

When back or neck pain is linked to pressure on mcnamarachirocenter.com chiropractor Lighthouse Point a spinal disc or an irritated nerve, many people start searching for options that do not involve surgery or injections. One option offered at McNamara Chiropractic Center in Lighthouse Point, Florida, is non-surgical spinal decompression using the Antalgic-Trac® system. This article gives a general overview of what spinal decompression is, who it is commonly discussed for, and how it fits into the practice's broader approach.

What spinal decompression is

Spinal decompression is a form of motorized traction. The goal is to gently unload the spine so that pressure on the discs and nearby nerves is reduced while the patient lies comfortably on the table. Antalgic-Trac® is a decompression system designed to work in different positions and angles, which allows the setup to be adjusted to the patient's comfort and to the area of the spine being addressed.

At [McNamara Chiropractic Center spinal decompression Lighthouse Point](#) sessions are part of a structured Spinal Decompression Program. That means decompression is planned as a series of visits rather than a single treatment, and progress is reviewed along the way.

Who it is often discussed for

Dr. Carol McNamara-Krauss, DC may talk with patients about decompression when their history and examination point to problems such as:

- Disc herniation or disc bulges in the low back or neck
- Sciatica, where pain travels from the low back into the buttock or leg
- Back or neck pain that has not responded well to rest alone
- Nerve-related symptoms such as tingling, when a disc is a suspected contributor

Decompression is not right for everyone. Certain conditions, recent surgeries or other health factors may make it unsuitable. That is why an examination comes first, and why Dr. McNamara gives patients an honest assessment of whether they are a candidate before recommending a program.

What a session is like

Patients typically remain clothed and lie on the decompression table. A harness system is fitted, and the table applies slow, controlled cycles of traction and relaxation. Most people describe the feeling as a gentle stretch. Sessions are monitored, and the settings can be adjusted if something feels uncomfortable.

Depending on the plan, decompression may be combined with chiropractic adjustments, therapeutic ultrasound, Class IV laser therapy or massage therapy. Each patient's combination is personalized.

The goal: a non-surgical path where appropriate

The practice describes its restoration programs as structured, non-surgical protocols. For some patients the goal is to avoid or delay surgery; for others it is simply to move and sleep more comfortably. Results vary from person to person, and no specific outcome can be promised. What patients can expect is a clear explanation of the plan, the reasons behind it, and regular check-ins on how they are responding.

Questions to ask at your evaluation

- Based on my exam, is spinal decompression a reasonable option for me?
- How many visits does the program usually involve, and how will progress be measured?
- Which other therapies would be combined with decompression, and why?
- What can I do at home to support the plan?

Location and scheduling

McNamara Chiropractic Center is located at 3320 N Federal Hwy, Lighthouse Point, FL 33064, on US-1 between Sample Road and Copans Road, across from Publix. Parking is free and on-site. Many patients visit from Pompano Beach, Deerfield Beach, Boca Raton and Coconut Creek. To ask about a decompression evaluation, call (954) 902-6371 or visit <https://mcnamarachirocenter.com/>.

This information is educational only and is not medical advice. Spinal decompression is not appropriate for every condition, and results vary.

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