**Ring Dinger**®

The Ring Dinger® is Manual Spinal Decompression applied to decompress the neck, midback and lower back in one, smooth movement. This Non surgical procedure has been used by many Certified Ring Dinger® doctors and its developer for more than 40 years successfully helping thousands of patients find relief when many other treatments have not done so.

**Fast Relief**

After a thorough consultation and examination, the Ring Dinger® may be performed at that initial visit. Most qualified candidates experience immediate change in their spine on day one! This technique opens joints allowing for compressed spinal nerves to experience relief from disc bulges, herniations, and misaligned subluxated arthritic joints. Space and better movement in degenerated spines can finally be achieved over a few days, no long term care plan is required!

**Few Visits Required**

The Ring Dinger® protocol for qualified candidates is a 3 day procedure. Plan on spending an hour on the first day of care. The subsequent 2 visits require far less time. Each day you will be given specific instructions on what to do between each visit and moving forward in your normal day to day life.

**Conditions that Benefit**

Because the Ring Dinger® helps the neck, midback, and lower back many different conditions improve. Disc bulges, herniations, protrusions, and spinal subluxations causing chronic pain will readily improve. In conjunction symptoms such as **sciatica, numbness, tingling, headaches, neck pain, midback pain, and lower back pain** **will improve**. Joints can also experience lasting relief as function returns to the body.

**The Ring Dinger**® **and Developer**

Dr. Gregory Johnson is the developer of the Ring Dinger® adjustment and protocol. He has been successfully performing this technique for more than 40 years! Licensed and certified by the state of Texas to teach the technique, Dr Johnson has been applying the Ring Dinger® and certifying other doctors to perform the Ring Dinger® adjustment safely and effectively.

Make no mistake, **there is only one official Ring Dinger**® **adjustment**. It is a regulated technique that requires specific training, certification, and a specialized table that can only be acquired through Dr. Johnson upon the doctors certification. Other methods may claim to do the same as the Ring Dinger® which is not even remotely the case, as you will experience in your first visit!

**Who Can Benefit**

Whether you have had years of a problem with multiple injuries or you simply have a compressed spine from the nature of your work and daily activities, you may be able to benefit greatly from the Ring Dinger®. Many people who are searching out the Ring Dinger® adjustment have debilitating problems. They have been told that there is nothing that can be done except undergoing surgery or they are faced with taking a lifetime of harmful drugs going forward. The majority of the time, the core of the current problems people are experiencing could have been prevented with the Ring Dinger® adjustment if applied early on.

Slips, falls, accidents and years of poor posture lead to spinal misalignments, abnormal mobility producing disc bulges, herniations and protrusions. Early intervention can positively change the course of a person’s life! Restoring proper spinal mobility and alignment can help keep big problems from developing.

Much like a car’s tire becomes misaligned after running through a pothole, poor posture, slips, falls and minor accidents will cause spinal bones to shift out of proper alignment and move abnormally. While the “tire” (like a spinal misalignment) may be just millimeters out of proper alignment, it WILL wear unevenly ruining tread, pulling the car to one side, and lead to a possible blow out! Same is true in the spine. Small alignment problems, poor posture, and abnormal movement WILL lead to excessive wear and tear on the disc fibers causing disc bulges, protrusions and herniations. Over time the disc problems and spinal change cause pain, sciatica, numbness, tingles, headaches and other conditions. The misalignments when left uncorrected may get to a point where invasive procedures may be the only option typically having poor outcomes.

It is much better to address the true core of problems and undergo the Ring Dinger® adjustment as early as possible! In just a few treatments many years of debilitating issues can be avoided.

**Pricing-**

At Health Restoration Station of Parker Colorado, we provide effective lasting treatments that allow you to live your best life and not rely on weekly treatments! We do not put patients on long term care plans and most patients start to see relief after their first visit!If you aren’t seeing the expected results after three sessions, we aren’t the chiropractor for you. We genuinely want to help patients find lasting relief.

**Initial Exam- ($250)** On your first visit you will receive the initial exam where we will do a thorough and comprehensive patient history, orthopedic and neurological test, followed by a chiropractic exam. If we can accept you as a patient, you can be treated on the first day!

**Initial Treatment- ($200)** Initial treatment at Health Restoration Station includes: the manual spinal decompression, aka the Ring Dinger®, as well as the full body Johnson BioPhysics® adjustment. This will treat the patient along the X, Y & Z axis and even treat extremities. Often exercises are provided to the patient to help extend the effectiveness of the treatment.

**Follow Up Visits- ($200)** With the Initial exam and the Initial Treatment, the first visit is $450 with all follow up visits being $200 each.Typically, a patient only needs three total visits. None of our patients are on long term care plans. We don’t see patients multiple times a week for months on end which saves you time and money and you get lasting relief.

Health Restoration Station accepts credit cards, cash, and Venmo. We do not accept any insurance and cannot accept patients that are Medicare or Medicaid eligible.