



## CSDC Calgary Spinal Decompression Centre

RELIEF TO RETURN  
CLIENTS TO THEIR  
ACTIVE LIFESTYLES

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### Clinical Spine Expert

Dr. Alan Chong



**LEFT TO RIGHT:** Erin Wright, RMT, Jessica L.,  
Dr. Alan Chong, Dr. Nicole Kane, Amanda D.

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**D**r. Alan Chong has the recipe for relief for clients suffering pain from degenerative or compressed discs. A non-surgical spine expert — and an award-winning home chef — Dr. Chong is a master at combining the right ingredients to treat debilitating pain.

“There’s a huge need for effective non-surgical spinal treatment,” says Dr. Chong, clinical director at Calgary Spinal Decompression Centre (CSDC). “I approach every patient as totally unique. There are no recipes with spinal care for difficult cases. If there’s a non-surgical puzzling case, I’m going to do my best to solve it.”

And that he most often does, with accolades coming from runners, golfers, elite athletes and weekend warriors. Dr. Chong’s passion is to return his clients to their active lifestyles.

“Whether you’ve suffered from pain, pinched nerves or the inability to participate because of serious spinal degeneration, it’s no fun,” says Dr. Chong. “Perhaps it’s a new injury or maybe a nagging back problem for years that’s now become a degenerative disc. Or worse yet, you find out you’ve got a bulging or herniated disc. Whatever your age, a serious back problem is no fun! It’s often temporarily disabling.”

In Dr. Chong’s nearly 30 years as a chiropractor, his special practice interest

in disc problems has given him the edge for assessing and treating these serious spinal issues. He founded CSDC in 2008 to address the high demand for spine consultations.

Select individualized treatment plans using the ideal tools are his secret to success. Dr. Chong insists on personally seeing each client, detailing a careful history and examination. He takes the time to sit down to discuss treatment options, including using the DRX9000, the “power tool” to decompress and rehabilitate degenerative and damaged spinal discs. It’s very special equipment for relief of the pain and pinching of spinal discs of the neck and lower back. ■