



Success Story

R.C. *Abbreviated Functional Restoration and Stay at Work (SAW) program moves worker from long-term light-duty to full-duty employment.*



“I am so glad I went to PRIDE. It got me back to operating as normal as possible.”
R.C.

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: R.C. is a 57-year-old electrician and a long term employee for a large utility company in Texas for the past 25 years. In 2005, he injured his lower back lifting a 100 pound piece of equipment. The stabbing pain was intense and though he thought it would slowly go away, it never did. He continued to have pain but kept working in a limited capacity. His injury forced him to accept only “light-duty” work, and he needed frequent help from fellow employees to help with an average of 15% of his materials handling tasks. Six years dealing with his limited capacity workload, constant pain and reduced productivity was a strain on R.C. and his company.



PRIOR TREATMENT: For six years, R.C. was treated with spinal injections and medications for his low back pain. He was on moderate doses of narcotics and muscle relaxers. Surgery (a facet rhizotomy) was “on the table” if pain exacerbations did not improve. His pain and limited mobility were not improving, and he was becoming depressed and felt defeated. Struggling to live in pain and not wanting to risk surgery, R.C. came to PRIDE.



GOAL: His weak back caused him constant pain, and his spirits were low. Nevertheless, RC was motivated to fully participate in the PRIDE program if it would help him decrease pain and allow him to return to full-duty work in the near future. He was hopeful for the first time in many years.



PRIDE TREATMENT PLAN: In his initial physical testing, (Functional Capacity Evaluation), he performed in the *Below Sedentary* physical demand levels (PDL) for floor-to-waist lifting with severe lumbar spine strength deficits. R.C. committed to participating in a comprehensive Functional Restoration program of physical therapy, occupational therapy, pain management and counseling. Over the course of treatment, he worked extremely hard, increasing his lower back muscle strength which brought his materials handling evaluation up to the *Heavy* PDL of 100 pounds occasional lifting (higher than his actual full-duty requirements). RC ended his dependence on pain medication and was fully restored to function. In other words, he was “his old self” again.



RESULTS: After Functional Restoration treatment, he was released to full-duty. He had avoided surgery. Happily, he returned to his pre-injury electrician job and promised to tell his friends about what PRIDE had done for him.