

NDR Method® versus Epidural Injections & Surgery



NDR METHOD®
Pain-free for most patients
No side effects
100% Non-invasive
No downtime
No rehab or recovery needed
Designed to improve disc health
Focuses directly on the disc
Long-term benefits
Proven to be effective
FDA-Cleared
Treats the underlying problem
Adds benefit to the entire spine

EPIDURAL
Painful
Can cause infection & injury
Invasive procedure
Could cause illness
Possible injury or infection
Does not improve health of disc
Does not treat the disc
Likely only short-term benefit
Multiple injections often needed
Not FDA-Cleared for spine
Does not treat underlying issue
Does not add benefit to spine
Can cause autoimmune disorders
Can cause permanent bone loss
Can cause blood vessel damage
Can cause weight gain
Can cause cataracts /vision loss
Can increase risk of spinal fractures
Can cause bleeding
Can cause nerve damage & paralysis
Can cause stroke or death

SURGERY
Painful
High infection rate
High risk invasive procedure
Time off work
Forced recovery time
Does not improve health of disc
Does not address disc health
Often no benefit or worse
Is not proven effective
Unfavorable outcomes
Does not treat underlying issue
Does not add benefit to spine
Paralysis could occur
Removes spinal bone to get to disc
Can cause bleeding
Could possibly cause a coma
Can cause nerve damage
Removes ligaments to access disc
Can trigger a heart attack
Could cause a lifelong disability
Possible death
"Minimally invasive" surgery is still surgery, which cannot be reversed or undone.