

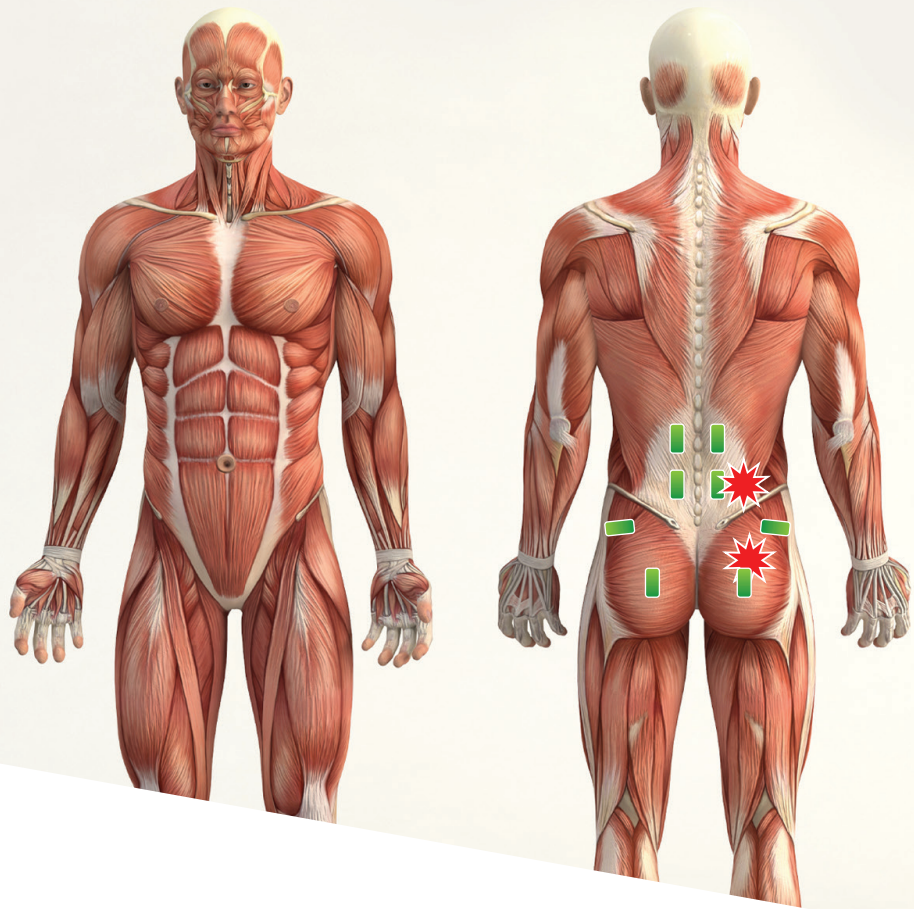
# CASE STUDY

51-Year-Old Male Attorney with 2+ Years of Chronic Low Back Pain

*PERFORMED AT:  
Competitive Edge Physical Therapy  
in Tampa, Florida using  
the NeuFit Method.*

## DIAGNOSIS:

Patient had localized pain in R lower back and into the R glute (shown in red in the image below; dark red shows severe pain and light red shows more moderate pain), constant for two years with no more than an occasional few hours of relief after various physical therapy and chiropractic treatments. Pain level was 3/10 at rest and often spiked to a 7/10 with extended sitting, extended standing, walking, and bending. Patient had neural tension and very restricted range of motion in spinal rotation and flexion. At the initial evaluation, he could only reach his patellae in a lumbar forward bend. On Manual Muscle Testing (MMT), he was a 4-/5 for lower abs, psoas, rec. fem., and hamstrings.



## TREATMENT AND OUTCOME:

He performed 13 NeuFit sessions over 7 weeks at Competitive Edge Physical Therapy in Tampa, FL, utilizing the Neubie® device for neuromuscular re-education. The NeuFit® Mapping Process was used to identify sites of neurological dysfunction, which are shown in green on the image above. Once these spots are found, they are stimulated in combination with various movements and corrective exercises. The exercises performed included basic bending, hinging, squatting, rotations, and simulated golf swings.

After his first session, the patient had the most significant and longest-lasting relief he had experienced at any point during the previous 5 years. By the end of the second week (after 5 sessions) his MMT results were all 5/5 and he was able to hit golf balls at the driving range without pain - but still unable to complete a full round of golf. After his 10th visit, at the end of week 5, he reported that he was playing full rounds of golf, an amount that would have “sidelined” him before. He continued

with additional strengthening work and after his 13th visit reported being able to exercise without pain, feeling “better than ever,” hitting the golf ball farther than ever, and being able to reach down to lower shin in his forward bend - just 2” above the malleolus.

## **DISCUSSION:**

This patient was very frustrated with his lack of progress using more traditional therapy, having seen very little improvement over 5 years, and was very pleased with his outcome. As an attorney specializing in Personal Injury, he began to refer numerous patients to Competitive Edge. He described his experience in this testimonial:

<sup>1</sup> As part of the neuromuscular re-education process, areas of dysfunction are identified by scanning an electrode across the patient's body and observing the patient's reaction to the unique stimulation current of the Neubie®. Where there is dysfunction, such as the hypersensitivity associated with guarding after a traumatic injury or surgery, the body will fight strongly against this electric signal and it will feel significantly different to the patient.

*“For about 5 years I suffered with back pain that would limit me from playing golf, running or being active with my two young children. When Jason saw me earlier this year and applied the NeuFit technology to my back pain, I was amazed at how instantly I felt relief from the constant nagging pain on one side of my back. Over a series of treatments for about 7 weeks I achieved long term, lasting relief of my low back pain. This treatment has done more to alleviate my back pain than any other doctor, therapist, or exercise regimen I had tried in the past.”*