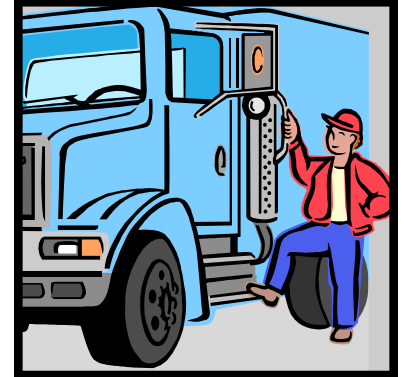




## Conquering Pain Thru Function

### Success Story

**M.L.** *New Jersey truck driver travels to Texas to participate in PRIDE and avoid surgery.*



“I am just thankful for the whole program. It got the job done.”  
M.L.

#### 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:** ML, a 35-year-old truck driver from New Jersey, was injured when he slipped on ice and fell while carrying a 25 pound object. Out of work for seven months, in significant pain with limited mobility, and with no progress from previous treatments, ML was given the option of traveling to Dallas and entering the PRIDE treatment program.



**PRIOR TREATMENT:** Two New Jersey doctors had recommended a low back fusion surgery. This treatment approach was also supported by the patient’s lawyer. However, ML was “on the fence” about doing surgery and wanted to see if there was another alternative. He had tried reconditioning therapy at home, but it had been ineffective. ML was also taking moderate to high doses of narcotics for pain management.



**GOAL:** ML wanted to avoid surgery, regain strength and mobility, and return to work.



**PRIDE TREATMENT PLAN:** PRIDE’s *Surgical Option Process (SOP)* was the main reason that brought ML to Texas. His physical evaluation at PRIDE showed very low strength and endurance and suggested he was functioning at a *Below Sedentary* Physical Demand Level (PDL), with high pain, mood and sleep problems. Segmented rigidity was found in his lower lumbar spine (severe stiffness with no motion in certain joints). He also reported a high pain level and depressed mood. ML’s Functional Restoration Program was an *abbreviated* Early Intervention program, done in just half the usual number of treatment days used for very chronically disabled patients. Early Intervention treatment, for patients who were injured relatively recently, permits more rapid physical recovery because there is less likelihood of chronic structural joint changes or muscle atrophy. Because ML had difficulty overcoming segmental rigidity with exercise alone, he received one set of facet injections (L4-S1) to help “lubricate” and mobilize the rigid joints. These injections helped him stretch his back more effectively, so he could fully participate in building strength and endurance. Midway through his program, he recognized enough improvement in his condition to decide to definitely avoid the fusion surgery, and he focused on completing his treatment program. By the time he left the program, he had increased his low back strength from the severely deficient to the mildly deficient range, and his lifting ability improved up to *Medium/Heavy* PDL (Physical Demand Level), exceeding the levels required for his job demands.



**RESULTS:** ML was able to return to work much sooner than anticipated and was able to avoid fusion surgery as well as its extensive recovery time. He has been back at work in NJ and reported no further complications at his PRIDE one year follow up. MC thinks his trip to Texas was the best route he could have taken.