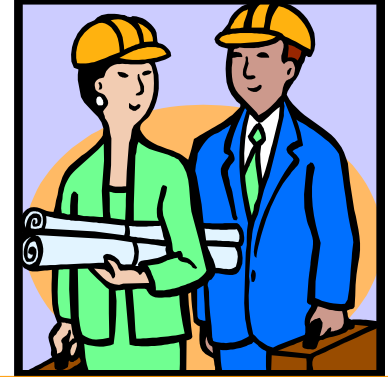




Success Story

T.B. Long-term disabled female patient, with prior surgeries and artificial disc replacement, (through assistance from Texas DARS—state VR program) enrolls in PRIDE and soon returns to work.



“I never thought that learning the right way to stretch and work out could make such a difference”

T.B.



PATIENT: TB, a 47-year-old female estimator for a local fencing company, had suffered severe chronic spine pain since a 1979 major motor vehicle accident. She had an early disc operation, soon after the MVA, and then in 2004 had lumbar (low back) fusion surgery. A year later, she had an artificial disc replacement. Her last operation was a shoulder rotator cuff repair in 2007. She lived every day in constant pain. In order to keep working part-time, in a light duty position, she had resorted to taking large doses of narcotics. When not at work, she led a completely sedentary lifestyle.



PRIOR TREATMENT: TB had suffered with pain for 30 years! She had gone to multiple doctors, surgeries, and treatment programs - all with unsuccessful results. Her surgeries included an L5 fusion, an artificial disc replacement (ADRs at 2 levels (L3/L4), lower back surgery, and a rotator cuff repair on her left shoulder.



GOAL: TB wanted to work with an interdisciplinary team on multiple strategies in order to reduce her pain, become fully functional, and end her dependence on narcotic pain medicine.



PRIDE TREATMENT PLAN: TB came to PRIDE committed to improvement. A resident of Tyler, TX, TB participated in the PRIDE Functional Restoration program and stayed in a local hotel. The physicians developed an individualized treatment plan to better manage her pain, improve her physical capacity, and carefully and gradually decrease her narcotic use so that she could participate in the physical program needed to improve her condition. TB was soon able to lift heavy weights in the physical therapy gym and began to feel less reliant on narcotic medicine. Her sensitivity to pain decreased, enabling her to move without pain, exercise more, and function better than she ever imagined.



RESULTS: After successfully completing the PRIDE program, TB was discharged at her full-duty job capability (with materials handling in the *Medium* Physical Demand Level). She was so satisfied with the results of her treatment at PRIDE that she wanted to offer the “family rate” for fences.

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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