



THE NON-SURGICAL **BACK PAIN** SOLUTION

Introducing Hill DT **Spinal
Decompression** Therapy

RELIEVE
spine & joint clinic



HELLO & WELCOME

If you are experiencing back pain caused by a disc bulge or disc herniation and have been informed that surgery is your only solution - then you have come to the right place. While the success rate of surgery is reasonably high, we understand why you may be hesitant to explore this option.

For many of us, the advantages of surgery are often overshadowed by personal reasons - whether it's uncertainty of the outcome of surgery, long NHS waiting lists, or an inability to take time off work for recovery

Unfortunately, when it comes to our own health, we tend to delay addressing the issue for as long as possible until the pain is somewhat unbearable or unmanageable.

However, what if we told you that surgery may not be the only solution for dealing with your herniated disc and getting rid of your pain?

At Relieve Spine & Joint Clinic, we are proud to introduce you to Hill DT non-surgical spinal decompression therapy.

As the first clinic in the UK to offer this ground-breaking non-surgical approach, we are determined to help as many people as possible alleviate their back pain and restore their quality of life for good.

If this sounds like the solution you've been searching for, stick around, as you will learn everything about Hill DT therapy, so you can be confident in knowing what steps to take next.

We look forward to seeing you at our clinic soon.

Zain

*Owner and Principal Osteopath
of Relieve Clinic*



WHAT IS HILL DT THERAPY?

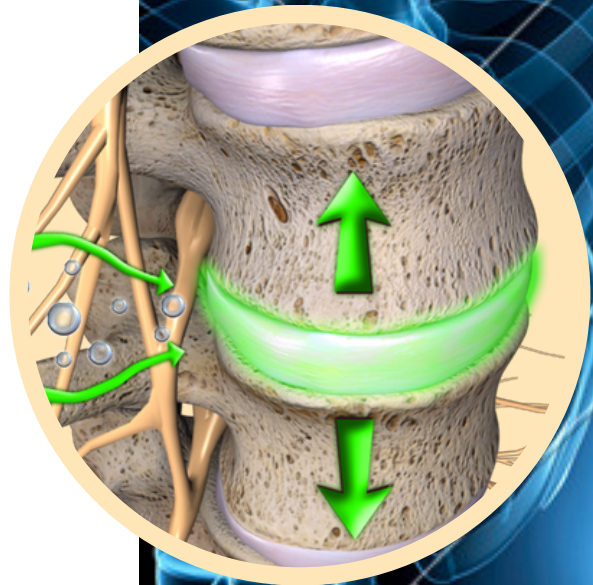
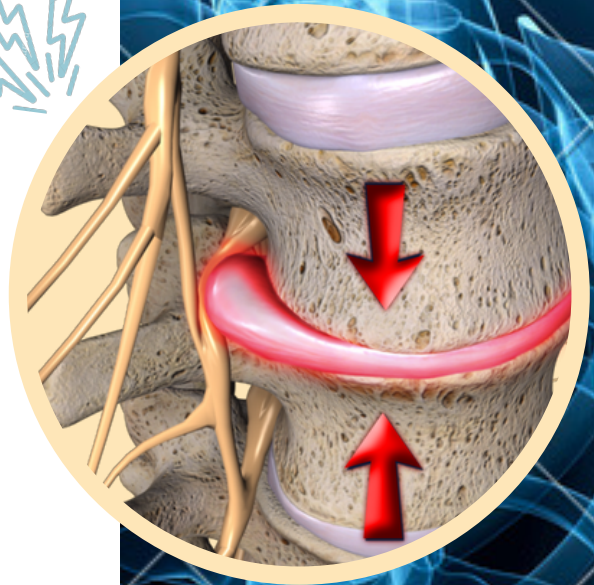
Hill DT Spinal Decompression Therapy is a non-surgical and non-invasive treatment designed for people suffering from neck and lower back problems, specifically disc bulges or disc herniations, commonly referred to as "slipped discs".

The primary goal of this treatment is to gradually and gently elongate the spine and alleviate the pressure building up within the discs that sit between your vertebrae, by completing repetitive and gentle movements facilitated by our state-of-the-art Hill DT medical device.

Essentially Hill DT Therapy creates changes in pressure within the affected intervertebral disc(s), as well as the surrounding soft tissues and joints.

By consistently and repetitively altering the pressure, Hill DT therapy allows the bulging or herniated disc to be drawn back into it's normal position while promoting the absorption of vital nutrients in the disc.

In turn, this relieves pain and aids in the rehydration of the disc and the surrounding tissues. This rehydration process triggers a physiological transformation that supports the body's natural healing mechanism, leading to a **long-term** reduction in the impact of back pain and/or sciatica on your daily life.



WHY HILL DT THERAPY?

The Hill DT Medical Device stands out in the market by delivering unparalleled results and attention to detail in each session. It is so much more than just a therapy table; it is a comprehensive program that provides exceptionally effective and targeted treatments to those suffering with herniated or bulging discs.

What sets the Hill DT apart is its ability to monitor each patient's progress with integrated sensors, delivering over 10,000 pulses per millimetre.

As the therapy progresses and the patient nears their threshold, the Hill DT intelligently reduces the pulling force.

This ensures that each patient receives low-force, pain-free, smooth decompression tailored to their specific needs.

One of the key benefits of the Hill DT table is its capacity to facilitate the drawing of nutrients and oxygen-rich blood back into the affected disc, initiating the crucial rehydration process that is vital for healing a herniated disc.

Whilst Hill DT Therapy is proving to be extremely popular in the United States - Relieve Clinic, Leeds is proud to be the first clinic in the UK to have access to this remarkable technology and offer our patients incomparable treatment.





MRI SCAN BEFORE HILL DT THERAPY

Is there medical evidence of its success?

Absolutely. Multiple scientific research studies prove that spinal decompression therapy works.

As a medical device widely used in the US, it has been tested and approved by the FDA, and other top medical governing bodies both in the US and internationally.

There are consistent studies that have shown proven results through both individual quality of life improvements and physical changes that can be seen in patient MRI scans, pre and post Hill DT therapy (**see image above for real patient example**).

These MRI scans actively show the positive impact decompression therapy can have on a patient's spinal health.



MRI SCAN AFTER HILL DT THERAPY

How many sessions do I need to have?

Based on the scientific research of this treatment, it is advised to have between **24 and 36 sessions** of Hill DT therapy to get long-term results. In most cases, 24 sessions are sufficient. It is only in more severe cases that extra sessions may be necessary.

The Hill DT protocol advises to have **2 to 4 sessions per week** until your recommended total number of sessions is complete.

How long will my results last?

Research suggests that continued improvement is seen up to four years following the treatment program. However, it is not limited to this period of time.

Depending on the severity of your disc bulge, maintenance treatment (one session every few months) may be recommended to maintain long-term treatment effects.

Does the treatment hurt?

One of the main objectives for a treatment like this is to make patients feel as comfortable as possible rather than causing any more pain or discomfort.

Patients typically don't feel pain during treatment. Most people find it relaxing, sometimes drifting off to sleep during a session

On the other hand, some patients may experience temporary soreness after a session as if they have had a muscle workout. If you do experience any soreness, cold packs work to relieve the pain quickly. The more sessions you have, the less soreness you'll generally experience - as your body naturally adapts to the treatment over time.

How much does a session cost?

Each treatment session is **£80**. Patients either can pay for sessions in full or in 4 split payments (payable every 2 weeks).

Do I need to do exercises during the process?

We will recommend some gentle movements, stretches and exercises that will help promote the natural progression of this treatment. These aren't strenuous and can be completed independently.

Throughout the entire process, we will monitor your progress and discuss your needs to ensure you're constantly getting the support you need to get the most out of your spinal decompression sessions.



ABOUT RELIEVE CLINIC

We are located right in the heart of Leeds City Centre, opposite Leeds Town Hall. Our clinic offers a wide variety of treatments in a welcoming, modern setting.

We're open 6 days a week and have **FREE parking** available on-site (only available for Hill DT therapy patients due to limited availability), so you do not need to worry about accessing our services.


Our specialist osteopaths are fully trained in spinal decompression therapy to ensure you get the optimal results from each session.

To book a **FREE consultation** right away, click the button below.

**FOR MORE DETAILS ON OUR SERVICES,
PLEASE VISIT OUR WEBSITE OR
CONTACT US DIRECTLY**

 3 Oxford Place, Leeds, LS1 3AX

 info@relieveclinic.co.uk

 0113 451 0112

 www.relieveclinic.co.uk

Mon & Wed: 8am - 1.30pm

Tue, Thu & Fri: 8am - 8pm

Sat: 9am - 3pm

BOOK NOW

