

Celebrating VAX-D

What happens when nonsurgical spinal decompression treatment is applied to an old injury? A patient talks about his experience.

Rosario “Ross” Cavallaro performed a good deal of physical labor as a carpenter over the years, but he paid the price.

“In 1982 I had an industrial accident with a roll of carpet,” he says. “I was carrying it up to the second floor of a company building in Ohio that was under renovation, and it almost snapped my back in two.”

At first, Ross’s injury was severe enough to prevent him from working.

“It put me out of commission for a few months,” he explains. “After that I had terrible back pain.”

He tried to find a medical solution, but nothing seemed to help.

“I went to a chiropractor two to three times a week, getting very little relief,” says Ross. “Later, I purchased one of those back swings to hang me upside down by the ankles, but that only gave me slightly more relief.”

“I decided to go to Cleveland Clinic, because they’re rated number three in the country. They don’t recommend any operations on backs, though. The only thing they could offer was an epidural injection in the spine.”

For a few days the epidural eased up Ross’s pain and got him walking a little, but it wore off, he says. “I got another epidural in November 2006,” he adds, “but the second one didn’t do anything at all.”

Ross then tried to escape the effects of the cold Ohio weather by coming to Florida, where he found out about *vertebral axial decompression*, or VAX-D, a nonsurgical treatment that can bring long-term relief to sufferers of severe low back pain. He consulted Craig S. Aderholdt, DC, of Back Pain Institute of West Florida, with offices in Bradenton and Pinellas Park.

“Dr. Aderholdt took x-rays and went over them with me, and I asked him if he thought he could help me. He said he definitely could, so I said, *Let’s go*. I’m glad I did.”

What is VAX-D?

Dr. Aderholdt explains, “Not everyone is a candidate for VAX-D, and chiropractic adjustments alone can actually relieve many patients’ pain. However, for select patients with herniated, bulging, or degenerated discs, VAX-D has proven extremely effective.”



Only 14 VAX-D tables are in use in the state of Florida, and two of them are at Back Pain Institute of West Florida. In fact, Dr. Aderholdt is the only doctor in the Bradenton and Sarasota area who offers the treatment.

VAX-D is a patented, FDA-approved medical decompression technique for alleviating pressure on the discs of the lumbar spine; it is not a traction device.

During treatment, the patient relaxes on a comfortable, computer-controlled table, secured with a pelvic belt. Carefully specified tension and pressure changes guide the use of VAX-D, allowing the therapist to focus decompression at the precise level of spinal dysfunction.

The machine’s computer system enables the VAX-D table to make subtle but targeted movements, creating a powerful vacuum within the disc space. This vacuum gently draws the disc back to its proper orientation, pulls nutrient-rich spinal fluid into the disc, and stimulates repair cells, effectively mending the disc.

“Nothing else can effectively create such a powerful vacuum,” continues Dr. Aderholdt, “which is what makes VAX-D such a valuable tool for pain relief. There are imitators, but the vacuum effect is the most powerful one known; it doesn’t allow muscles

can offer my patients as we work toward relieving their pain and maintaining the health of the lumbar spine.”

“Out of this world”

Ross is grateful to have discovered something that works, especially after all these years of pain.

“I’m glad I found Dr. Aderholdt, because he’s *great*,” he emphasizes, “and so is his staff: Lisa, Fran — they’re all great. And the therapy is out of this world.”

“I don’t have to have surgery, I don’t take any medicine, and there have been no more injections. I can’t express how much I appreciate what Back Pain Institute of West Florida is doing for me. I feel like I’ve got a second life.”

He also emphasizes the effectiveness of the VAX-D treatment.

“Take it from someone who’s had a lot of back pain: This is the greatest thing since the wheel was invented,” assures Ross. “I’ve got about 80 percent pain relief. After all I’ve been through, I would

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to contract like other machines might. And VAX-D has a track record of a great number of satisfied patients over the years. In fact, long-term studies have shown that VAX-D is effective in more than 88 percent of patients who go through the treatment.”

Thanks to VAX-D, most people do not require back surgery, says Dr. Aderholdt.

“The risk of complications is significantly reduced whenever invasive surgery can be avoided and noninvasive measures employed instead,” he adds. “Many back pain sufferers might be VAX-D candidates. The treatment can alleviate lower back pain, numbness and tingling, and pain radiating down the leg.”

“I consider VAX-D to be one of the most effective nonsurgical medical treatments for low back pain and sciatica today,” says Dr. Aderholdt. “This revolutionary technology is one more tool I

never have believed there was a place that could help me like this.

“I’d thought about surgery,” he adds, “and I’m glad I didn’t go through with it. Several friends of mine have had two operations and are thinking of going for a third and are getting so discouraged. They figure, *Why bother? The first two didn’t work*.”

“To me, VAX-D is a medical miracle for back pain. It’s just fantastic.”

FHCN—Michael J. Sabno



Dr. Craig S. Aderholdt
www.aderholdt.com

Does your MRI show a herniated, bulging, or degenerated disc?

If your MRI shows disc herniation, a bulging disc, or degenerative disc disease, you may be a candidate for VAX-D. Contact Dr. Aderholdt’s office at (941) 756-5528 today, and bring your MRI to your first consultation.

YES! Please send me additional information about:

<input type="checkbox"/> VAX-D	<input type="checkbox"/> Kinesiology	<input type="checkbox"/> Sciatica
<input type="checkbox"/> Back and neck pain	<input type="checkbox"/> Automobile accident injuries	<input type="checkbox"/> Spinal stenosis
<input type="checkbox"/> Headaches	<input type="checkbox"/> Please contact me about scheduling an appointment.	

Name _____

Address _____

City _____ State _____ Zip _____

Phone _____

E-mail _____

Mail to: Dr. Craig S. Aderholdt, 2215 53rd Ave. West, Bradenton, FL 34207

Be sure to watch Dr. Aderholdt’s televised report

“Back Pain Breakthrough” Mondays at 1:30 a.m. WTSP, CBS 10

Get “back” to wellness ... naturally!

VAX-D may be the treatment that helps you avoid an unnecessary surgery. For additional information, or to schedule a consultation, please call or visit the office most convenient for you: in Bradenton at **2215 53rd Ave. West**, call (941) **756-5528**; in Pinellas Park at **5030 78th Ave. North, Suite 13**, call (727) **545-3531**.



Craig S. Aderholdt, DC, received his undergraduate degree from The Pennsylvania State University, State College, and his doctor of chiropractic degree from Life University School of Chiropractic, Marietta, GA, where he graduated cum laude. Dr. Aderholdt also holds certification in chiropractic adjunctive physiotherapy from New York Chiropractic College and completed extensive postgraduate training in therapeutic modalities at National-Lincoln School. He is a member of the Florida Chiropractic Association and American Chiropractic Association and is a certified VAX-D consultant.