



## Conquering Pain Thru Function

### Success Story

“PRIDE taught me so much, especially the right way to stretch, lift and relearn the right way to move. It all came together for me!”  
M.G.

#### 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:

#### PRIDE Rehabilitation Center

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**M.G.** Soldier injured in Iraq, in the Warriors in Transition Unit (WTU) turns to PRIDE to help him heal, so he can return to active duty.



**PATIENT:** MG, a 38-year-old soldier serving in Iraq, was severely injured when his tank was struck by enemy artillery. He was found unconscious, with severe burns as well as head and back trauma, and was dragged from the tank to safety. He sustained a life threatening head injury, injuries to his neck, back and knees, and was burned on his back and right arm.

**PRIOR TREATMENT:** MG was treated overseas and then in the US. He required a neck fusion surgery at 2 levels (C5-7) as well as treatment for his other injuries. Not only did he suffer physically from this attack, but he was later diagnosed with post-traumatic stress disorder (PTSD). It was thought unlikely that he would ever serve again, and so he was placed in the Warriors in Transition Unit at Fort Hood, TX, a program for wounded soldiers who require significant rehabilitation and have complex medical cases.

**GOAL:** Because PRIDE is contracted to provide functional restoration through Tricare to the WTU, MG was given a “last chance” option to come to PRIDE from Fort Hood, TX (after two and a half years in the WTU) to see if any progress could be made. His goal was to return to Active Duty and stay in the service so he could reach retirement with 20 years of service (already having served more than 16 years)

**PRIDE TREATMENT PLAN:** When MG came to PRIDE, he knew the challenge it would be to recover from such an extreme injury, but he was committed to the program. Coupled with his physical injuries, MG received low doses of narcotic pain medication, as well as medication for depression and his PTSD. He had already been in physical therapy for more than 2½ years, and still could only perform in the *Light/Medium* Physical Demand Level (PDL), meaning he could only occasionally lift and carry in the 15-25 pound range. These levels would never allow him to return to the high demands of active duty. MG worked intensely eight hours a day for 20 days in PRIDE’s Functional Restoration Program following a personalized intensive treatment plan in order to meet his military physical requirements. Coupled with a program to address psychological, medication and disability issues through education, counseling and stress management, he showed significant improvement in all aspects of his personal functions. By the end of the program, MG was meeting all military full duty demands including the ability to lift 120 pounds. MG was ready to return to the base.

**RESULTS:** MG returned to the Warrior in Transition Unit at Fort Hood and brought his case to the Medical Board. He was approved after several months, and was deemed “fit for duty.” He then returned to Active Duty, where he has been ever since.