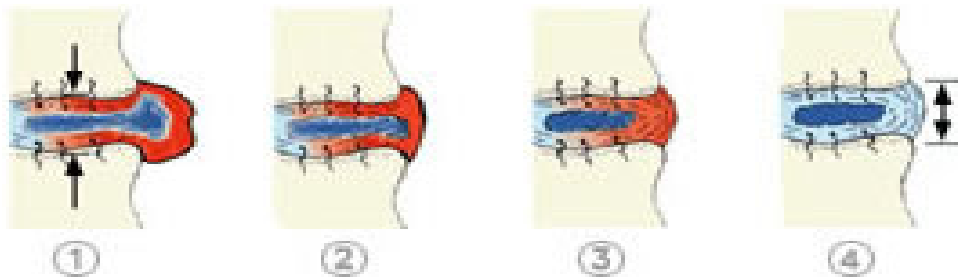
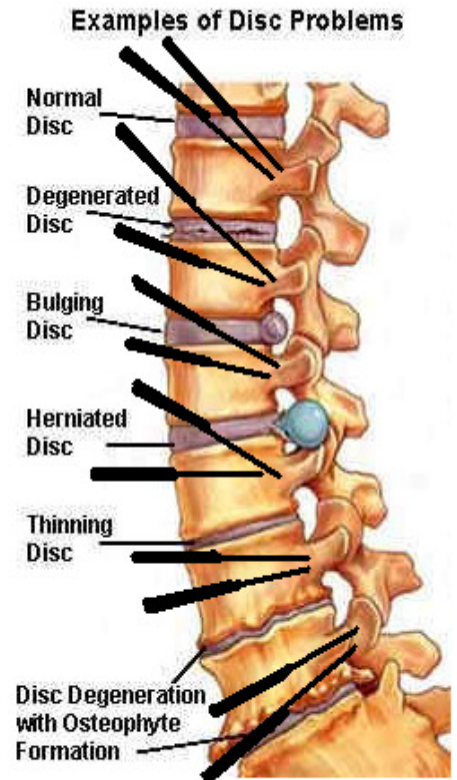
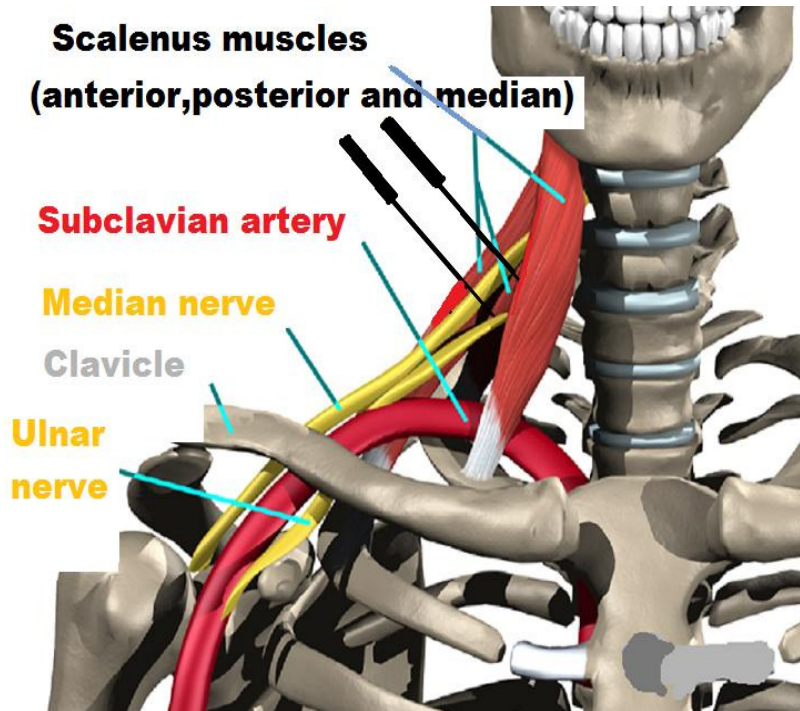


Insertion of median scalenus, spinal Hua To Jia Ji points and several supplementary points can contribute to spinal decompression which in turn can help recovery of degenerative changes at the disc area and either prevent or recover disc disease.



The object of decompression is to reduce the pressure inside the disc and facilitate the transfer of fluids, nutrients and oxygen back inside the disc.

Cervical decompression and thoracic outlet release works for afflictions and pain of the arm, shoulder (frozen shoulder-adhesive capsulitis- rotator cuff - spinatus calcific tendonitis) wrist, fingers, shoulder blade, neck and head (headaches), elbow(tennis, golfer's), carpal tunnel etc.