



*VAX-D  
Changing  
Peoples  
Lives*



*vax-d*

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# VAX-D *Testimonials*

## *VAX-D Testimonials*

**VAX-D testimonials come from patients from all walks of life. These testimonials are from real people and represent just a few of the success stories of those who have lived with chronic back pain. Some of the patients are physicians and specialists in the healthcare field.**

**As we commemorate twenty years in the chronic low back pain field, we can now celebrate a proud history, and commitment to the patients for whom we care, and for those whose lives we have forever changed. Our goal is help promote excellent healthcare throughout life with respect, dignity and compassion for all of those who suffer with chronic pain.**

**VAX-D Therapy truly offers new 'hope' for the millions of people who suffer from back and neck pain everyday.**



# VAX-D Success Kit Testimonials

***Damian Rolls***

***New York Yankees, Third Base***

*New York, New York*



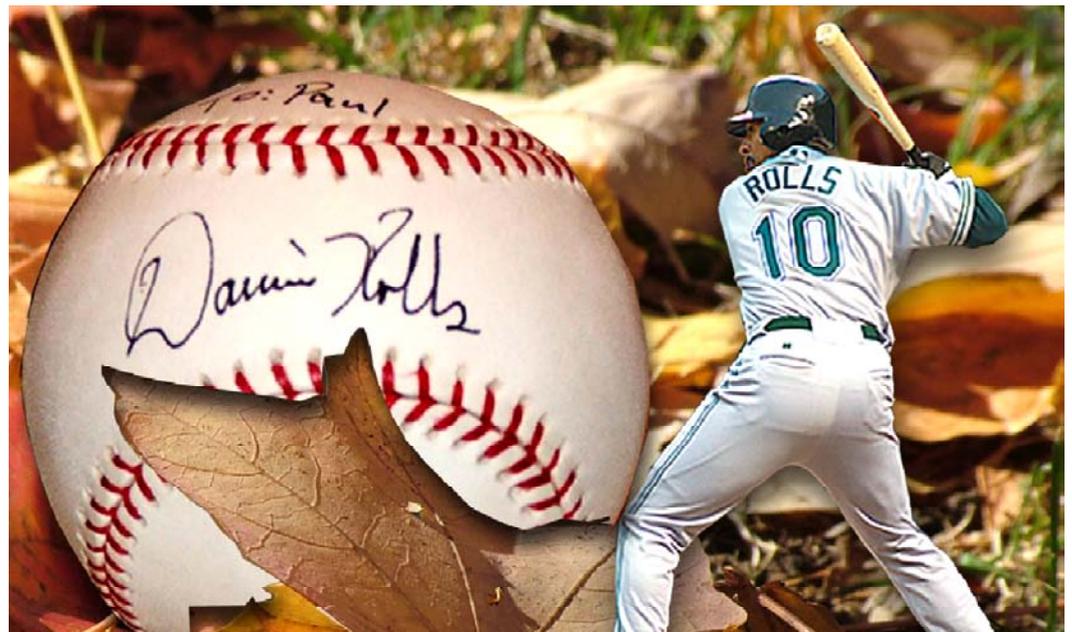
When I can to Family Life, I had been living in constant pain for three years. My hamstrings and hip muscles felt like they were in my back. Walking around was not an option and even just lying in bed was a task.

I am now halfway through my VAX-D treatments and I live with NO PAIN! I still have tightness here and there, but IAM PAIN FREE!

The small things that I took for granted I can finally do again. To be able to walk around and not have to sit down every five to ten minutes is great. I am really looking forward to finishing my treatments and finally getting back to doing what I love. taking care of my little girls, bike riding, picking them up and being a jungle-gym for them

*Damian Rolls*

Damian Rolls



# Testimonials



## **Bruce Wilkerson**

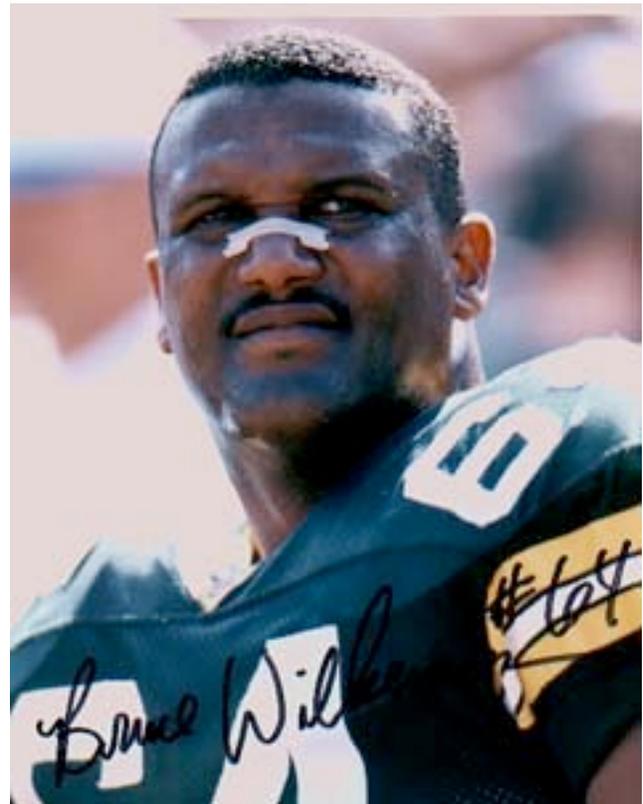
*Offensive Lineman with Green Bay Packers and Super Bowl Champion*

Bruce Wilkerson is a veteran NFL offensive lineman with the Green Bay Packers. “If I would of known about VAX-D I might still be playing. Years of playing football had caught up with my body. The pain kept me from being at my best.

All my life I could control what I did and how I did it. Walking or standing was uncomfortable. I would wake up nightly with back pain. I tried injections, medication, and thought surgery was the only option.

My father told me about a new treatment called VAX-D. It has changed my life. My daily activities are back to normal.

I now sleep without pain. If you have discomfort or have been told you have no option but surgery do what I did. Call about VAX-D!”



*Bruce Wilkerson is a veteran NFL offensive lineman with the Green Bay Packers. Originally drafted by the Oakland Raiders, he was with the Silver and Black for eight seasons (1987-94), playing in 107 regular-season games with 89 starts.*

*He has completed is 12th year as a pro, a career in which he has played in 147 regular-season games, including 94 starts. He has 11 additional games of playoff experience and won Superbowl XXXI with the Packers in 1997.*



ESPN



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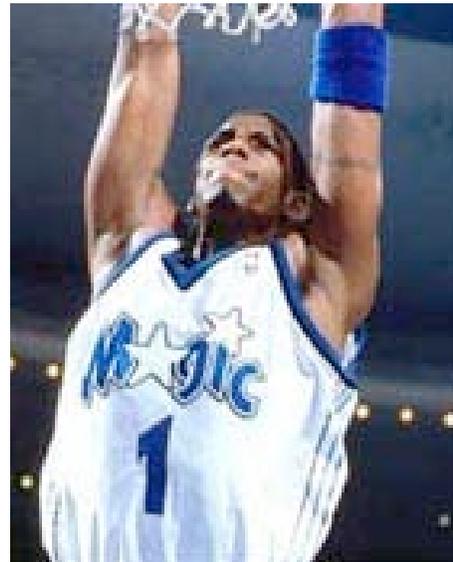
## What Prevented T-Mac's Back Surgery?

Tracy McGrady disclosed that he was *this close* to opting for season-ending back surgery this past summer. The pain of two bulging discs was too much to bear, he says. "I was hurting so bad in the playoffs and then after the season I was in so much pain," he said. "I couldn't really finish all my workouts. I didn't come in camp in the best shape because my back was just that bad, but I was at a point where I was gonna get surgery -- have surgery on my back. I mean, they told me I was gonna cut my career short. It didn't really matter to me at the time 'cause I was so frustrated with my back and I couldn't find any answers."

But T-Mac found a miracle in a procedure called VAX-D performed by a local Orlando physician. Basically, McGrady gets stretched on a rack-like device for 40 minutes, three or four times a week. It's an eight-week program that McGrady says has popped his discs back in place, and that he wants to continue throughout the season.

"Now I'm out there playing without pain," he said. "It's kind of still surprising to me. 'Cause I find myself out there playing with no pain, and I'm so used to playing with pain. It's just so crazy, man. I was so frustrated this summer. It was even nights where I was like, 'Man, I'm not gonna play this year. You know, I'm gonna be out for the whole season.' "

McGrady knows, though, that in all likelihood he's going to have to manage back pain for the rest of his career. He doesn't need to look any further down the bench than to coach Doc Rivers, who played the last 13 years of his career with similar problems.



"I'm always gonna have problems with my back no matter what I do," McGrady said. "I'm gonna continue to have problems but (it's) just whether I can tolerate the pain. So right now, I mean I have a little pain. It's not bad. It's not to the point where I'm making crazy faces out on the basketball court like I was in the playoffs and running like I was about 60 years old. So that's a good sign. I'm fine. I'm jumping well, running well, making cuts good, so it's a positive sign."

### T-Mac, Magic: Good riddance to a bad back

Brian Schmitz

October 3, 2002

JACKSONVILLE -- The Magic star who has been seeing his career flash before his eyes lately has not been Grant Hill.

Six weeks ago, Tracy McGrady, scared and confused, wondered whether surgery was the only way to relieve his aching back.

"I thought maybe I wasn't going to play this season," McGrady revealed Wednesday. "I thought about getting surgery, and that is bad. . . I'm 23 years old. I couldn't find anybody who could take the pain away."

T-Mac's smile and presence at practice means he has found somebody. Magic fans, meet Dr. Mike Gutman of Orlando.



Dr. Mike just might have saved the season. He certainly has helped ease everyone's pain inside these franchise walls, which were already close to tumbling with the angst over Hill's left ankle. Tracy said he considered surgery, but three specialists didn't deem it necessary. Not yet, anyway. If the Magic thought McGrady was exaggerating the seriousness, Gutman said, "No, Tracy's not."

T-Mac is practicing at full speed after believing Gutman is the final piece of a rehab puzzle. "Before this, it was real frustrating," McGrady said. "I hadn't found the answer, but now I feel good."

And if McGrady continues feeling good, he'll know that the answer was only about a full-court shot from TD Waterhouse Centre at the Gutman Pain & Accident Center on West Colonial Drive.

McGrady has been searching for relief ever since last season began with a wince and ended with a wail. He first started aching in the preseason. He missed three games with back problems in December, then wobbled off after the Magic's playoff roster against the Charlotte Hornets.

### T-Mac, Magic: Good riddance to a bad back (continued)

"It was so bad, I almost didn't play the first game. I came down after scoring and experienced more pain than I've ever had," he said. "All I could think about was [former Knicks forward] Larry Johnson, how he retired early with a bad back."

The Magic's season may have been turned around by a 67-year-old who has dealt with other people's pain for 36 years, the last two at his address on West Colonial Drive. Gutman never played much basketball but joked, "I was on the 'B squad' for Miami High's football team." A knee injury ended his career.

He has treated the backs of construction workers and weekend golfers, and "people who work on their gardens," he said. Although Gutman says all his patients are "celebrities," McGrady is his first big-name client. "He's the most famous worker's compensation injury I've ever had," Gutman laughed.

McGrady has become best friends with an apparatus in Gutman's office called a vertebral axial decompression, or VAX-D for short. He lies flat on his stomach with a harness contraption around his hips. While he grips handles at the other end, his vertebrae are stretched, relieving the pressure on the nerves in T-Mac's two bulging disks.

To help heal the affected tissues, Gutman has McGrady downing six different vitamins, some organic sulfur, a joint formula and a Q-11 co-enzyme. Tracy also drinks tons of water and a concoction of nutrients made from the husks of rice.

McGrady has been seeing Gutman four or five times a week since late August after T-Mac's personal trainer, Wayne Hall, saw one of Gutman's TV commercials and called. Gutman said "flare-ups" are possible during the season, but McGrady is now pain free -- and frown free.

"Tracy told me his disposition has improved 300 percent," Gutman said. "He's a happy lark."

So far, Dr. Mike has cured a major migraine for the Magic.

*Brian Schmitz can be reached at [bschmitz@orlandosentinel.com](mailto:bschmitz@orlandosentinel.com).  
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# VAX-D Success Kit

# Testimonials



## ***Robert Channey, M.D.***

*Office of the Assistant Surgeon General of the United States*

### **Health and Human Services**

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I had a back problem in 1977. We found that the discs had deteriorated at the L4-L5 and L5-S1 area. In July of 1993, I ended up with excruciating pain in my back, and this time all of the way down the left leg to my toes. It wasn't until the latter part of September in 1993 that I found a program on TV about VAX-D. It looked like the thing, but I was suspicious. I called the office and made an appointment for the next day. At that time they did an extended exam on myself and recommended that I have an MRI. The MRI showed deterioration at the L4-L and L5--S1 areas. They recommended that I start on VAX-D and stay on it for 15 straight days, missing my weekends at the beach and on the boat.

I said, well it's worth a try, so I started. I was there one Saturday morning and was talking to another gentleman who was also a physician, and I said I thought this was doing well for my back but I was doubtful about the sciatic pain in my left leg. He was of the same opinion but we were going to continue on anyway. On the 27<sup>th</sup> of September, being my birthday, my family (which I have a large one) , took me for a seafood dinner down by the bay. All the way down and all the way back I could not get any relief from the aches in my back and particularly in my left leg.

I continued on with treatment and after the fifteenth session I only had a slight twinge occasionally. Since that day on, I am completely free of the pain in my back and my left leg. I jog the same as I used to, as I did last evening, not a very long one, down to the park and back. I cut the lawn, I'm back without any pain at all, and I've got to say that VAX-D was the thing that did it for me.

*Robert Channey MD*  
Assistant Surgeon General



# VAX-D Success Kit

## Testimonials



### *David Ivancic*

*OrganTransplant Specialist, Northwestern University Medical School*

NORTHWESTERN UNIVERSITY MEDICAL SCHOOL

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Division of Organ Transplantation  
Department of Surgery  
Transplant Laboratory  
Tarry Building, Mail Code T231  
303 East Chicago Avenue  
Chicago, Illinois 60611-3008

The Rosenthal Clinic  
122 South Michigan Avenue  
Suite 1560  
Chicago, IL 60603

Dear Dr. Rosenthal:

Were it not for your treatment, I would still be in pain and unable to enjoy a normal active lifestyle. As you know, I was diagnosed with degenerative disc disease and saw many doctors over the years. None of the previous treatments were successful in improving my condition.

Thank God I found you. I was really very pleasantly surprised to find that I felt much better after just three visits. After completing the program, all of the pain was gone. What a relief to be able to be rid of that persistent pain that I endured for much too long. If someone in physical pain similar to mine spoke with me about it, I would refer that person to you without hesitation. With great appreciation for you and respect for the powerful tool of VAX-D, I thank you.

Sincerely,

A handwritten signature in black ink that reads "David Ivancic".

David Ivancic

# VAX-D Success Kit

## Testimonials



### **Richard Goulding, M.D.**

*Otolaryngology, Palm Bay, Florida*

I thought I'd overdone one of my workouts, and that the pain would eventually work itself through. When I reached to pick up my laptop computer and an excruciating pain shot down my leg, I knew that I hadn't simply overworked my muscles; something was definitely wrong.. I figured I had four options, I could do nothing, and learn to live with the pain, I could have epidural injections, but one of my friends went that route and ended up with a cerebral spinal fluid leak. I could schedule surgery and run the risk of further complications from scar tissue. I know people who've had surgery and they say they never came back 100%. Or, I could have VAX-D.

VAX-D is a medical decompression technique that creates a powerful vacuum inside the discs of the lumbar spine. Precise measurements of tension and pressure guide the specific use of VAX-D and allow the specially trained therapist to target decompression to the specific level of spinal dysfunction. The negative pressure of the vacuum draws the herniated disc back into its proper orientation, draws nutrient-rich spinal fluid into the disc, and stimulates repair cells, effectively mending the disc.

My wife had a herniated disc that was treated with VAX-D and following her regimen she was completely cured, and I wanted to know if it was the right procedure for me. I was in such pain that I was literally crawling across the floor. I'd have done almost anything to gain some relief, but if I could be treated with VAX-D, that was my first choice. It is important to get a good diagnostic assessment before selecting a remedy because medical science is developing more options for the patient than ever before. By understanding a patient's condition thoroughly, we increase the chances of avoiding surgery, and today, approximately ninety-five percent of back pain sufferers can be treated non-surgically.

I know it sounds impossible, but I could feel VAX-D working. I had relief from my pain for several hours after my first treatment, and that's what I find so impressive about it. Nothing is completely risk-free, but this is close, and all more invasive options were just that - invasive. Not to try VAX-D first to relieve pain like mine just didn't make sense to me. The result was 100% relief from my pain with this treatment. ***I think it's awesome.***



# Testimonials



## ***Sandra Fallico, M.D.***

*Radiologist, Gottlieb Memorial Hospital, Dept of Medical Imaging, Melrose Park, Illinois*

My name is Sandra Fallico, M.D. My first experience with the VAX-D program was as the diagnostic radiologist and physician, examining patients and their films to determine whether they were candidates for treatment, and then to monitor their progress.

I was so impressed with the many positive results that I sent my husband for treatment. He had severe back pain for many years, which was predominantly secondary to bony facet disease, with mild disc disease. He is a hardcore golf fanatic, and was incapacitated by his back pain. He underwent a full series of VAX-D treatments and has been virtually asymptomatic for five years. Unfortunately for me, he has been able to golf whenever he can!

This past March, while bending over to blow dry my hair, I suffered an acute L4-L5 disc herniation, which was so severe, I required hospitalization. I started the usual painkiller, muscle relaxant / anti-inflammatory regime, with no significant relief. During this two week period (also seeing a chiropractor), my husband kept nagging me to go down and start VAX-D. But, as the typical physician, I was full of excuses and was not willing to undergo the very treatment that I recommended to, literally, most people I know with back troubles.

Finally, my husband physically brought me to the VAX-D center, and I succumbed to become a VAX-D patient. THANK GOD! My symptoms were markedly relieved (I would never say 100% because I didn't want to jinx myself!) within the first few sessions. Continuing the treatments, the VAX-D technician kept her promise. Just five weeks after my acute herniation, I was able to fully enjoy (actually wallow in) our 15 year anniversary trip, both my husband and I free of back pain! Need I say more? For the appropriate patients, ***I recommend VAX-D as a first treatment of choice.***

Sincerely,

Sandra Fallico, M.D.

President

MEDICAL IMAGING PROFESSIONALS



# Testimonials



## ***Chad Monroe***

*Monroe's Prestige Group Inc., Retail Estate Development, Tampa Florida*

Hi this is Chad Monroe. I am president of one of the largest development companies in Florida. We have done 60 Publix anchored shopping centers; also Home Depot, Lowes and Target.

I would like to tell you just some great highlights of my VAX-D treatment in Tampa Bay. When I first started therapy, I was worried that the treatment would not work, and that I would just be wasting my time. But soon I discovered I was very wrong. The first change I noticed was that my pain was gone and made me feel loose. By the end of about thirty treatments my lower back felt much stronger. Also during my treatment I met the incredible doctors and staff at the office, and they made my treatment fly by. They also taught me a lot about my back, general wellbeing, and good advice for everyday life.

After I finished treatment, I did some important stretching and strengthening exercises for my stomach and lower back. Before the therapy, when my back was hurt, I did not have the strength or energy to do these important exercises. Now, just a couple of months later, I'm able to do them three times a week, and I consistently work out at the gym. I also play basketball, hard 5-on-5 for two hours, four times a week.

I feel great – just like a twenty-four year old man should feel! I still enjoy coming to the back pain clinic and getting a treatment occasionally, just to maintain my health, because I never want to go back to the pain that I had before.

Sincerely,

A handwritten signature in black ink, appearing to read 'Chad Monroe', written in a cursive style.

Chad Monroe

Monroe's Prestige Group Inc.



# VAX-D Success Kit

## Testimonials



### ***Gregory Dell***

*Minister, Euclid Avenue United Methodist Church, Oak Park Illinois*

I am writing to share my experience of the VAX-D treatment and the results I experienced. It stated with a Neurosurgeon and he wasn't very optimistic. My two previous back surgeries (laminectomies) and a current MRI indicated that a third surgery would be problematic. The surgeon said he would do the surgery, but, with its risk and poor prognosis, he suggested I consider the possibility of 'living with the pain' being produced the double herniated L4:L5 disc. It was impossible to sit for more than ten minutes and increasingly difficult to stand, walk, or at times even lie down.

It was at that point that I considered the possibility of flying to Washington DC for the VAX-D Treatment. I would receive, I was told, two treatments a day for nine consecutive days. Frankly, even after watching the video tape provided by the clinic, I was dubious.

As it turned out the only 'ordeal' of the whole time was the plane trip to Washington. I had my first treatment the afternoon I arrived. After four treatments the pain was substantially reduced. By the end of the eighteen treatments the pain was completely gone for several days. When it returned it would be a bare whisper of its former intensity. I was told I would continue to improve after treatment. Again, I was dubious, but I was so relieved to be 95% functional I really didn't care.

As I write this, some ten weeks after my last treatment, I have marked four weeks without a single pain. The numbness is completely gone from my foot and I am functioning better than I was before the whole episode began. My thanks to you and those who designed and applied the VAX-D. It comes as close to an understandable miracle as anything I have experienced.

Sincerely,

Gregory Dell



# Testimonials

## VAX-D Success Kit



### **Bob Borkenhagen**

*Head Football Coach William Penn College, Oskaloosa, Iowa*

I want to take the time to thank all of you for educating me on what I now consider to be one of the most sensible and cost effective ways to treat a herniated or ruptured disc. My son Chris suffered for about a year with a severe herniation at the L4-L5 level of the lower back. This condition was a result of an attempt to lift a dock platform out of the water. After approximately a year of suffering with the pain and a severe loss of flexibility, he found himself in a position of having to give up something he really enjoyed doing, playing college football. Being a concerned father and coach, we visited a respected Sport Injury Clinic in Cedar Rapids, Iowa. After and MRI report confirmed the problem, we were given basically two options. The first was back surgery and the second was the conservative approach which involved physical therapy and basically not doing any physical activity that would irritate the ruptured disc. After giving this some serious thought, I came to the conclusion that neither of these two options were acceptable. I really did not feel that the percentage rate for a full recovery was very good.

After hearing and reading about VAX-D Therapy, I decided that it was worth a try. I know both Chris and myself are very happy we decided to go with VAX-D. We finished therapy on January 11, 1995 Chris had a follow up treatment in May 1995 and at that time was experiencing his full flexibility level with no discomfort. He was able to play his senior football season in the fall of 1995 without any problems, which made him very happy.

It was somewhat ironic that I had an incoming freshman this past fall come in with the same condition. Since he is from Illinois he decided to use the VAX-D clinic in Chicago, over our Christmas holiday break. So far he is experiencing the same positive results as Chris did. I would strongly recommend the VAX-D Therapy for any person looking for a bonafide and cost effective treatment for lower back pain. Thank you for a successful and rewarding experience.

Bob Borkenhagen  
Head Coach



### *Jim Cowles*

*Senior Vice President, Willis Corroon Corporation, Louisville Kentucky*

I am Senior Vice President and Regional Director of Sales for Willis Corroon Corporation of Louisville, an Employee Benefits operation with offices in Lexington and Owensboro KY. The Kentucky operation for which I am responsible is both a Retail Broker and Third Party Administrator of Health Insurance Benefits. In addition, our sister division is the largest Third Party Administrator of self insured worker's compensation claims in Kentucky. It is safe to say that I have seen hundreds of back injuries in the health insurance and worker's comp arenas.

For over eight years now I have personally experienced a back problem. My problem is complicated by a rather serious degenerative problem in both the L4 and L5 area and results in persistent sciatica pain in my back, right hip and right leg into my foot. As a result, over the years I have had many tests and X-rays, as well as exposure to various forms of therapy. I have explored options with Orthopedic Surgeons, Neurosurgeons, Osteopaths and Chiropractors. Like so many others with my problem, I was advised not to have surgery until my problem worsens.

I recently learned of a new procedure performed on a machine called the 'VAX-D'. This rather sophisticated, computerized equipment actually stretches the lower vertebrae, taking pressure off the nerves and causing the disc material to decompress. A series of 15 to 30 treatments will often result in re-hydration of disks in many patients. While it may not work in every instance, I am convinced that immediate treatment of a back injury using VAX-D Therapy will result in a very high cure rate, with the worker returning to his or her job after only several weeks.

# VAX-D Success Kit

## Testimonials

Unfortunately, because there is no VAX-D machine available in Louisville, I am having to drive approximately 260 miles round trip for treatment. I am heartened by the results to date and plan to continue treatment. I have just completed my 20<sup>th</sup> treatment and continue to see improvement. In my opinion, the difference in cost, time away from the job and overall results is reason enough to consider this treatment on a routine managed care basis.

I certainly would encourage Insurance carriers and Third Party Administrators to approve VAX-D Treatment. I have personally met other individuals who have been cured as a result of this treatment. In particular, one individual who actually had sciatic pain down both legs when he first started treatment. I saw him last Tuesday and he was finishing his 20<sup>th</sup> treatment. He said he was now well, and did not plan to come back. In my opinion, the difference in cost, time away from the job and overall results is reason enough to consider this treatment on a routine managed care basis.

Sincerely,

Jim Cowles  
Senior Vice President  
Willis Corroon Corporation



# Testimonials

## **Bonnie Peebles**

*Homemaker, Tulsa, Oklahoma*

*Dr. David Duncan, Anesthesiology & Pain Mgmt.-Columbia Healthcare*



Not that long ago, Bonnie Peebles was delivering the first of her two children and beginning the happiest time of her life. Bonnie then found out she had Crohn's Disease, an intestinal disorder. To combat her disease, doctors placed Bonnie indefinitely on high dose steroids which caused her to gain 100 pounds. A large disk then slipped out of place forcing her to use a walker. After time, she developed disuse atrophy of the muscles requiring her to use a wheelchair. Ultimately she was confined to an electric wheelchair requiring the use of braces to keep herself vertical.

"I hurt all the time and I could not get out of the electric wheelchair," said Bonnie. "My lower back and legs hurt and I did not think it would improve." "I just thought the pain would continue to get worse and go on forever." At Columbia Healthcare Specialty Hospital, the long-term acute care branch of Columbia Doctors Hospital, a combined program was developed for her which included physical therapy, a weight loss program and a treatment for her inflammatory bowel disease. "The main reason Bonnie was eventually confined to the electric wheelchair was because of the non-use of her muscles. It was just too painful for her to walk and get around because of the disk.

At the lowest point of her life, crippled and unable to care for herself, she happened to meet David Duncan MD, at the hospital. What originally caused Bonnie problems was the weight gain and the bulging disk - a corrected disk would greatly help in the recovery process. Duncan placed her on a 20 - treatment program of VAX-D. Bonnie found nearly instant results. After a few treatments she started walking with the aid of parallel bars. A few more treatments allowed her to stand by herself and eventually take her first steps in years. "One of my goals was to have her move out of the nursing home and get her own place," said Duncan.

The VAX-D worked for Bonnie, who recently completed her treatments. She reached one of her personal goals by walking 3 1/2 un-aided miles at a recent walk for multiple sclerosis!

Bonnie was facing a future in which she could not hope to walk without assistance. Less than one year later with the help of Columbia Specialty Hospital she has been able to free herself from her wheelchair and with each passing day the doors to her future are opening. Dr. Duncan's treatment plan has given Bonnie the chance to do something she hasn't been able to do for a long time, walk ahead and think of a future without a wheelchair and without the agonizing pain in her back.



# Testimonials

## ***Sara Draper, P.T.***

*Physical Therapist, Dallas Texas*

There are not words adequate to express my appreciation and gratitude for the kindness, encouragement and support shown me during my 6 weeks of treatments, not to mention the pain relief and benefits of the VAX-D treatments. I consider these treatments/therapy a Miracle drug with a capital M. My primary care doctor and the surgeon to whom she sent me both recommended surgery and saw that as the only way to go.

I am a physical therapist with 37 years of clinical practice and have seen my share of failed back surgeries and opted to search out and try all alternatives before submitting to surgery. By the grace of God, I learned about, the far too little known, VAX-D treatments.

My pain level was at a 10+ and I was taking maximum doses of prescription strength pain medication. I virtually crawled into the VAX-D Center in the hope of even minimal relief. I drove ~75 miles round trip daily for 6 weeks in order to receive the treatments. Neither the drive nor the treatments were comfortable at first but well worth the final results. I have done the recommended exercises and followed all the lifting restrictions faithfully and will continue to do so; being a therapist myself I realize the importance of maintenance and realize the potential for re-injury as I return to work at this time.

My pain now at the end of 6 weeks of treatment with VAX-D is generally at 0; occasionally at 0.5 to 1 and I only occasionally need as much as 1 extra-strength Tylenol. You can imagine how grateful I am to have avoided surgery and be able to get on with my life.

I have and will continue to sing the praises and recommend this treatment to as many people as possible as I know others can benefit from this therapy as it hopefully become more widely known.

Sara Draper



# Testimonials



## ***Roger Ray***

*Sheriff, Department of Justice*

My name is Roger Ray and I'm 45 years of age. I'm pretty active in sports, but about 20 years ago I injured my back on the job. I'm not really sure how I did it but the results were I had a herniated disc. The disc has caused me problems off and on, and I had it looked at by several doctors to see what relief I could get. Basically, it was pain-killers, aspirin and hot packs for the back etc. That worked well for awhile, but as you know, we get older and when that occurred, or as it is occurring now, the pain would be a little bit more intense, and it was more sciatic pain going down the side of my leg.

That caused me not to be as active as I would like to be, and I did not like taking the medication to ease the pain so that I could play basketball. I really enjoy the sport, it's a lot of contact and I would do anything I could to be able to play. After trying just about everything you could think of, I knew that I would have to give up playing entirely, unless I could find some avenue for relief. Most of the doctors had always told me that surgery was the only solution to this problem. I was scared to death of surgery, I did not want surgery, and to this day do not want surgery.

Always looking for alternatives, one day when I was looking in the health section of a local newspaper here, I saw where there was an ad for relief of back pain without surgery. I seized upon that and my spirits got pretty high. I thought I would check the facility and what was going on there because it was a new machine or something.

I really couldn't get much from the ad, but in making a few phone calls, I got the basics of the VAX-D Table. I checked it out with some of the doctors that I have confidence in, and they all told me that eventually one day that I would beg for the surgery. They said that this was not going to do me any good, and that it was probably some quackery someone had thought up to make a quick buck.

# *Testimonials*

After going to two or three doctors again trying to check out this procedure (because I wanted to have some hope in it) it came down to me visiting the clinic to see what the people where like. I found everyone to be very pleasant and very professional . I felt I didn't have anything to lose. They were not offering anything that was going to harm me, it was something that I could very easily do. It is not exerting, it takes a little time but the end result if it worked would be that I wouldn't have the pain that I had before and I wouldn't have to take the medication to play basketball which I love to do.

So I signed up for the 15 treatments on the VAX-D Table and the first couple of days I felt it was really not doing anything for me, so I was kind of skeptical. I was having negative thoughts that this was not going to work but they kept me at it, and I was keeping my appointments and I was doing what I was asked to do as far as being careful and not doing much activity as I was going through the process.

I guess it was about the ninth or tenth day I started noticing that the pain was not on the left side and I was kind of concerned because I thought it had moved to the right side but that lasted only for a day or so

I don't know how it works, or what all the mechanics are. I know it decompresses the spine and pulls the disc back into place, or it takes the pressure off the nerve endings that were causing me the pain, because I have not had that pain since then

So I wholly endorse the VAX-D Table in my case because I feel it has given me a new lease to go out and do the things that I had not been able to do, with the confidence that I had before. Things are quite different now, I do not have to change position 15 times when I sit down to talk to some one, I don't have to get up and move around to try and relieve the pain on my left side and it is just great.

I would recommend it to anyone. I don't know it would work for everyone but it worked for me and I've had the pain for over 20 years.....so I think that it has been a god-send ...really!

*Roger Ray*



# VAX-D Success Kit

## Testimonials



### ***Earnest A. Reiner, M.D.***

*Internal Medicine, Tampa Florida*

I am a practicing internist in Tampa Florida and believe the following summary of my personal history and medical report might be of interest to others suffering from similar problems.

Because of left leg pains and bilateral symptoms of pseudo-claudication, it was necessary to have spinal surgery in December of 1985. Severe spinal stenosis and herniated disc were noted at the L3-L4 level at that time. Good results were obtained and I remained essentially symptom free until January 1996. At that time, left back and leg pain were noted abruptly. Symptoms were relieved somewhat after bed rest and steroids. An MRI taken at the time revealed a diffuse area of stenosis of the canal from the L2-L3 to the L5-S1 levels. These were most severe at the L2-L3 level where there was a component of a herniated disc. Other than persistent left lateral foot numbness and moderate back discomfort on standing, I was able to continue all medical activities and also engage in doubles tennis which is one sport I particularly enjoy even with some discomfort.

In June 1999, after a brief trip requiring heavy baggage handling, extremely severe right-sided pain developed. This was aggravated by weight bearing. All studies were again repeated and the following findings noted.

At L1-L2 there was a mild disc bulge. At L2-L3 there was a left ventral defect with compression of the nerve roots. At L3-L4 there was a slight ventral subluxation of the L3 on L4 with ventral flattening of the thecal sac and right postero-lateral extrinsic compression of the thecal sac noted. This appeared to be due to large marginal osteophytes and perhaps disc protrusion in the right foramina. At L4-L5 there was ventral and right, more than left, ventrolateral compression by the disc disease and osteophytic spurs. At L5-S1 there was ventral indentation associated with a narrowed disc space.

Because of the findings of these multi-level disc herniations and bony stenosis, and because of the persistence of right sciatic pain, it was felt that a combined procedure was necessary. A wide decompressive laminectomy followed by spinal fusion at multiple levels was scheduled to be done by a neurosurgeon /spinal surgeon.

In the interim period while awaiting surgery, routine physical therapy was carried out with no change in symptoms. I donated blood in anticipation of the surgery.

On evening in a state of frustration and depression, I turned on my computer. I searched out " lumbar stenosis" and the first article that stuck my attention was " an alternate to back surgery". This was an article describing " Vertebral Axial Decompression" ( VAX-D).

# VAX-D Success Kit

## Testimonials

By what must be considered divine intervention, I dialed the 800 number listed with the article. I spoke at the time to Dr. Frank Tilaro, the medical director of VAX-D. We spoke of my problems and although we agreed I was faced with serious complications that could effect the level of response he suggested in my case it would be certainly worth considering VAX-D before resorting to surgery. Although the by-line on the article was Utah I found that Dr. Tilaro was speaking to me from the VAX-D head office in Palm Harbor Florida only 28 miles from my home. I made arrangements to see him the next day at which time arrangements were made for me to receive VAX-D treatments in Palm Harbor.

I made 28 daily trips, each day five days a week, to the office where I received the VAX-D treatment. Each treatment session lasted about 30 to 45 minutes. By the fifteenth session my progress was sufficient that I cancelled the surgery. After 28 treatments, that is within six weeks, I was pain free.

I am most happy to say that now for the past 18 months, since completing my course of therapy, I have remained in remission, the numbness in my left foot has cleared and I am able to continue my medical duties as well as play golf and tennis several times a week. I have had no recurrence of problems with my back to date, in spite of active participation in frequent sport activities.

I am the most grateful person on the face of the earth for having been directed to this non-surgical alternative to back pain treatment. It will be my legacy in life to bring this treatment to my hometown. It is inconceivable that this new and different manner of decompression of intervertebral discs and facet joints is not better known. It is most difficult to understand, as a physician and patient, why this proven non-surgical treatment is not covered by all insurance carriers and Medicare but also is not routinely recommended prior to surgical intervention.

For my extremely severe multilevel lumbosacral pathology VAX-D was truly a lifesaver.

Signature:



Ernest A. Reiner, M.D.



# VAX-D Success Kit

## Testimonials

### ***Sara Draper, P.T.***

*Physical Therapist, Dallas Texas*

There are not words adequate to express my appreciation and gratitude for the kindness, encouragement and support shown me during my 6 weeks of treatments, not to mention the pain relief and benefits of the VAX-D treatments. I consider these treatments/therapy a Miracle drug with a capital M. My primary care doctor and the surgeon to whom she sent me both recommended surgery and saw that as the only way to go.

I am a physical therapist with 37 years of clinical practice and have seen my share of failed back surgeries and opted to search out and try all alternatives before submitting to surgery. By the grace of God, I learned about, the far too little known, VAX-D treatments.

My pain level was at a 10+ and I was taking maximum doses of prescription strength pain medication. I virtually crawled into the VAX-D Center in the hope of even minimal relief. I drove ~75 miles round trip daily for 6 weeks in order to receive the treatments. Neither the drive nor the treatments were comfortable at first but well worth the final results. I have done the recommended exercises and followed all the lifting restrictions faithfully and will continue to do so; being a therapist myself I realize the importance of maintenance and realize the potential for re-injury as I return to work at this time.

My pain now at the end of 6 weeks of treatment with VAX-D is generally at 0; occasionally at 0.5 to 1 and I only occasionally need as much as 1 extra-strength Tylenol. You can imagine how grateful I am to have avoided surgery and be able to get on with my life.

I have and will continue to sing the praises and recommend this treatment to as many people as possible as I know others can benefit from this therapy as it hopefully become more widely known.

Sara Draper



# Testimonials

## **Bonnie Peebles**

*Homemaker, Tulsa, Oklahoma*

*Dr. David Duncan, Anesthesiology & Pain Mgmt.-Columbia Healthcare*



Not that long ago, Bonnie Peebles was delivering the first of her two children and beginning the happiest time of her life. Bonnie then found out she had Crohn's Disease, an intestinal disorder. To combat her disease, doctors placed Bonnie indefinitely on high dose steroids which caused her to gain 100 pounds. A large disk then slipped out of place forcing her to use a walker. After time, she developed disuse atrophy of the muscles requiring her to use a wheelchair. Ultimately she was confined to an electric wheelchair requiring the use of braces to keep herself vertical.

"I hurt all the time and I could not get out of the electric wheelchair," said Bonnie. "My lower back and legs hurt and I did not think it would improve." "I just thought the pain would continue to get worse and go on forever." At Columbia Healthcare Specialty Hospital, the long-term acute care branch of Columbia Doctors Hospital, a combined program was developed for her which included physical therapy, a weight loss program and a treatment for her inflammatory bowel disease. "The main reason Bonnie was eventually confined to the electric wheelchair was because of the non-use of her muscles. It was just too painful for her to walk and get around because of the disk.

At the lowest point of her life, crippled and unable to care for herself, she happened to meet David Duncan MD, at the hospital. What originally caused Bonnie problems was the weight gain and the bulging disk - a corrected disk would greatly help in the recovery process. Duncan placed her on a 20 - treatment program of VAX-D. Bonnie found nearly instant results. After a few treatments she started walking with the aid of parallel bars. A few more treatments allowed her to stand by herself and eventually take her first steps in years. "One of my goals was to have her move out of the nursing home and get her own place," said Duncan.

The VAX-D worked for Bonnie, who recently completed her treatments. She reached one of her personal goals by walking 3 1/2 un-aided miles at a recent walk for multiple sclerosis!

Bonnie was facing a future in which she could not hope to walk without assistance. Less than one year later with the help of Columbia Specialty Hospital she has been able to free herself from her wheelchair and with each passing day the doors to her future are opening. Dr. Duncan's treatment plan has given Bonnie the chance to do something she hasn't been able to do for a long time, walk ahead and think of a future without a wheelchair and without the agonizing pain in her back.



# Testimonials

## VAX-D Success Kit



### ***Craig Booker***

*Body Builder*

*Staff, Department of Energy, Oak Ridge Tennessee*

**I injured my lower back in June 2002 as a result of a work-related incident. The pain was in my right lower back area. The pain intensified to the point where I was unable to stand, and was bedridden for days.**

**The pain began to radiate down my legs into my feet. It took 15 minutes just to get out of bed in the mornings. As a result of the pain I had to suspend my work outs at the gym, and I knew it was time to seek a professional for help.**

**A friend mentioned VAX-D treatment and a few days later I called for an appointment.**

**After the second treatment I felt better. Now, after completing the entire program I am back to my workouts and can sleep without pain.**

**I believe in VAX-D and would recommend to anyone with a similar condition.**

*Craig Booker*

