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ally spine center



Dr. Christopher Condon

Did you know?

Did you know the discs in your spine have no direct blood supply? This is important to know because the disc requires a different way to feed itself. The unique design and function of the disc involve a permeable outer membrane to the strong annular or outer fibers and through a “pumping mechanism” the disc can exchange nutrients and fluid.



Interesting facts

Our patented SpineMed system allows for a gentle stretch to the spine that is painless and allows for the safe reduction of pressure and an increase in nutrient and fluid uptake to heal damaged, degenerative, bulging and herniated discs---all without surgery!





For over 25 years Dr. Condon has helped patients avoid the pitfalls of drugs, injections and surgery by making STRUCTURAL corrections to the spine. Recent studies reveal an approximate 90% success rate. It's also very important to keep in mind that while short term use of medications for relief is sometimes necessary, no amount of drugs or surgery can repair a damaged disc. Treating symptoms may buy some time but ultimately the discs, joints and nerves will need to be decompressed to solve the problem.



According to the available scientific evidence and studies, no other means of treatment is capable of this important step. Chiropractic, physical therapy, acupuncture, injections, massage, etc., cannot achieve the goal of healing the disc and restoring its function.

Our mission is to educate and lead people to a healthier and more positive outcome focused on true spinal rehabilitation---not focused merely on the treatment of symptoms. This “inside-out” approach is the reason we have successfully helped thousands in our offices over the years. Remember this...God made you to be able to heal. You have all the right parts and systems. You came into the world “fully loaded”. You simply need to learn how to care for the incredible gifts you’ve been given and the body will do the rest!

