Abundant Health Physical Medicine Provides Update Guide on Spinal and Knee Decompression Therapy

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Abundant Health Physical Medicine has updated an educational guide on spinal and knee decompression therapy for patients seeking information about conservative care options in the Quad Cities region. The resource, available on the clinic?s website, explains how decompression services are evaluated and delivered, the conditions commonly discussed during consultations, and the role of imaging and examination findings in developing an individualized care plan.

The updated guide is intended to help readers understand the clinic?s evaluation-based approach without presenting decompression as appropriate for every patient or condition. Abundant Health Physical Medicine describes spinal decompression as a non-surgical therapy involving computer-monitored, intermittent traction on a specially designed table. Treatment sessions alternate gentle pulling and release intervals, with the process adjusted according to the patient?s presentation and tolerance.

Rather than promising a specific outcome, the guide describes decompression as a therapy that may be considered when examination findings support its use. The clinic?s materials discuss how changes in spinal mechanics and disc spacing are evaluated as part of a broader clinical assessment. Patients are encouraged

to review their symptoms, medical history, examination results, and available imaging with a qualified provider before deciding whether the service is suitable.

The guide addresses several spinal presentations, including bulging or herniated discs, degenerative disc concerns, spinal stenosis, neck or back discomfort, sciatica, and symptoms associated with irritated or compressed nerves. It also includes information about knee decompression. The clinic notes that knee symptoms can have multiple possible sources, and that assumptions about the cause of discomfort may not provide a complete picture. Candidacy for knee-focused care is assessed through orthopedic testing and, when indicated, tools such as ultrasound imaging, X-rays, and Fit3D scans.

?An informed evaluation is an important first step when someone is considering conservative care for a spine or joint concern,? said Dr. Sinan Gocmen, D.C., chiropractor at Abundant Health Physical Medicine. ?Our updated guide is designed to explain what patients can expect from the evaluation process, how imaging may be used, and why care plans should be based on individual findings rather than a single standard protocol.?

Initial evaluations at the clinic include a review of health history, physical examination, assessment of mobility and range of motion, and palpation to identify areas of restricted movement. Digital X-rays, ultrasound, and Fit3D scans are available on site when clinically appropriate. These tools are used to support the evaluation and help determine whether decompression or another form of care may be considered.

Depending on the findings and a patient?s goals, decompression may be discussed alongside other services offered through the clinic?s Renew Healing Framework. These services can include chiropractic adjustments, medical-grade red-light therapy, mild hyperbaric oxygen therapy, and the Normatec Recovery System. Regenerative services, when indicated, are administered by a nurse practitioner. The clinic states that plans are monitored over time and may be adjusted according to examination findings and patient response.

Abundant Health Physical Medicine emphasizes that decompression is one component of a conservative care model and is not presented as a replacement for emergency care, specialist evaluation, medication management, or surgery when those services are medically appropriate. Collaboration with other providers and referrals may be arranged when additional assessment or a different level of care is needed. Patients should discuss treatment options, potential benefits, limitations, risks, and alternatives with an appropriate healthcare professional.

The clinic was established by Dr. Gocmen after he graduated from Palmer College of Chiropractic in 2013. His professional training includes certifications in the Webster Technique, Torque Release Technique, advanced extremity adjusting, and functional hyperbaric care. His practice focuses on coordinating evaluation and conservative health services for patients in Davenport and surrounding communities.

The updated guide also provides an overview of the clinic environment, including private consultation space and dedicated rooms for available services. Insurance participation varies by plan, service, and individual coverage requirements. Patients are encouraged to contact their insurer and the clinic?s patient care coordinator to confirm benefits, authorization requirements, and out-of-pocket costs before beginning care. A consultation can help determine whether the clinic?s services align with a patient?s needs and whether referral options should be considered.

Abundant Health Physical Medicine invites Quad Cities residents to review the updated online guide as a starting point for questions about spinal and knee decompression therapy. The resource explains the therapy?s general process, the presentations commonly discussed, and the evaluation steps used to determine whether it may fit within an individualized plan.

About Abundant Health Physical Medicine

Abundant Health Physical Medicine is a Davenport, Iowa, clinic offering chiropractic evaluations, spinal and knee decompression services, and complementary conservative care through the Renew Healing Framework. More information and the updated educational guide are available on the clinic?s website.

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Abundant Health Physical Medicine

At Abundant Health Physical Medicine, we offer a patient-centered approach to neuropathy treatment at our clinic in Davenport, Iowa

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