Rehab ... RESULTS speak for themselves!

_ Jon Pettibon, D.C._

What happens with your patients if you can no longer adjust patients using manual manipulation on a short-term or long-term basis? After some major medical issues (see previous issues on www.PettibonSystem.com/blog), I found myself in that position asking that same question.

When I was eventually able to return to my office, the infection had left my lumbar spine in such bad shape that most activities were painful & impossible to perform. My colleague of many years decided to move on with his own practice, which left me with the realization that my business was finished. I grudgingly wrote a letter thanking my patients for 34 years of support & assuring them that their records would be available & ready to be transferred to the provider of their choice. As I was contemplating my future, my father, Dr. Burl Pettibon, came to me with an idea he was working on for a decompression system utilizing simultaneous cervical & lumbar traction combined with whole body vibration & an exercise protocol. Although my practice was finished, I was able to temporarily interact with patients in a research capacity & had an opportunity to find out if subluxation configurations could not only be corrected but also maintained without the typical high velocity, low amplitude spinal manipulation.

We recruited patients, during late 2011, willing to follow an initial 3 month program of 3-4 sessions per week. Many liked the idea of “not getting their backs cracked”. The in office research program began with:

- Therapeutic Wobble Chair™ warm-up exercises on a Pettibon Vibration Platform for 10 minutes
- 20-30 reps on a Repetitive Cervical Traction™ unit
- 10-12 minutes on either the Deluxe Inversion Traction Table or the Deluxe Flat Traction Table (depending on need)
- Wobble chair exercises & tractioning were repeated after the traction table
- PTLMS (Pettibon Tendon Ligament Muscle Stimulator) utilized for first 2-4 weeks (dependent on individual symptomatology & was administered after each session).

Body weighting was prescribed after the first week with x-ray to determine proper weight & placement. Daily home care was also prescribed & patients were sent home with a Portable Wobble chair, Repetitive Cervical Traction unit, cervical & low back supports for spinal molding along with head & body weighting.

Post x-ray showed amazing results. Subluxation configurations were greatly reduced, cervical lordosis was greatly improved & symptomatic changes were dramatic.

You be the judge! Here are 5 patient cases that include brief case histories from participants in this program. We did pre & post x-rays for each. All participants experienced rapid positive changes in symptomatology and a return to normal daily activity. Keep in mind, none of these patients received manual spinal manipulation. This was ALL a result of exercise, traction, traction table therapy, and the use of body weights to engage the body’s proprioception system to correct poor posture.
The Welder/Iron worker (46 yr old Male)

Presenting Complaints:

- Severe low back pain – VAS 9 (visual analog pain scale)
- Radiating pain in left hip/buttock – VAS 7-9
- Intermittent left leg pain (VAS 5)
- Woke up with pain 3 days ago
- Taking Flexeril and Vicodin without relief

Treatment:

Therapeutic Wobble Chair™ warm-up exercises with vibration and cervical traction. Once warmed up, he used a traction table with a combination of lumbar and cervical traction, followed by PTLMS. This patient did 3x/week for 3 months with no manual manipulation.

Homecare Treatment:

Wobble Chair exercises, cervical traction, Pettibon head & body weighting and spinal molding. This patient did 2x/daily during the 3 months and continues to do this to maintain his correction.

Progress:

Patient was PAIN FREE in 3 office sessions and returned to work. Here are his pre and post x-rays (3 months apart):

A year after starting treatment I received a thank you letter from The Welder’s girlfriend. Here is an excerpt with the patient’s name removed for HIPAA:

“About a year ago, my boyfriend hurt his back. He was barely able to walk and in excruciating pain. He had hurt his back on a Friday afternoon. I had called all Friday afternoon and Saturday morning looking for a provider to see him. When I called Dr. Pettibon’s office he agreed to see my boyfriend right away even though his office is closed on Saturdays. He immediately saw how much pain my boyfriend was in and started him right away on exercise that was bearable but not painful. He never once said “let’s give you drugs”, as I had often been told in the past. I was able to accompany him to his first several visits. I
was amazed that Dr. Jon did not “crack” his back. This is a procedure that has been done to me over and over with no lasting improvement. My boyfriend was placed on a Decompression (Traction) Table and given exercises to do every visit. He signed up for the Home Exercise and Weight Bearing Programs. I watched as a man I have known for over twenty years achieved amazing results. In the past if my boyfriend’s back “went out”, he would take pills and lay around until it became manageable. With this program he is out doing a lot more activities without suffering any back or neck issues which have plagued him in the past.”
The Auto Body Mechanic (47 yr old Male)

Presenting Complaints:
- Low back pain
- Left leg pain off & on for 10 years
- Has current low back and left leg pain with numbness of lower leg and foot

Treatment:
Therapeutic Wobble Chair™ warm-up exercises with vibration and cervical traction. Once warmed up, he used a traction table with a combination of lumbar and cervical traction, followed by PTLMS. This patient did 3x/week for 3 months with no manual manipulation.

Homecare Treatment:
Wobble Chair exercises, cervical traction, Pettibon head & body weighting and spinal molding. This patient did 2x/daily during the 3 months and continues to do this to maintain his correction.

Progress:
Patient’s pain reduced, and returned to work after 1st week. He was PAIN FREE after the 2nd week and relieved of numbness after the 3rd week. Here are his test x-rays that show what is possible from start to head weighting for 5 weeks vs. 1 month followed by pre and post x-rays (3 months apart):
The Retail Clerk (51 yr old Female)

Presenting Complaints:
- Neck & upper back pain with stiffness for many years
- Headaches 2-3x/week
- Left hand numbness

Treatment:
Therapeutic Wobble Chair™ warm-up exercises with vibration and cervical traction. Once warmed up, she used a traction table with a combination of lumbar and cervical traction, followed by PTLMS. This patient did 3x/week for 3 months with no manual manipulation.

Homecare Treatment:
Wobble Chair exercises, cervical traction, Pettibon head & body weighting and spinal molding. This patient did 2x/daily during the 3 months and continues to do this to maintain her correction.

Progress:
Left hand numbness was gone after the 2nd session. Neck and upper back pain/stiffness greatly improved after 4 sessions. Headaches greatly diminished within 2 weeks. Headaches were gone after 5 weeks. Here are her pre and post x-rays (3 months apart):

![Pre and Post X-rays](image-url)
The Medical Records Clerk (49 yr old Female)

Presenting Complaints:

- Ongoing headache
- Neck & upper back pain for 10 years following a motor vehicle collision

Treatment:

Therapeutic Wobble Chair™ warm-up exercises with vibration and cervical traction. Once warmed up, she used a traction table with a combination of lumbar and cervical traction then repeated the Wobble Chair™ exercises and cervical traction, followed by PTLMS. This patient did 3x/week for 2 months with no manual manipulation.

Homecare Treatment:

Wobble Chair exercises, cervical traction, Pettibon head & body weighting and spinal molding. This patient did 2x/daily during the 2 months and continues to do this to maintain her correction.

Progress:

Complaints diminished within 1 week. Complaints greatly diminished in 2 weeks. Complaints were absent after 1 month. Here are her pre and post x-rays. The upper A-P were taken 2 months apart and the lateral cervical (from the side) were taken 1 week apart:
The Retired Fireman/Body Builder/Personal Trainer (59 yr old Male)

Presenting Complaints:

- Neck, Upper back and low back discomfort
- Chronic sinus congestion/allergy
- Left shoulder pain

Treatment:

Therapeutic Wobble Chair™ warm-up exercises with vibration and cervical traction. Once warmed up, he used a traction table with a combination of lumbar and cervical traction then repeated the Wobble Chair™ exercises and cervical traction, followed by PTLMS. This patient did 3x/week for 3 months with no manual manipulation.

Homecare Treatment:

Wobble Chair exercises, cervical traction, Pettibon head & body weighting and spinal molding. This patient did 2x/daily during the 3 months and continues to do this to maintain his correction.

Progress:

Within 2 weeks neck, upper back and low back discomfort were gone. Left shoulder pain was also absent. Sinus congestion was also greatly improved. Here are his pre and post x-rays (3 months apart):

What was your conclusion? I found these RESULTS very exciting, as did the patients. They get the maximum amount of benefit for the minimal amount of practitioner stimulus. All these participants experienced rapid positive changes in symptomatology and returned to normal daily activity. To quote a recent thank you letter, “I just want to say Thank you for a better quality of life. I would never have achieved this with the traditional medical treatment I was receiving... Thank you Dr. Jon.”