

Success Story

D.B. *A long term disabled flight attendant with multiple neck operations soars after PRIDE.*



“What a team! The people at PRIDE worked with me every step of the way.”
D.B.

PRIDE Program Goals:

- Returns patients to full work functionality
- Eliminates patient dependence on medication.
- Ends a cycle of pain and no progress
- Saves cost & time

To learn more about PRIDE and its successful outcomes and case studies contact:

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PATIENT: DB is a 51-year-old international flight attendant for a major airline. He fell and was hit by a heavy food cart during severe air turbulence. Over the next four years, he had five neck surgeries, from which his cervical discs were fused together at 4 levels (C4 to T1).



PRIOR TREATMENT: DB suffered through four years of total disability, reporting severe pain (8 on a 10 point pain scale), and was dependent on daily narcotic pain medicine. A physical examination (Functional Capacity Evaluation) showed weakness and extreme stiffness in his neck. A mental health evaluation found that he was suffering from severe levels of anxiety and depression. In addition to his physical and mental state, the patient was struggling financially, subsisting on long-term disability insurance which paid him only 30% of his pre-injury wage. DB was desperate to improve his quality of life but had no hope of ever being able to work again. Given this bleak outlook and severe pain, he had taken to spending 18 hours a day reclining!



GOAL: The primary goals for BB were to reduce pain, build strength, and receive the needed support and education to help him recover from his injury and return to work.



PRIDE TREATMENT PLAN: Because of his poor physical condition, DB’s road to recovery was difficult both physically and emotionally but with the help of an interdisciplinary team focused on his success, he carried on. Another surgery had been offered as an option, but halfway through the program, the patient felt his progress was significant and decided not to pursue the surgery option. As he progressed through the Functional Restoration Program, DB noticed that his pain was beginning to decrease despite lowering his narcotic usage and increasing his weights in the physical therapy gym. At that point, he began to believe he might actually be able to work again. With renewed hope, he tapered off his narcotics and trained very hard to reach the *Heavy Physical Demand Level* (lifting up to 70 pounds) required of his job with the airlines requirements.



RESULTS: Far exceeding expectations, DB was able to resume his full-duty flight attendant job he had held for 32 years! He continues to use the educational tools and recommendations to support his fitness plan and work on maintaining a positive mental attitude, and has been able to avoid more spine surgeries for 4 years.