

Spinal Rejuvenation Therapy™

The Evidence Speaks for Itself

A review of these case study synopses demonstrates the results that can be achieved by using Spinal Rejuvenation Therapy™ (SRT™):

- **Case #1** - male; suffered from low back pain, headaches and sleep deprivation, averaging 2 hours of solid sleep with 3 hours of restlessness nightly. Pain level was 8.9/10 upon presentation (pre-treatment). Now enjoys 7 hours of solid sleep after initial SRT™ care. Patient has ceased the use of all pain pills. Previously constant headaches have subsided to an average of 1 per week. Patient is continuing SRT™ care.
- **Case #2** - female, suffered from low back pain, sciatica, pain level 8/10. Sciatica pain began after giving birth to her daughter. Pain decreased to 0/10 after SRT™. Patient is now talking with her husband to have more children.
- **Case #3** - female; diagnosed with herniated and bulging disk, pain level 9,10/10, headache suffer, always taking pain medication. Patient had to quit work and was considering surgery at presentation. Pain level decreased to 2/10 after SRT™. Patient has stopped taking medication and has returned to work. Patient is considering down hill skiing again, says she has more agility. Patient is going to continue SRT™ care.
- **Case #4** - female; suffered from low back pain, presenting with pain level 8/10. Patient's low back pain hindered her performance of normal daily activities. Pain level decreased to 0/10 after SRT™. Patient now performs daily activities without back pain resurfacing.
- **Case #5** - female; suffered from low back pain into sciatica, presented with pain level 8/10. Patient was having trouble working and doing daily activities. Pain level decreased to 2/10 after 5 SRT™ treatments. She was able to go on a 20 km bike ride with ease. Patient's hips are still not level, is going to continue SRT™ care.
- **Case #6** - female; suffering with low back pain into sciatica, headache sufferer, pinched nerve in mid shoulder blades, presented with pain level 8/10. Low back pain reduced to 3/10, fewer headaches, pinched nerve pain in shoulder reduced to 4/10. Patient can sleep better, has more agility, is going to continue SRT™ care.

Case #1 Detail

The patient is a 43 year-old male weighing 281 lbs with a height of 70." He presented with a high degree of pain (8.9/10). This was causing serious sleep deprivation and prompted the constant use of pain medication.

Pre and post x-rays were taken by independent facility after 20 chiropractic visits with the SRT™ protocols.

The results are as follows:

DISC HEIGHT	PRE	POST	DIFFERENCE
L5	0.37	0.59	0.22 gain in disc height
L4	0.97	1.30	0.33 gain in disc height
L3	0.69	0.83	0.14 gain in disc height
L2	1.01	1.45	0.44 gain in disc height
L1	1.45	1.40	-0.05 (negligible, may be due to positioning)

lumbar curve – pre (standing view)	30.8	apex L4
post lumbar curve – post (standing view)	37.9	apex L3

Patient Height		PEF (Peek Expiratory Flow)		PEF
(pre)	(post)	(pre)	(post)	(post)
70"	71.62"	3100		4100

Discussion

The patient is now pain free with the exception of headaches which occur approximately once every week. He now enjoys a solid night's sleep (7 hours). The patient has ceased the use of all pain pills. Patient is continuing SRT™ care according to the protocol below.

In addition, the patient enjoys much greater lung force (PEF) as well as a significant increase in grip strength and balance.

Clinical Outcomes

Considerable increase in disc heights.

Considerable restoration of lordotic curve.

SRT Protocol

The foundation for Spinal Rejuvenation Therapy™ is the chiropractic adjustment. This is the starting point for all patients. But the application of SRT™ focuses on five steps which, when addressed in proper combination impacts the spinal health of the patient:

- Improving patients' intake of water and nutrition.
- Reducing red tissue adhesions, spasms and begins the remodeling of scar tissue in old spinal injuries.
- Alternating loading and unloading cycles to soften the hard gelatinous discs.
- Apply spinal axial distraction (decompression) only after the soft tissues have been prepared.
- Use body weights used to retrain proprioceptive reflexes of the brain allow structural and postural correction of the spine.
- Isometric exercises to strengthen muscles that support spinal curves.
- Targeted use of Whole Body Vibration (WBV).

Doctors are invited and encouraged to gain additional information about Spinal Rejuvenation Therapy™, its related research and its potential benefit to their patients. They can do so by calling 800-597-0368.