

Patient's Guide

Back Pain Treatment

Decompression Therapy

Advice on How to Permanently End Chronic Back,
Neck, Leg and Arm Pain Without Long Term
Reliance on Drugs or Painful Surgery

Thank you for asking for our **Patient's Guide...**

Hello.

If you are suffering from back or neck pain due to a herniated disc, sciatica, degenerative disc disease, spinal stenosis or arthritis, then you will want to read this guide from cover to cover. Especially if you experience back, leg, neck, arm or shoulder pain on a regular basis.

What kind of pain exactly are we talking about? The kind that disrupts virtually every portion of your life...from trying to get comfortable for a night's sleep, to getting ready in the morning, bending over to put on your socks, sitting in your car for any extent of time, getting down on the floor to play with the kids, walking the length of the mall or even enjoying a round of golf... In other words, pain that seems to always be with you or always seems to wait in the background ready to erupt and ruin another activity you've always enjoyed doing.

So if you are experiencing stabbing, burning, or numbing pain more days than not, and you would like to rid yourself of that pain once and for all, then please read on. Chances are, this Guide might be the key to leaving all your medications, doctor visits and surgery fears in the past.

Sincerely,

Tracy L. Standridge, D.C.

Dr. Tracy L. Standridge
Clinical Director
Standridge Chiropractic



..... **First,** if you have lower back pain you're not alone....

In fact, statistics show that most back pain is one of the most common complaints during primary care office visits. Millions of people just like you are in constant pain, unable to do the things once enjoyed most. And just like you, they're looking for answers, **real answers**. Answers that don't involve the long term use of dangerous and addictive pain medications, or worse yet painful and risky surgery.

Unfortunately, many of these pain sufferers have yet to come across an helpful answer. And many, will end up living with chronic pain the rest of their lives. But unlike them, you have come across a promising real answer...an answer that in our own patients has been over 86% successful in dealing with chronic, unbearable back pain caused by problems like herniated and bulging discs, and facet syndrome.

What you'll find in this Patient's Guide...

- About the many causes, forms and symptoms of lower back pain
- How the numbness in your legs and buttocks may be caused by sciatica, a by-product of back pain, and how you can get rid of it
- Why in most cases surgery, with the risks associated with it, should be your last resort
- How long term dependence on pain medication can be dangerous and why it can set you up for a life of chronic pain
- What Spinal Decompression is, how and why it works, and why it is a real advance in the treatment of lower back pain, even for those who've already had surgery

Lower back pain

is more common than you think...

Suffering from low back pain?

You're not alone. You are far from it. Have a look at the following statistics:

- 80-90% of all adults will suffer with low back pain at some point and time in their life
- lower back pain is the foremost cause of disability for people under 45 years of age
- lower back pain is the second leading cause of all visits to doctors' offices
- lower back pain is the third leading reason for hospital admissions
- annual costs of back pain range from \$20-\$75 billion in the U.S. alone
- studies indicate that 15-20% of the population have lower back pain in any given year... something like 32 million cases.

One of the biggest "accepted" myths about back pain is that it will go away all by itself, without any treatment. And most doctors believe the claim that 90% of all episodes of low back pain will resolve within one month. However, a May 1998 study in the British Medical Journal followed the progress of a widespread sample of back pain patients' conditions 12 months after their initial medical consultation and it found that only one out of four patients saw their pain resolved. Sadly, three out of four continued to suffer.

The Pain Will Resolve Itself Myth

Patients level of back pain after 12 months

No pain & no disability

25%

Continuing pain or disability

25%

Pain AND disability

50%

Where do you fall in this range?

If you are like many patients we have seen over the years, you have probably tried several prescribed remedies to help ease your persistent pain. These may include bed rest, chiropractic, medication, acupuncture, injections or physical therapy. Like so many others, you may be fed up and have come to the understanding that you may just have to learn to live with the pain. Even your family doctor may say those exact words to you. After you have tried and failed with everything else, perhaps you are even considering surgery as a last attempt to end your suffering.

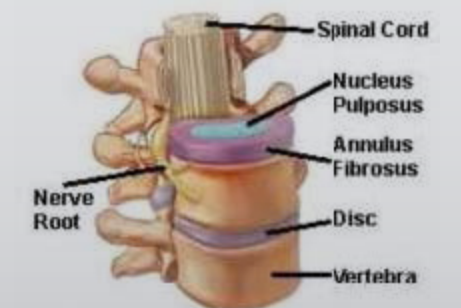
Before you decide on surgery,

Consider these facts:

- U.S. surgeons perform more than a half-million surgical procedures on the back every year
- Back surgery is performed in the United States at a rate 40% higher than in eleven other developed countries and at five times the rate performed in England and Scotland
- Many back surgeries are unsuccessful. Some studies also indicate the success rate at less than 60%. Once you have back surgery, the chances of needing a second surgery are very high
- Approximately 25,000 to 50,000 documented "failed back surgery syndrome" cases occur each year
- A study published in the medical journal SPINE followed 109 patients for 12 years after back surgery. They found that reasonable results were found in only 64% of the patients, while 28% complained of major back or leg pain, and 7.3% had a repeat operation
- Another, larger study, also published in SPINE, followed the long-term results of 575 back surgery patients. According to the study, 70% still complained of back pain. Of those; 83% experienced steady heavy pain, 45% residual sciatica, 47% received some form of disability, and 17% required a repeat surgery

Why do you get back pain?

The most important thing to remember is that back pain is typically the result of a structural problem, and until the structure of your spine is addressed the pain will persist. Your spine is made up of several bones called vertebrae, and between each vertebrae is a fibrous structure with a soft inner core that is called the disc. The outer portion of the disc is called the annulus fibrosus and the soft inner structure is called the nucleus pulposus. This structure provides flexibility and cushioning to the spine. It also creates space between the vertebrae so that the delicate spinal nerves can pass through the openings called foramen to reach their target destination. If the discs become damaged a cycle of pain begins with progressive problems



How

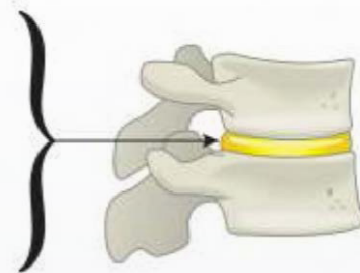
Do Discs Get Injured?

Generally, discs are very tough and durable; nonetheless they are very susceptible to injury with repetitive activity and loading. For example when you lift incorrectly or sit in one position for a long period of time the fibers in the disc will begin to weaken. An example of this is a common paper clip. If you bend the paper clip one time it doesn't break, but if you do it over and over again it will snap in half. The fibers of the outer portion of the disc, the annulus fibrosis behave in very much the same way. As the stresses on the disc are repeated (such as repetitive lifting or even sitting in one position for long periods of time) the fibers break down. These actions create small cracks and fissures in the discs creating a pathway for the softer inner nucleus to slowly leak out. When this happens it is the beginning of a disc bulge or herniation.

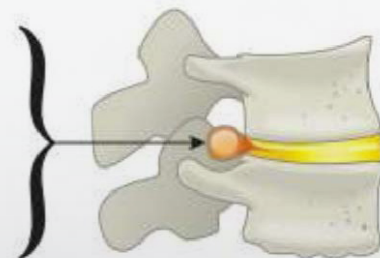
What Is A Herniated Or Bulging Disc?

Keep in mind from earlier that the disc is made up of tough fibers called the annulus fibrosis and the inside has a soft, jelly like substance--the nucleus. What happens is when your disc is injured or torn; the jelly-like substance in the inside can leak out. If it leaks out completely, it's called a herniated disc. If the outer material is not torn, discs can bulge without herniating. What this is like is if you step on a balloon and it doesn't pop. The balloon bulges out to one side or the other without the rubber breaking. When a disc bulges or herniates it is a major cause of back pain. The disc can also pinch the delicate nerves that pass by as they come out of the spine. That's what can cause radiating pain. In other words, pain, tingling and numbness going down your leg or arm and possibly into your toes or fingers!

This radiating pain is regularly referred to as sciatica in the leg, or cervical radiculopathy in the arm--we'll talk more about sciatica in a minute. As mentioned earlier, as the outer portion of the disc weakens, the pressure on the discs will cause the inner nucleus to travel through the small cracks and fissures that have been created. This pressure changes with various activities and an activity such as lifting incorrectly can considerably increase the pressure inside the disc. When the pressure in the disc increases, the forces push the inner material outward. If there are small cracks or tears in the outer fibers of the disc this material can literally "squeeze out".



Healthy disc



Herniated disc



Alot of the time people are surprised by the sudden arrival of back pain and they cannot recall what they did to hurt themselves. The reason for this is that only the outer 1/3 of the disc is sensitive to pain. Thus, you may not feel pain until one day you do an activity or make a movement that causes *just* enough increased pressure on the disc to push the material out to the pain sensitive areas of the disc ensuing in inflammation and pain. These episodes are usually the ones that send you to an emergency room or will put you flat on your back. If the pressure is considerable enough, the inner disc material is capable of being pushed all the way out (a herniated disc) and cause pressure on the delicate spinal nerves leading to a severe burning pain or numbness in your legs or arms.

If this is your first episode of back pain, regrettably it very well could be only the beginning.

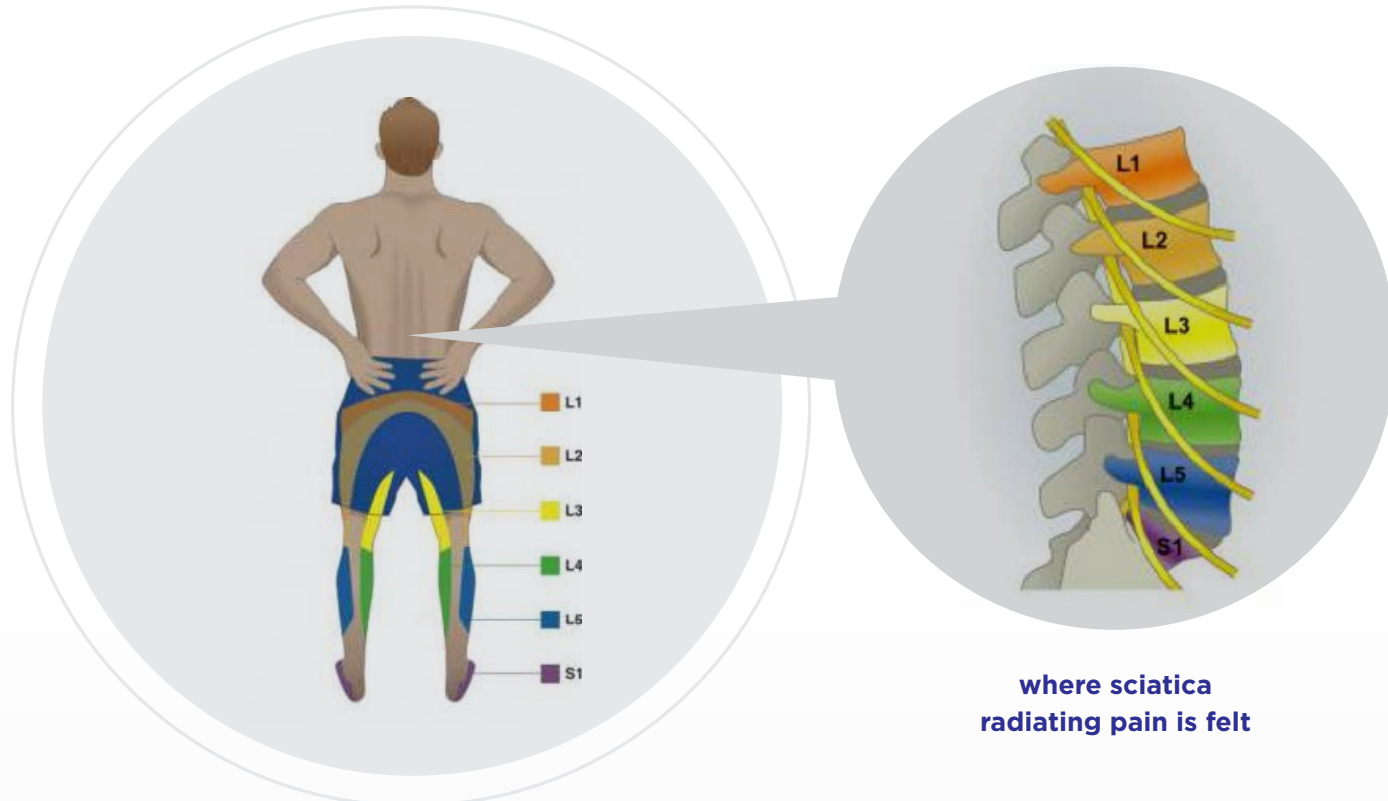
Research shows

when someone suffers from an episode of back pain, they have an 84% chance of suffering again

The spinal discs do not have a blood supply, so they need a constant supply of fresh oxygen and nutrients pumped in and out of them to keep healthy. They get this when there is normal motion and muscular strength in the spine. This method works well as long as the discs are not damaged and the motion of the spine is normal. However, once a disc is damaged, it lacks the ability to maintain hydration and it becomes dry, brittle and degenerates which will lead to chronic problems. Most people will just go on with their normal lives after they get better from a severe episode of back pain and this choice can be a big mistake. Why you ask? Remember how we said the outer 1/3 of the disc is the only part that is pain sensitive? After the inflammation decreases, the outer fibers are no longer aggravated and this will give you a false sense of security. Your discs are literally a ticking time bomb, waiting until you do one thing wrong and then... WHAM! You are right back in pain. Frequently the pain is worse because the discs are now even more damaged than before. And what regularly happens is the pain starts to move elsewhere. Now instead of just being in the lower back or neck it's now in the hip, groin or legs, shoulders or arms. So now, not only is your back involved, but you also have sciatica or cervical radiculopathy.

So...

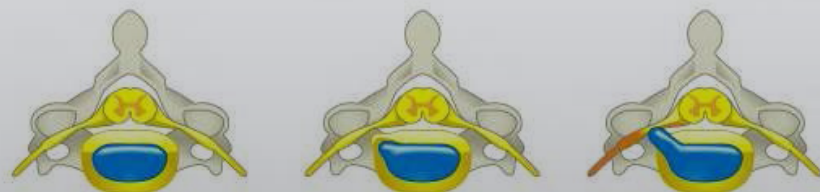
What Is Sciatica?



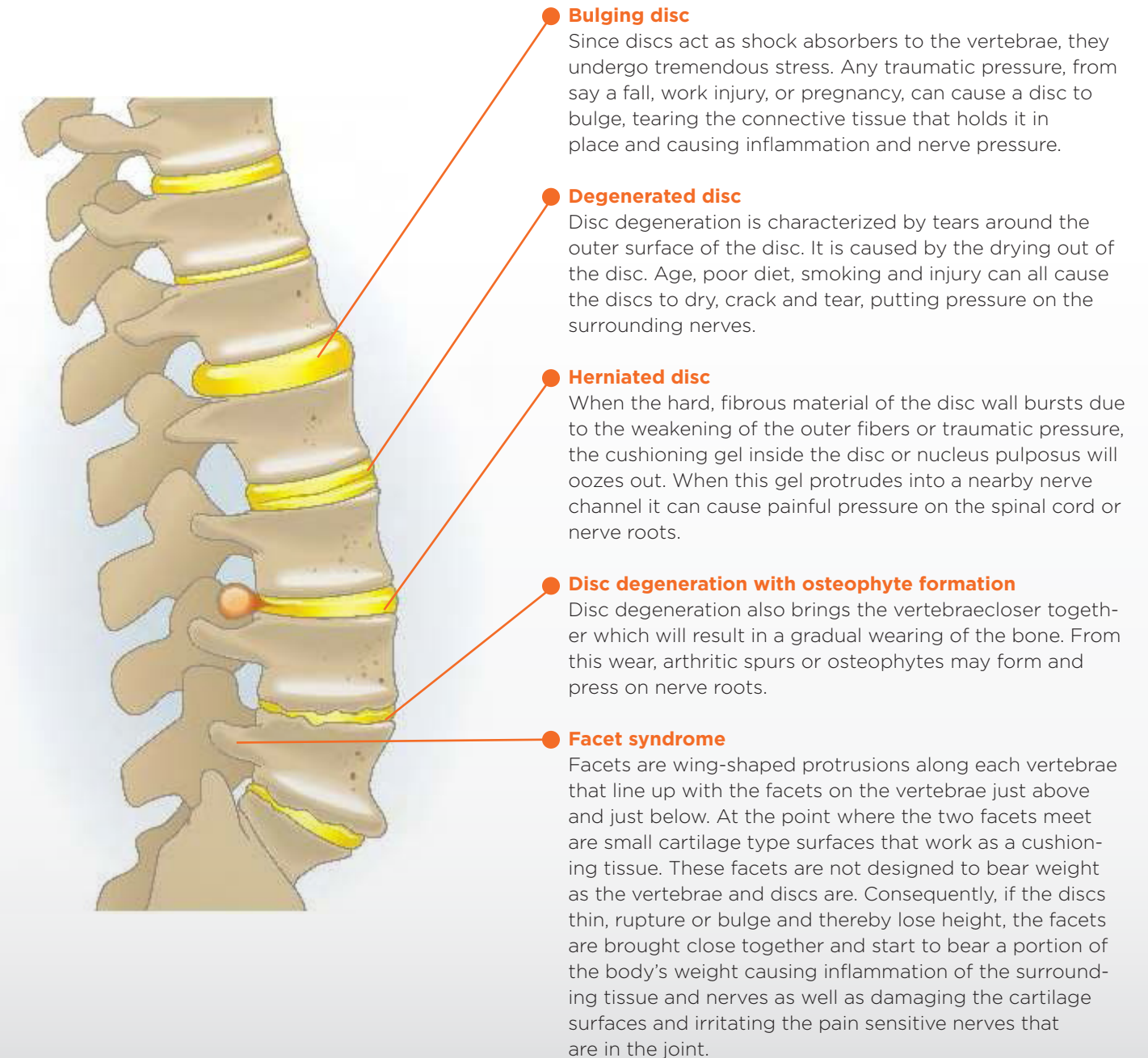
sciatic nerves exit spinal cord and affect different regions of the lower body

where sciatica radiating pain is felt

Sciatica can be defined as the sensation of pain, tingling and or numbness in the back, buttocks and/or legs produced by an irritation of the sciatic nerve. The sciatic nerve is made up of multiple nerves as they leave from the spinal cord and into the lower part of the back. The sciatic nerve also extends through the buttocks and down the back of each leg into the foot and ankle. The most common causes of sciatica are herniated, bulging or degenerative discs, which will cause pressure and irritation to the nerve. Other causes may also include small bony growths on the spine (bone spurs) and the compression or pinching of the nerve by the muscles of the buttocks or leg. And in some cases, sciatica may be caused by tumors, pregnancy and spinal stenosis.



The Common diseases and conditions of the spine that can cause chronic back pain



What the Drug Companies Don't Want You To Know

About Long Term Use Of Pain Medications...

Many doctors and patients will treat their back pain with drugs. Either over-the-counter "pain killers" or prescription medications.

And while they might bring you some instantaneous relief, patients soon find they must take more and more medication because the pain will come back as soon as the pills wear off.

What many drug companies do not want you to know is that their drugs will not cure you of what causes your neck or low back pain. **They just cover up the symptoms.**

The way drugs work is to disable your brain's ability to feel the sensation of pain that is coming from your back. The pain is still there, you just will not feel it.

And because you do not feel the pain, your body is not able to stop you from injuring your back more and more. Pain is your body's way of saying "do not do that." But because your body is in effect disabled from protecting you, you will only hurt yourself more by taking more pills.

At the same time you're increasing the risk of making your pain worse, you're also putting yourself at risk from a variety of nasty side effects that are most common with pain relievers -- like damage to your kidneys, stomach and liver.

The same "masking of symptoms" also goes for injections. A cortisone shot in your back may deaden your nerves for a short time, but the pain is still going to be there waiting for you when it wears off. (That's the main reason why we only recommend and perform spinal injections and prescribe medications while you are undergoing a program to correct the structural problems associated with your back and neck pain.)

Physical therapy dangers

Once drugs prove ineffective, many doctors and patients will turn to physical therapy.

Do not get us wrong. Physical therapy sometimes can help tremendously. However, the therapy has to be appropriate for the diagnosis and planned in the proper order. For instance, we often see patients who come to us after weeks and weeks of physical therapy and yet when we test their back strength they will still test weak.

The bottom line is: if a disc injury is present, it needs to be addressed before or during a rehabilitation program - and the rehabilitation program needs to be the right kind and muscle-specific (often using our Rehabilitation system).

Next step:
a visit to the surgeon

Once medications, injections and physical therapy (along with chiropractic, acupuncture and other unsuccessful treatments) prove ineffective in dealing with chronic back pain, primary care doctors will often refer their patients to surgeons. They will often tell you that surgeons cannot promise to cure you and that you may also just have to learn to live with some pain for the rest of your life.

As it was mentioned earlier, back surgery is often the most ineffective form of surgery there is. (Some studies have even declared a success rate of only 47-50%.) So most surgeries will result in only temporary relief or even none at all.

The fact is, many times, patients are actually worse off after surgery than they were before. This is because the nerves that surround the spine are extremely sensitive and any amount of nerve damage or scar tissue can lead to chronic, possibly severe problems, leading to more pain in the future. In addition, back surgery requires an extremely long recovery period with lost work, heavy bed rest and considerably reduced mobility. And what is more is the scarring, screws, brackets, and bone fusions that accompany surgery are a reality that few are prepared for until it is too late.

Of course, sometimes surgery is the only option. Yet, today, surgery has become too often a risky alternative for what is typically a treatable problem with the advent of newer, non-surgical technological solutions.

How back pain can now be effectively treated

without long-term dependence on drugs or surgery

A crisis spurs a discovery!

Over a decade ago, Dr. Alan Dyer (credited with the invention of the heart defibrillator), and then Prime Minister of Health of Ontario, Canada, was faced with a crisis. Back pain treatment costs were rising astronomically and there was not an end in sight. In a quest to find an alternative to costly and often unsuccessful surgical procedures, Dr. Dyer began exhaustive research to see if a non-invasive mechanism could be created to decompress discs in order to “fix” the problem connected to crippling back pain.



Disc compression



Disc decompression

Working with a renowned neuro-surgeon and a team of engineers, they combined proven medical principles with the latest technological developments. The result: something they called: a “vertebral axial decompression” system. After developing and testing the computer-controlled equipment and evaluation video fluoroscopic spinal images to measure actual change in disc pressure, the science of spinal decompression was born.

This technological leap has been shown to be up to **88.8%** effective in relieving back pain

How and why does decompression work? Through the application of the patented decompression mechanism, the effects of disc compression and gravity are removed. This means that all the pressure will be taken off your spine and discs.

What is even better, and this is the key, it seems as though a negative pressure is created. This negative pressure actually sucks the herniated material back into the disc as well as improves disc nutrition--allowing the disc to re-hydrate and regenerate. In other words, heal.

By naturally drawing the herniated material back into the disc, pinching of the nerves is relieved as well as is the crippling pain so many back pain patients have endure.

The bottom line is that spinal decompression takes away the true cause of your pain symptoms instead of masking it with drugs or cutting the herniation out with surgery.

DRX9000 Decompression system for face up therapy



But there was one big problem with this miracle back pain solution: patients had to come to Dr. Dyer's research facility to get these great results. That is until recently.

Now, through the ongoing work of Dr. Dyer and his team of medical experts, a medical manufacturing company, through their incredible DRX9000 spinal decompression equipment, allow doctors to offer this ground-breaking treatment in their clinical settings like Spine & Sport Rehab Institute.

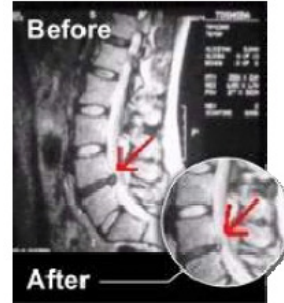
The process of spinal decompression has been proven to relieve pain by:

- Enlarging the space that is between discs
- Reducing herniations
- Strengthening outer ligaments to help move herniated material back into place
- Reversing the high intra-discal pressures through the application of negative pressure

In simple English, the “DRX9000” systems relieve pain fast by virtually “repairing” damaged discs.

According to a study in the American Journal of Pain Management the decompression method provided good to excellent results for 86% of patients with herniated or ruptured discs and 75% of patients with facet arthrosis.

Another study recently performed by a major Insurance Carrier demonstrated an 88.8% success rate!! (which mirrors our own success rate). They studied 430 patients who had previously failed two non- surgical alternative treatments.



In addition, the DRX9000 therapy is gentle, safe and fast ...

DRX9000 has documented success treating:

- Back pain
- Neck pain
- Arm pain
- Sciatica
- Herniated and/or bulging discs (single or multiple)
- Degenerative disc disease
- A relapse or failure following surgery
- Facet syndrome

A very important note:

Here at Spine & Sport Rehab Institute, the DRX9000 systems has been successful with even the most severe cases. Even when nothing else has worked and even after surgery has failed.

Decompression Therapy

research studies

Clinical studies have shown Decompression Therapy to be extremely effective in treating back pain. In a recent study published in Orthopedic Technology Review Decompression Therapy was shown to be 86% effective in treating herniated and degenerative discs. Not only that, but another study published in Anesthesiology News showed that after 4 years over 91% remained pain free.

Here are some other studies that show just how effective decompression therapy is...

In the Journal of Neurological Research

VOL 20, NO 4, April 1998 the researchers stated:

“We consider decompression therapy to be a primary treatment modality for low back pain associated with lumbar disc herniation at single or multiple levels, degenerative disc disease, facet arthropathy, and decreased spine mobility. Physiology (pain and mobility) and pathology correlate imprecisely. We believe that post-surgical patients with persistent pain or ‘Failed Back Syndrome’ should not be considered candidates for further surgery until a reasonable trial of decompression has been tried.”

In that same Volume of the Journal of Neurological Research

the Senior Lecturer in Orthopedics at Sydney University stated “Successful reduction of intradiscal pressures with decompression therapy represents a technological advance in lumbar spinal treatment and is likely to affect both the biomechanical and biochemical causes of discogenic pain.

In the Journal of Neurological Research VOL 23, NO 7, October 2001 the researchers stated:

“For any given patient with low back and referred leg pain, we cannot predict with certainty which cause has assumed primacy. Therefore surgery, by being directed at root decompression at the site of the herniation alone, may not be effective if secondary causes of pain have become predominant. Decompression therapy, however, addresses both primary and secondary causes of low back and referred leg pain. We thus submit that Decompression therapy should be considered first, before the patient undergoes a surgical procedure which permanently alters the anatomy and function of the affected lumbar spine segment.”

You can find other research and a more detailed review of the literature by going to:

www.getbackintothegame.com/research

What are treatments with Spinal Decompression like?

After being fitted with an automatic harness system, the DRX9000 slowly brings your spine into tension. The comfortable harness helps stabilize both your hips and pelvis. While laying face up, most patients report they barely feel their spine being distracted, while others say they feel more relaxed as the decompression is working.

The decompression systems' advanced computer controls automatically adjust and monitor the proper angle of distraction (the amount of tension that is gently applied), allowing us to target the specific discs that have been causing your pain and symptoms.

This distractive force utilizes a logarithmic curve to avoid the normal proprioceptor response (muscle spasms). In addition, the split table design decreases friction and allows gentle separation of the vertebra, minimizing the effect of gravity.

Basically, you relax and the amazing DRX9000 computers create a decompressive effect on your back that helps herniated material return to its normal position and stops the pain.

Our patients describe the treatment as a gentle, intermittent pulling of your back. It can be so relaxing, that many patients actually fall asleep during the treatment.

How is decompression different from traction devices?

Regular traction has been around for a long time. Its results with back pain have been minimal at best. The big problem with traction is that it pulls both the muscles and the spine simultaneously, often triggering painful muscle spasms (proprioceptor response).

The DRX9000, on the other hand, apply specific logarithmic forces to reduce intra-discal pressure and enhance fluid exchange within the disc. This expands the space between the bones and restores nutrients and blood flow to the disc which causes healing.

MRI studies comparing regular "old" traction to spinal decompression have shown regular traction does NOT return herniated material back into the disc, while spinal decompression does return the material into the disc.

Patients also say the DRX9000 is extremely comfortable... even relaxing... while traction can be very uncomfortable.

How long are treatments and how many do you need?

Patients typically go through 22 to 30 treatments sessions. This may seem like a lot, but they will all be completed in about 5 to 7 weeks. (Just think how long you have been in pain -- a lot longer than a month or two we will bet!) Each treatment session will only last about 30 minutes. This, of course, depends on your individual case and can be determined by a thorough evaluation.

It is important to note that many patients get significant and immediate relief after just a few treatments sometimes even after just one

The really good news is that this is not something you will have to continue for the rest of your life. This is because the process actually heals the disc and the studies show that patients remain pain-free long after they are done with the program.

After Decompression, SpineStrong Spine and Core Strengthening Rehabilitation restores your MuscleTone and Range of Motion

After you have completed your Spinal Decompression program, and in some cases during your program, our SpineStrong Spine and Core Strengthening Rehabilitation Program will start. This is the time to restore proper function to the tissue and muscles that have been protecting your effected spine and disc area, and bring them back to proper working order.

It is very important for your long term success to ensure all areas of your problem have been addressed. Remember, we are not just looking to only get rid of your pain. Our goal is to create as much optimal function possible so you can do the activities that you love to do, and not be limited like so people are when they have back pain and disc problems.

Another important factor in our Spinal Decompression program is to do whatever we can to make sure the problem we corrected does not return. By getting your tissue and muscles back to their normal state, we are ensuring the best possible long term results while your activity levels increase and you are back to doing the things you love and living the life you deserve.

Why most rehabilitation programs fail the back pain sufferer...

fail the back pain sufferer...

General exercise and conditioning programs are encouraged, but these cannot successfully address a patient's particular "weak link". That is because low back and neck rehabilitation must be detailed to the lumbar and cervical extensors.

For those who invest time, energy and money into becoming pain free with spinal decompression, we help you protect that investment by utilizing our SpineStrong program which incorporates a state-of-the-art, 21st century spine and core strengthening technology from Europe called SpinForce®. The SpinForce was designed by leading physicians, physical therapists, strength conditioning coaches and experts in Biomechanics utilizing the latest technology and incorporates it into functional positions to increase strength, power, posture and coordination of the spine, core and the entire body.

The core is made up of the deep muscles of our abdomen, pelvic floor, low back and most importantly the multifidus; which account for 180 deep, small, segmental spinal muscles on the vertebrae of the spinal column. Research shows in order to increase back strength and function the 180 segmental spinal muscles the multifidus must be targeted in a progressive resistive exercise program. The SpineForce is the only technology in the world that has been designed to three dimensionally target and strengthen the 180 deep spinal muscles.



SpineForce is the premier spine and core strengthening technology in the world. SpineForce recently aired on CBS "The Doctors" as one of the "Top 10 Medical Device Breakthroughs." There is no single exercise or piece of equipment that is better able to improve strength, balance, proprioception, posture, power, and coordination through your spine and core than Spine Force.

We also incorporate The WAVE whole body vibration technology to strengthen back and core muscles and provide added range of motion. The WAVE vibration therapy is one of the most unique rehabilitation and fitness technologies on the market today. Backed by over 40 years of research it's safe, easy and effective to use. Nearly 100% of the muscle fibers are recruited with its involuntary effect on muscle contraction versus an average of 40% with regular resistance exercise. Only 15 minutes of vibration exercise produces similar results to 1 hour of conventional exercise training.



Other clinics offering decompression miss the important Rehabilitation step. Just look at what some of the studies reveal about lack of specific spinal rehabilitation and recurrence of back pain!

A study published in the prestigious medical journal SPINE compared patients with acute lower back pain. Researchers first measured the size of patients' multifidus muscles (a very important lower back muscle) and found that on the side of a patient's pain this muscle was significantly smaller. They then proceeded to split the patients into 2 separate groups. One group did specific spinal rehabilitation and the other group did none. After 10 weeks both groups no longer had back pain, but this is where the difference becomes so important... the researchers followed these patients for 3 years and guess what they found? **In the group that did no specific spinal rehabilitation, 84% had another episode at 1 year while only 30% of the group that did the rehabilitation did. At the 3 year mark the group that did no rehabilitation had a 75% recurrence and the rehabilitation group had only a 35% recurrence.**

That's why Standridge Clinic is so effective - we cover all the bases so you have the highest probability of a recovery.

Standridge Clinic integrates both the DRX9000 Spinal Decompression Program with Pain Management as well as a superior spine and core strengthening program. We have the expertise to provide a comprehensive and complete program to get you pain free and help ensure that you don't go back to form and live a long and healthy life. With over 6 years of experience providing spinal decompression to both Broward and Dade patients we can provide you the best option for success when it comes to your health. We have one of the most technologically advanced offices in Oklahoma and in Spinal Decompression today. We incorporate a number of state-of-the-art technologies from Europe to provide the highest level of high tech rehab available anywhere and offer a variety of services to meet your specific needs.

Is Decompression Therapy covered by my insurance?

If not, how much does it cost?

More and more insurance companies and plans cover Decompression or the procedures that go along with it. Of course there are some that do not as well as some people who do not have insurance to begin with.

If you are not sure whether your insurance will cover one or all of our treatments, we'll be happy to check with your insurance company. However, even if one or more of the therapies are not covered, we will do everything that we can to make the treatment as financially painless as the treatment itself.

While we currently offer a plan that will let you spread any cost over 24 months, interest free, we will also be happy to create a plan that works for your individual situation. For example, we are able to offer those without coverage a payment plan that can be as long as four years.

So in spite of your insurance coverage, please do not let our program's possible cost stand in the way of leaving your pain behind.

If you have read this far, you have probably been in pain for a long time and too long at that. Chronic pain seldom goes away. It will just get worse.

Remember, the back pain that you feel is just a symptom of the problem, not the actual problem itself. Everything we have told you is worthless unless you take the next "action step" and find out if our decompression therapy program is the answer you have been looking for.

Here's how to find out: Either call our office at 918-272-7432 and ask for our free Decompression Assessment questionnaire (which will be sent to you by mail or fax). Or, go to our web site at www.getbackintothegame.com/assessment and take the assessment online and get your answer in just a minute or two.

Either way, once you answer the evaluation questions, you'll learn whether you're a likely candidate for the therapy or whether some other therapy or treatment would be more appropriate.

If the evaluation shows you are a candidate for decompression or one of our other programs, we'll offer you a free, no-obligation consultation where we will review your case and history in detail and we'll answer any questions you might have about the treatment.

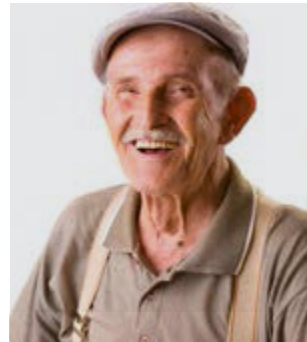
So what do our patients have to say about **Standridge Clinic?**

Here are only some examples of the hundreds of testimonials we have on file. These are people just like you who once suffered from chronic low back, leg and neck pain and now enjoy a brighter, more pain-free life.

You've got nothing to lose but your pain.

So please, if you're experiencing chronic pain in your back, leg, neck, shoulder or arm, do not put this off any longer. Find out if you're a candidate for our breakthrough treatment now... take our free assessment, it's fast and easy. Or call our office at 918-272-7432 and schedule your no-cost, no-obligation consultation today.

“Not only are their treatments innovative and cutting edge but Standridge Clinic’s employees are pleasant and professional”



I was diagnosed with a herniated disc several years ago when I went to the Emergency Room in extreme pain. It was a frightening experience not just because of the pain but because of the discussed treatment options that have included surgery and steroids. These were not options for me so I was thrilled to have met these doctors. When I read the statistics on the effectiveness of back surgery I was incredibly grateful to have found this Standridge Clinic. My pain is gone and I feel 100% better!!

- **Bob Miller**

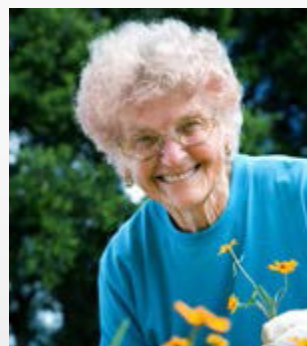
“I am so happy that I am not having the pain in my low back, legs, feet and abdomen any longer”



Before treatment, I wondered if I’d ever be able to get around pain free. The pain was so severe. I started having relief after just the second treatment! I know it sounds too good to be true but I feel wonderful. I am telling everyone I know how well the treatment has worked for me. I can’t believe that some people will have surgery when this could cure their problem, and it is so easy! I am back to my exercise routine of walking 2 miles a day and doing it without pain.

- **George Rappold**

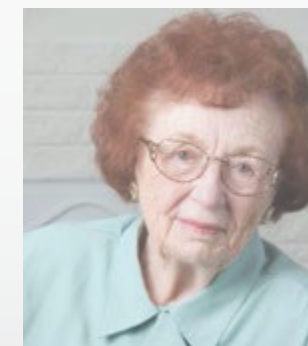
“My pain was remarkably less after the first and second treatments”



Before seeing these doctors and beginning treatment, I had terrible pain and was worried surgery was my only option left. Now I can work in my garden, lift 20 pound bags of fertilizer and walk up the 75 foot ramp at church without pain. In fact, I was able to sleep all night long and the alarm clock has to wake me up now. Before the treatment, I would be awake due to my pain from 1 or 2 a.m. and count the hours until my clock would go off at 5 a.m. “Thank You” to the doctors for helping me get my life back!

- **Bernadette Morgan**

“I actually feel like going out and doing things when I get home at night”



I came to the doctors about 6 weeks ago. I have had back pain for 25 years. I have had surgery, numerous injections and radio frequency procedures. That worked for a short time and the pain came back. After 5 weeks of treatment, I am not taking any pain medication which is something because I was taking a lot before I came here. So I feel much, much better and am really happy with the results.

- **Barbara Webb**

“I have more energy and I’m not afraid to move around more”



I came to this office for severe neck and upper back pain. I could hardly move my neck from side to side without having pain. It even hurt to breathe a good deep breath. Once I began treatment I noticed improvement almost right away. The treatment also affected my disposition. I would definitely recommend my doctors and spinal decompression to others!

- **Wanda Cho**

“I started feeling better after my second treatment and today I feel wonderful”

I was diagnosed with degenerative disc disease since 1996 and have been on pain medication ever since. I have steroid shots in the back, I tried physical therapy. Whatever I could try, I tried. When I saw the ad for spinal decompression, I thought maybe I’ll try this. I don’t know if it will work but I’ll try. I started feeling better after my second treatment and today I feel wonderful. I think it is well worth it to come see these doctors.

- **Terri McNealy**

“As quick as I got on the table and they put a little pressure on, it just amazed me at how much relief I did get out of that first treatment and it has been improving ever since”

This is my 5th treatment. Before I came here, I had been in pain for a year. I got to where I couldn’t walk and I had numbness in my right leg. They wanted to operate on me. I didn’t care for the operation part so I thought I would try this first. The first treatment I got here, I got relief.

This is my 5th treatment and now I can walk where before I could go to a store and have to ride a scooter to get around. Yesterday, me and my wife went to a store and it was the first time in a year that I could walk around. I have really improved and I appreciate the doctors for giving me my life back.

- **Dale Wainman**

“This spinal decompression center provided me with exceptional care”

I had severe pain before I saw these doctors, who truly care for each and every patient. I love to play golf and stay active and I can do anything I want to now without pain! I would recommend the care here to anyone who wants to feel better naturally without all of the harmful pain pills, muscle relaxers and other drugs. I can’t believe that technology has gone so far as to help disc related pain sufferers without the need for going under the knife! See the doctors here at this spinal decompression center. You won’t regret it.

- **Tom McDowell**

If you'd like to leave your pain behind and carry on a normal lifestyle, you owe it to yourself and your family to find out whether you are a candidate for our exclusive DRX9000 Spinal Decompression Program.

That's why Standridge Clinic is so effective.
We cover all the bases so you have peace of mind that you have the highest probability of success.

Call us at 954-452-4600 today and find out whether you're a candidate, or visit us at www.getbackinthegame.com/ assessment and start to leave your pain behind forever.



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