

# Florida Health Care News

Florida's largest health care information publication



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## SPINAL DECOMPRESSION

# NONSURGICAL RELIEF OF NECK AND BACK PAIN



PHOTOS COURTESY OF CRESPO & ASSOC., P.A.

**BACK TO BASICS.**  
Angelo (left) and Rick (center) enjoy their return to normal activities following effective treatment with the Crespo Technique.

**CRESPO**  
AND ASSOCIATES, P.A.  
[www.crespomd.com](http://www.crespomd.com)

Tampa attorney Rick Teranna was accustomed to back pain. "I suffered a number of football and wrestling injuries in my high school and college days," he explains. "Back pain was something I'd learned to live with."  
Unfortunately, Rick had another "lesson" coming. "One morning, I got out of bed, and my back went out on me so fast that I fell to the floor. I couldn't get up for a long time. When I was finally able to move again, I went straight to Dr. Luis Crespo's office."  
Luis E. Crespo, MD, of Crespo and Associates in Tampa, is a respected leader in the field of spinal decompression and stays on the leading edge of innovations in the nonsurgical treatment of chronic back and neck pain.

(see Neck and back pain, page 4)

## Select your doctor wisely!

Dr. Crespo was the first physician in Tampa to add the Crespo Technique technology to his practice, thus being the only medical doctor in the area to bring the combined benefits of spinal decompression and MedX to his patients.

"I was glad to know a medical doctor was supervising my treatment," says Angelo. "Dr. Crespo's medical training gave him a wider knowledge of my whole medical condition. That was important to me."

*Celebration! Dr. Crespo has relocated his practice to 5041 W. Cypress St. Please call to schedule your appointment at his new location.*

Rick agrees. "I have much more confidence in someone who holds a medical degree from an accredited university," he says. "Dr. Crespo's training allows him to go far beyond what a chiropractor is qualified to do."

If you are interested in finding out if the Crespo Technique will work for your neck and low back pain, make an appointment with the medical doctor who can offer you the most experience:

**Luis E. Crespo, MD.**



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### AUDIOLOGY



**Hearing problem solved here**

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### IDT THERAPY

**A skeptic sees proof**

**Pg. 7**



### RETIREMENT COMMUNITY

**A head above the rest**

**Pg. 12**





**Dr. Crespo's office offers the country's first stand-alone cervical decompression system of its kind.**

# Neck and back pain

(continued from page 1)

"That's what I was looking for," confirms Rick. "Relief from my pain without having back surgery."

## Angelo's agony

Angelo Wiley's life changed dramatically following a rear-end collision in 2004.

"I've always been an athletic guy," says Angelo, "but I had to stop going to the gym and give up powerlifting and a lot of other strenuous activities after that accident: it left me with a number of herniated discs in my lower back. I was in constant pain."

Angelo was aware that surgery was always an option for relieving his unrelenting back pain, but he was hoping for something less invasive.

"I know someone in Dr. Crespo's office," says Angelo, "and she told me Dr. Crespo had a treatment that was designed to relieve back pain without surgery. I was interested!"

## Noninvasive relief

"Many patients are reluctant to face the risks and uncertain results of surgery," observes Dr. Crespo. "Others are not good candidates for surgery either because of their overall health or the nature of their injuries."

"Until recently, patients had to learn to accommodate their pain, restricting their activities and even taking strong medications that had unwanted side effects."

"Now," says Dr. Crespo, "we have new leading-edge technology, the Crespo Technique, that effectively treats both the pain of acute injuries and chronic pain from degenerative or herniated discs in the neck and lower back."

## Describing the Crespo Technique

The spinal decompression system Dr. Crespo uses makes therapy easy on the patient.

Specially designed harnesses hold the patient securely in place, allowing the patient to relax while the equipment slowly, gently stretches the spine. This gentle manipulation enlarges disc space, reduces herniation, and applies negative intradiscal pressure to prod the herniated or degenerative discs back into their proper position, away from pain-generating nerves.

Spinal decompression begins with daily treatments, each lasting 30 to 45 minutes, for a two-week period. These are followed by treatments administered as needed, three times a week, until pain relief is achieved. Each treatment is followed by cold therapy with electrical muscle stimulation to help consolidate

to provide long-lasting results.

"If the muscles that support the spine and hold the vertebrae in place are not strengthened, the spine is not able to maintain the gains of decompression," he points out. "For that reason, during the last phase of the Crespo Technique, I also incorporate the MedX system of muscle strengthening and stabilization."

Dr. Crespo's practice is the only clinic nationwide to offer the Crespo Technique utilizing spinal decompression in conjunction with the MedX strengthening and core stabilization exercise equipment.

The MedX spinal exten-

sion devices isolate the deep muscles that support the spine and provide resistance therapy to strengthen them. Like the decompression system, the MedX can be precisely controlled to deliver strengthening exactly where it is most needed.

could barely move," reminds Rick. "Within a couple of hours of seeing him, I was up and moving around. Dr. Crespo put me on a regimen of medication and stretching exercises; then I graduated to spinal decompression, followed by core stabilization treatments."

"I'm out of pain, thanks to Dr. Crespo," says Rick. "That's what did it for me." "Spinal decompression therapy worked great for me," proclaims Angelo. "I won't be powerlifting again," he concedes, "but I'm back at the gym, I'm enjoying all my normal activities, and I'm free of my excruciating pain. The Crespo Technique was just right for me!"

FHCN—Billie S. Noakes

For more information about Dr. Crespo's practice, please visit his website at [www.crespomd.com](http://www.crespomd.com).

the paravertebral muscles and maximize the effects of decompression. The system is so precise that it can target individual spinal discs, applying treatment in three dimensions to maximize healing and pain relief.

## Added benefit

Dr. Crespo explains that spinal decompression alone is not enough

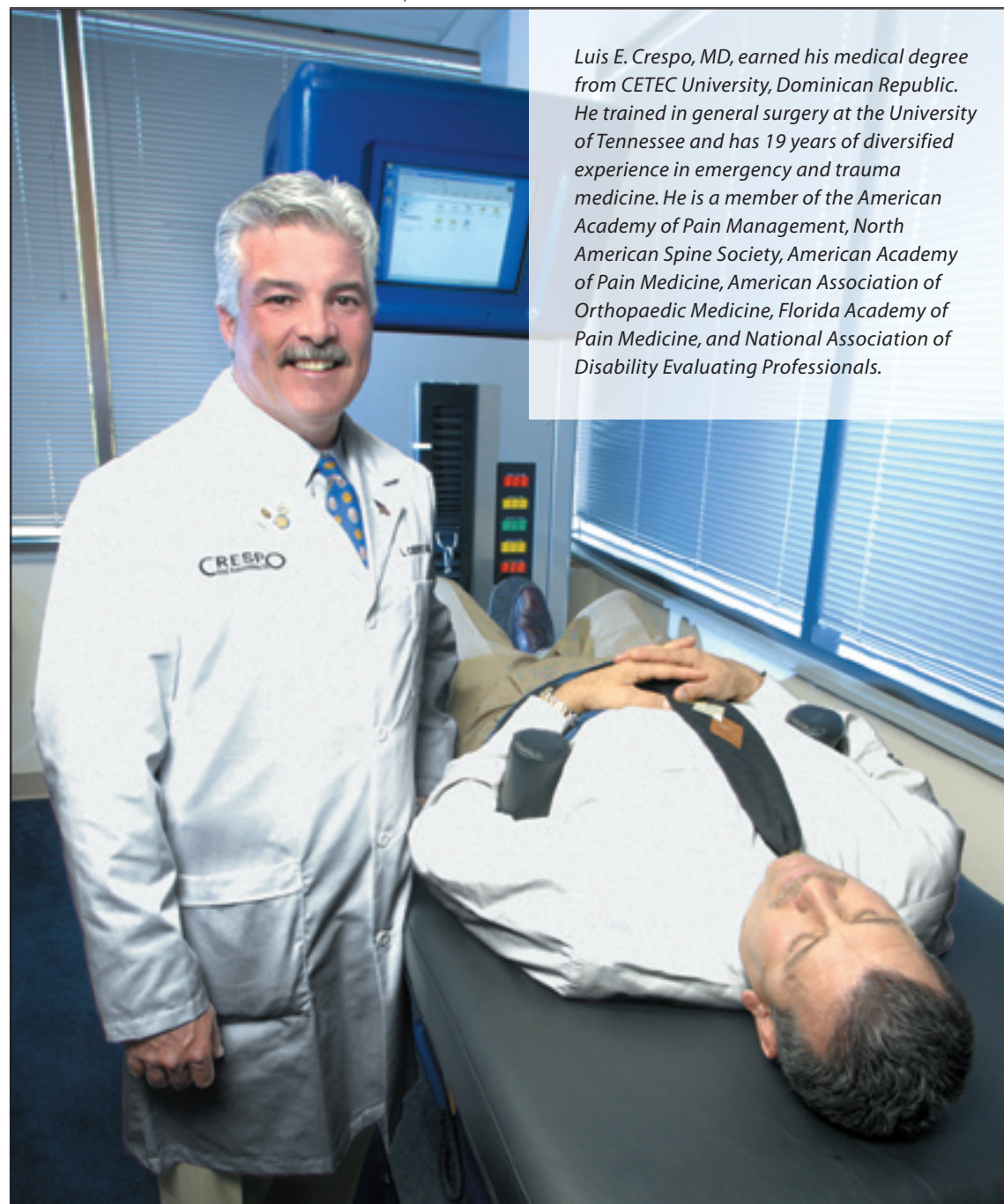
## Welcome relieve

"When I went to Dr. Crespo I

## Step toward relief

*Dr. Crespo and his staff welcome your calls about pain relief. They welcome patients dealing with PIP insurance claims, as well as those who are enrolled in a variety of private health insurance plans. Unsure about your own coverage? Dr. Crespo's staff can help. To take your first steps toward relief and recovery, please call Crespo and Associates, P.A., located at 5041 W. Cypress St., in Tampa at (877) PULL YOU (785-5968).*

PHOTO COURTESY OF CRESPO AND ASSOCIATES, P.A.



*Luis E. Crespo, MD, earned his medical degree from CETEC University, Dominican Republic. He trained in general surgery at the University of Tennessee and has 19 years of diversified experience in emergency and trauma medicine. He is a member of the American Academy of Pain Management, North American Spine Society, American Academy of Pain Medicine, American Association of Orthopaedic Medicine, Florida Academy of Pain Medicine, and National Association of Disability Evaluating Professionals.*

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