

Case Study: Ellisa Carey

Toledo BVR 38 year old woman



Diagnosis: Spondylolesthesis (chronic upper and lower back pain)

- Pain for 13 years
- Suffers 5-8 out of 10 pain levels
- Often experienced high levels of pain

Current Status:

- Returned to work full-time
- Low pain levels - 0 to 1 out of 10 Even with activity!
- Elimination of pain medications
- 91% decrease in measured disability (now only 6%)

Case Study: Scott Noffsinger



Diagnosis: Chronic Lower Back Pain due to Herniated Disc L4-5

- Pain for 4 years
- At-rest pain 4-5/10
- Activity-related pain 8-9/10
- Maximum sit time was 2-3 minutes before pain intensified
- Sleep disturbance 2-3 hours per night

Current Status:

- At-rest pain 0-1/10
- Activity-related pain 0-1/10
- Elimination of sleep disturbance 6-8 hours per night
- 75% reduction in muscle tightness

Case Study: Nick Stanton



Diagnosis: Chronic Lower Back Pain secondary to Lumbar Disc Herniation L4-5, L5-S1

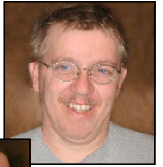
- Pain for 3 years
- LBP (at-rest) 5-10/10
- LBP (activity) 10/10
- Diminished physical capacity
- Muscle tightness ranging from 3-4/4
- Abnormal and slower than normal walking
- Unable to stand upright
- Diminished sitting, standing, and walking capacity
- Sleep disturbance...maximum sleep is 2-3 hours at a time

Current Status:

- LBP (at-rest) 1-2/10
- LBP (activity) 4-5/10...pain drops to 1-2/10 in 1 hour after activity
- Significant increase in physical capacity
- Elimination of muscle tightness
- Near-normal walking pattern and cadence
- Able to stand with normal erect posture
- Unlimited sitting, standing, and walking capacity
- First time sleeping soundly in 3 years

Case Study: Charles Miller

Wooster BVR

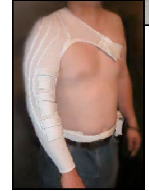


Diagnosis: Chronic Right Arm Pain Secondary to torn Ulnar Nerve

- At-rest pain level 5/10
- Activity pain level 10/10
- Sleep disturbance

Current Status:

- At-rest pain level 0/10
- Activity pain level 0/10
- Elimination of sleep problems
- Restored functional use of arm



Case Study: JP

Age 53



Diagnosis: Chronic pain of the neck, upper and lower back, both knees, both shoulders and arms secondary to Fibromyalgia

- Pain duration 34 years
- Pain levels at-rest 5-10/10
- Pain levels activity 8-10/10
- Diminished physical capacity
- Muscle tightness of 10/10
- Buckling of knees when stair climbing
- Maximum standing time 20-30 minutes, sitting 15 minutes
- Sleep disturbance...waking every 15 minutes

Current Status:

- Pain levels at-rest 0-3/10
- Pain levels activity 0-3/10
- Significant increase in physical capacity
- Reduced muscle tightness to 0-3/10
- Able to climb stairs
- Able to stand for 30-60 minutes with pain 0-3/10
- Improved sitting capacity to 30-60 minutes
- Eliminated sleep disturbances



Case Study: Juanita Miller



Diagnosis: Left rotator cuff tear, osteoarthritis of the spine, chronic upper and lower back pain

- LBP (at-rest) 4-5/10
- LBP (activity) 8-9/10
- Diminished physical capacity
- Muscle tightness 4/10, unable to exercise
- Sleep disturbance, arms would become numb

Current Status:

- LBP (at-rest) 0/10
- LBP (activity) 0/10
- Overall increase in activities and ADL's
- Reduction of muscle tightness to 1/10
- No sleep disturbance

