

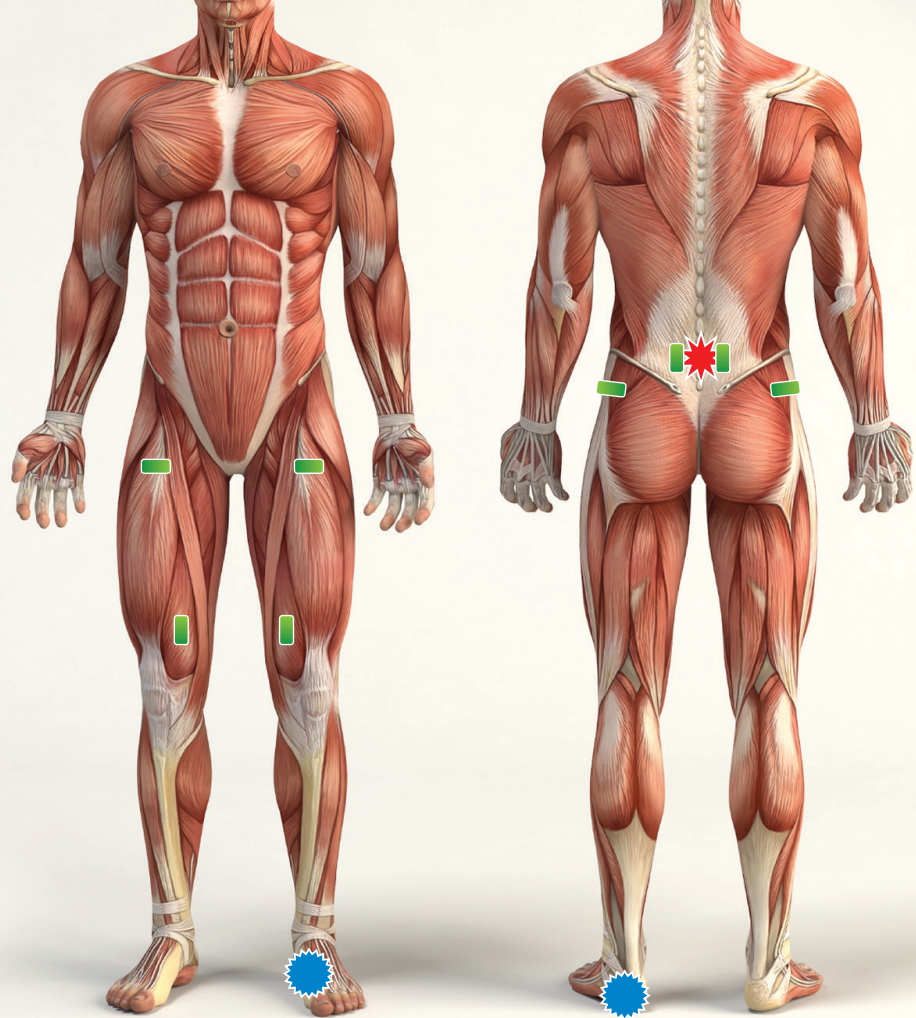
# CASE STUDY

64-Year-Old Female with Significant Back Pain 11-months post Lumbar Fusion Surgery

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

## DIAGNOSIS:

Patient had significant pain, even after undergoing a Lumbar Fusion and Decompression surgery 11 months prior. Pain level was 3/10 at rest and often spiked to a 7/10, leaving her unable to squat or bend over to pick up objects from the floor. She also experienced radicular symptoms in her left foot, and that sensation - along with her back pain - both increased with prolonged sitting.



## TREATMENT AND OUTCOME:

Patient performed 15 NeuFit sessions over 12 weeks at Competitive Edge Physical Therapy (C.E.P.) 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 (the site of pain is showed in red, radicular symptoms shown in blue). Once these spots are found, they are stimulated in combination with various movements and corrective exercises. The exercises performed included basic bending, hinging, squatting, lunging, and rotations.

During the course of treatment, she experienced significant improvement in pain, strength, and ROM.

<b>Forward Bend R.O.M.</b>	Mid Thighs	→	Lower Shins
<b>L + R Rotation R.O.M.</b>	15°	→	25°
<b>Hip Flexion R.O.M.</b>	100°	→	115°
<b>Manual Muscle Tests for Psoas, Rec. Fem., Hamstring &amp; Glute</b>	all 4- or 4/5	→	5/5

<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.

## DISCUSSION:

This patient was very discouraged, especially after her surgeon told her that she'd likely have to be sedentary for the rest of her life in order to avoid back pain. She is now excited about being able to resume swimming, biking, and gardening, and has noticed a profound increase in quality of life. Here is how she describes her experience at C.E.P.

*“Best physical therapy place around. If you want to get off the couch and become active again, this is the place to go. They combine their NeuFit technology with more conventional treatment, which makes a combination that I have never experienced before. I had major low back multilevel fusion and was not able to do anything when I first came to Competitive Edge. I am now very active, riding my bike swimming, bending... anything I want to do I feel I am able to do it now. A million thanks to Jason and Daily for making my life active again.”*