

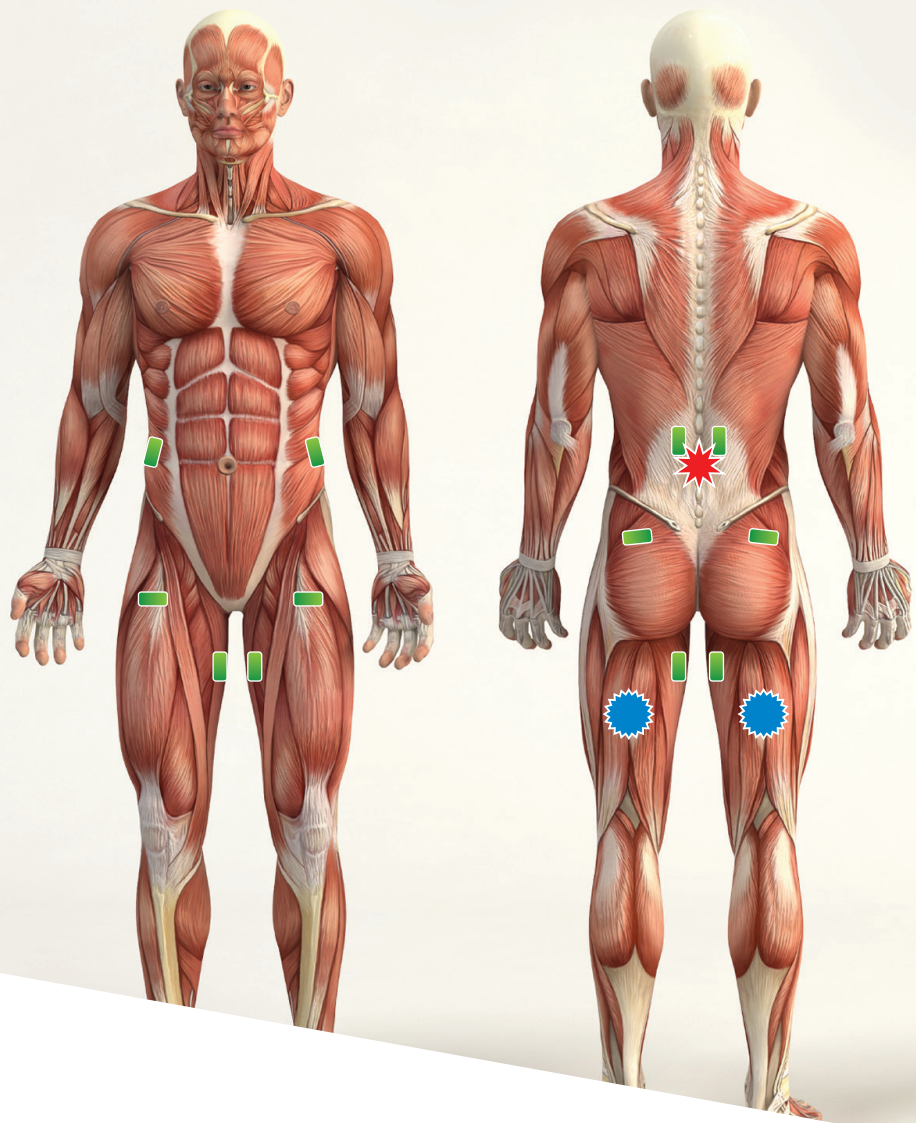
# CASE STUDY

55 Year Old Elite Amateur Golfer with Chronic Low Back Pain

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

## DIAGNOSIS:

Patient presented with bilateral low back pain with minor radicular symptoms into B legs (sites of pain shown in the image), exacerbating with flexion and rotation. He also had restricted lumbar, pelvic and hip mobility, neural tension. Because of the pain, he had been unable to complete a round of golf in about 6 weeks and was eager to find a solution.



## TREATMENT AND OUTCOME:

He performed 3 NeuFit sessions at Competitive Edge Physical Therapy in Tampa, FL. The first session began with the NeuFit® Mapping Process, wherein the patient was mapped for sites of neurological dysfunction, and then those sites were treated with the Neubie® device for neuromuscular re-education. These sites of neurological 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. Once these spots are

found, they are stimulated in combination with various movements and corrective exercises. During the course of treatment, stimulation was given at the sites shown in green on the image above, which were identified during the scanning process. The exercises performed included bodyweight squats and hip hinges, trunk rotations, forward flex to alternating foot reaches, and simulated golf swings. He noticed a significant reduction in hip pain after session 1. After the session 2, he had decreased low back pain and a significant increase in ROM. After 3 treatments, the patient reported being able to play 2.5 rounds of golf (45 holes) in a weekend without pain. He continued with “tune ups” as needed and was able to qualify for the U.S. Senior Amateur Golf Tournament, a big “bucket list” item of his.

## **DISCUSSION:**

The patient was delighted with how quickly the NEUBIE sessions helped him recover and credits this therapy with allowing him to achieve his dream of competing in the U.S. Senior Amateur.