

How the Vertetrac Helped Me and Helps My Practice

By Nathaniel S. Wirt, PhD, DC



The Vertetrac has been a vital tool within my chiropractic practice for treating extreme lower back cases for postural, disc, and vertebral joint problems. The device has produced much success at augmenting the results of chiropractic manipulation.

Personal Experience

I have had intermittent lower back problems since my early thirties with radiating pains into the lower extremities that would heal independently. As a young man, I was very athletic, and therefore probably damaged joints, cartilages, and ligaments through sports. I've experienced concussions, broken noses, and ankle and knee injuries.

At the age of 57, I was stretching my lower back through a series of reverse sit-ups on an inversion machine. During the curl of the sit-up, something gave out in my lower back, causing immediate extreme pain in the left inner thigh (adductor region). I had to be hospitalized and needed pain injections every five hours for days, until imaging confirmed herniated discs at the L3 and L4 levels. Fortunately, the herniations were not fragmented; the herniated material was impinging upon nerves of the lumbar plexus. The orthopedic surgeon told me that I was due to have surgery. In the hospital, I received a series of cortisone injections to the spine, relieving the pain from the adductor muscle spasms considerably. However, I could neither stand nor walk because of great instability in my lower back. I was convinced that I would be physically limited for the rest of my life.

A close friend and fellow chiropractor recommended that I try the Vertetrac because he had integrated the device into his facility several years earlier and had been treating patients since then with excellent results. Taking into account my personal his-



tory of self-healing and the results of my MRI and CT scans, he recommended that I purchase a Vertetrac immediately. I purchased the device and the results were phenomenal.

Upon being released from the hospital, I could not stand on my feet for more than a minute without developing severe pain in my back. The very first time I strapped on the Vertetrac, I was able to stand and walk for 30 minutes at a time without pain! The immediate result was greatly encouraging. After leaving the hospital, I began wearing the Vertetrac for 30 minutes a day while walking on a track near my home. I became totally asymptomatic after three weeks of usage. I resumed my chiropractic practice and could walk again for exercise. Today, I walk, bike, and swim regularly.

I now gratefully understand that my own personal health issue has allowed me to aid and effectively treat my patients in the future.

Professional Integrity

I use the Vertetrac regularly on my patients. I believe that the Vertetrac not only provides healing for bulging and herniated discs, but also removes pressure from irritated and swollen joints of the lower back. Swollen, arthritic joints often irritate nerves, causing muscle spasm and pain, which reflexively irritates spinal nerves (the lumbar plexus in my case), and in turn causes muscle spasm and pain. This activity is a positive feedback loop, creating a steady increase of pain with time. A practitioner's goal is to allow for healing by breaking the feedback loop through mechanical, chemical, and/or psychological means.

What is the Action of the Vertetrac on Discs and Joints?
X-ray observations of patients wearing the Vertetrac convey

that pressure is removed from the discs, producing increased disc height. Pressure is also removed from joints between the vertebrae. Herniated disc material (nucleus pulposus) responds to the negative pressure of traction of the Vertetrac, causing it to be drawn back into the disc proper (the annulus structure of the disc). The integrity of the disc and vertebral unit is restored during treatment, and with continued treatments becomes stable and heals. The negative pressure allows joints to move with greater ease and encourages increased blood flow into and out of injured areas, transporting nutritive and healing factors into the injured area.

I strongly believe that degenerated, arthritic joints can be restored through the Vertetrac's concept of physical therapy through traction. When chiropractic manipulation is applied, healing is exponentially encouraged, with healing time reduced by half. The producers of the Vertetrac recommend 15 treatments, one per day every other day for 30 days. Furthermore, when combined with the chiropractic manipulation, my personal number of treatments was reduced to approximately seven to eight.

The patient is instructed to walk 15 to 30 minutes while wearing the Vertetrac. The pelvic bones and vertebra react accordingly to the motion; the pelvic bones move in the anterior/posterior planes, and the vertebra rotates in conjunction with normal pelvic movements. The lumbar spine moves as

a whole with every step during motion, accommodating the pelvic movements. As traction is applied, pressure is removed from the vertebral units (discs and joints). Once chiropractic manipulation is utilized, there is an increase in the range of motion of the joints, which greatly contributes to the healing. The vertebral joints move with greater ease with the chiropractic manipulation after traction.

The immediate response of the patient is a remarkable indication of a positive result. The patient often feels relief from radiation of pain within five minutes of wearing the Vertetrac, undeniably attesting to the loss of immediate pain.

I purchased my Vertetrac 18 years ago and it is functional to this day. My testimony with it is of course anecdotal, but I have treated many patients with the Vertetrac, reaping great success. I strongly recommend that doctors research and integrate the Vertetrac into their practices.



Dr. Wirt was a professor at the Texas Chiropractic College for 7 years between the years of 1979 and 1986, receiving his DC degree in 1982. He was a professor of Biology in the 7 years before he came to the college utilizing his Ph.D. To learn more, e-mail info@meditrac.co.il or call 866-732-0170. You can reach Dr. Wirt at natewirt@sbcglobal.net or 281-389-3502.



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