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For Immediate Release:

## MALVERN DOCTOR ACHIEVES CERTIFICATION IN SPINAL DECOMPRESSION THERAPY

Malvern, PA --- Rick Goldfine D.C. has received notification that he has passed the certifying examination of the "Kennedy Decompression Technique" course and earned the designation "Certified Practitioner" in spinal decompression therapy. The certification course work was taught by the foremost expert in spinal decompression, Jay Kennedy, D.C., who has unparalleled experience and expertise in the field having treated many thousands of patients over the last 14 years while using a variety of decompression systems. The topics in the comprehensive syllabus covered a wide variety of subjects including proper patient selection, patient positioning, treatment time, amount of force, degrees of angle and included a two-day "hands-on" training session followed by the certification examination. Spinal decompression therapy is a non-surgical, traction based



treatment outcome for herniated or bulging discs in the neck and low back. During the procedure, by cycling through distraction and relaxation phases and by proper positioning, a spinal disc can be isolated and placed under negative pressure, causing a vacuum effect within it. The vacuum effect allows the disc component - that has protruded or herniated outside the normal confines of the disc - to be pulled back within the disc.

Dr. Rick Goldfine said, "It is of the utmost importance to me as a chiropractor to provide the very best treatment possible. The skills taught in the Kennedy Decompression Technique will take the guess work out of traditional spinal decompression."