am even more encouraged about what other physicians are saying.”

In Bridging the Gap

While spinal decompression therapy increases the gap between vertebral bodies, it has narrowed, and even bridged the gap between medical bodies, too: physicians and chiropractors. “This new treatment has filled a void in the medical community in trying to solve back pain,” Dr. Caruso said.

Like any responsible doctor, Dr. Caruso realizes that surgery is sometimes necessary, and he refers such candidates to a select group of surgeons. Likewise, an increasing number of surgeons recognize the benefits of spinal decompression therapy and refer such patients to Dr. Caruso.

One case significant to Dr. Caruso and his growing professional interaction with physicians includes John M. Abrahams, M.D., a neurosurgeon with Brain and Spine Surgeons of New York in White Plains. According to Dr. Abrahams, he and Dr. Caruso “work together as a team taking care of patients with spinal disorders, in particular neck and low back pain. [Dr. Caruso] provides patients with an excellent, conservative alternative to surgery that includes

I see many people with muscular/skeletal disorders like herniated discs. I have referred patients to Dr. Caruso for a number of years, even before I was a patient of his.
spinal chiropractic care as well as traction therapy. One patient in particular presented to Dr. Caruso with severe leg pain due to a large disc herniation. He provided her with conservative therapy that alleviated a good portion of her symptoms but when she failed to recover completely, she was referred to me for surgical evaluation," Dr. Abrahams said.

Reluctant to have surgery, the patient continued to see Dr. Caruso for therapy and sought his opinion regarding surgery. “Since Dr. Caruso and I have taken care of many patients together, he knew she was in good hands and would do well with surgery,” Dr. Abrahams said. “The patient underwent a microdiscectomy and was back to normal activity within no time with a complete resolution of her symptoms. Dr. Caruso is now a very important part of my practice and I refer many of my new patients to him for conservative therapy prior to a surgical evaluation.”

Having this kind of relationship between a chiropractor and physician “has been incredible,” Dr. Caruso said. “Working hand in hand with physicians affords me insight into their practices,” he added, saying it’s a two-way street because other physicians are gaining insight into and an appreciation for a noninvasive treatment for some of their patients.

Other doctors in the region have similar appreciation for Dr. Caruso and his spinal decompression therapy: “Decompression therapy as a modality has been a tremendous success for the patients we have referred over to Dr. Caruso,” Dr. Martin Engelhardt III of New Rochelle said. “I have sent some tough cases to Dr. Caruso,” said Dr. Robert DeMatteo of Yonkers. “This table has been shown to have significant benefit for my patients.”

Dr. David Lans, a New Rochelle physician, said, “In 1990, I had surgery for a herniated disc in my lower back, and had a very excellent result, and for 14 years did very well. However, three years ago, I experienced a recurrence and had a tremendous amount of pain. I didn’t want to go through surgery again, and I was looking for a nonsurgical approach for relieving my severe sciatic pain. I found that with Dr. Caruso. After three-and-a-half weeks with him, even after other treatments I had tried were completely unsuccessful, I’m happy to say that my sciatic pain completely went away and has remained that way for over a year. Dr. Caruso is a very caring, encouraging and upbeat chiropractor. As a physician myself, and in particular, a rheumatologist, I see many people with muscular/skeletal disorders like herniated discs. I have referred patients to Dr. Caruso for a number of years, even before I was a patient of his. Now, I refer patients even more frequently because I see the benefits that the SpineMED treatment and Dr. Caruso’s care can offer people.”

“All I want to do is make a difference in people’s lives,” Dr. Caruso said. With multiple SpineMED tables and thousands of patient visits to his credit in the last eight years, as well as the endorsement of about a dozen physicians, Dr. Caruso continues to make that difference.