

# THE RIZOR INSTITUTE

Rehabilitate | Recover | Restore

Interdisciplinary solutions for chronic pain

## Escaping Chronic Back Pain

Meet John, a 33-year-old man who had been battling back pain due to a work-related strain that aggravated a pre-existing lower back problem. Struggling with both physical discomfort and emotional distress, John's journey towards relief seemed like an impossible uphill battle until he found hope at The Rizor Institute.

John had already seen occupational medicine, pain medicine, and neurosurgical specialists and received extensive treatment, including physical therapy, medications, and epidural injections, with little or no improvement. He even had a trial of an implanted peripheral nerve stimulator, but only reported 30% pain relief. Despite these efforts, John's pain persisted. He became depressed, had problems with doing routine activities of daily living, and was unable to perform the physical demands of his job.

In November 2023, John was referred to The Rizor Institute for a comprehensive evaluation. During the half-day visit at the facility, he received detailed medical, functional, and behavioral assessments. Based on that information, the team at The Rizor Institute collaborated to create a personalized treatment plan for him, recommending integrated medical, psychological, and rehabilitation therapies in a residential setting.

In January 2024, John started four weeks of intensive treatment. Under the care of dedicated professionals, he participated in six hours of structured interdisciplinary treatments each day, underwent a series of therapies, including 90 minutes of psychological testing, and 20 treatment modules, which included individual and group behavioral therapy sessions, education in self-management techniques, guided biofeedback, active exercise, rehabilitation coaching, occupational therapy, and medical monitoring and re-assessment.

### Treatment Goals



NPR - Numeric Pain Rating

Decrease left low back pain to 4/10 | 7/10 5/10 4/10 ★ **GOAL MET AT DISCHARGE**

Carry 50# for 30 ft utilizing proper body mechanics ★ **GOAL MET BY DAY 18**

Complete 10 reps, waist shoulder with 30# | 22.5# 27.5# 30# ★ **GOAL MET AT DISCHARGE**

Tolerate ambulation x 5,000 ft with NPR of 3/10 | 10,000 ft with NPR of 5/10 by Day 18 ★ **GOAL EXCEEDED**

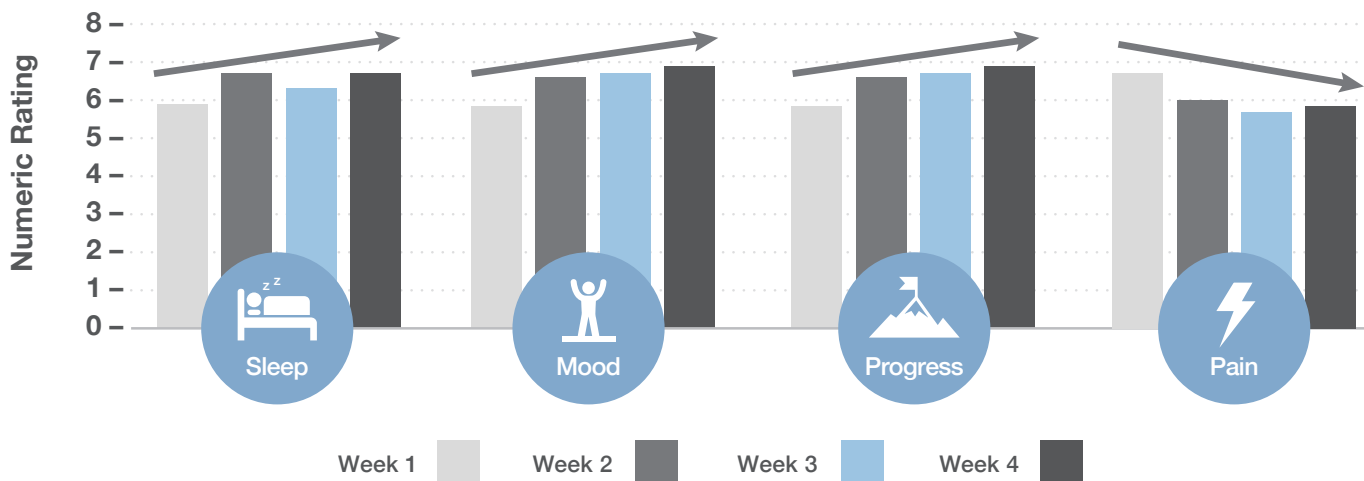
*Patient was walking at least 2 miles/day (outside of therapy sessions) with average NPR of 5/10*

\*Note: Patient's name has been changed to maintain confidentiality.

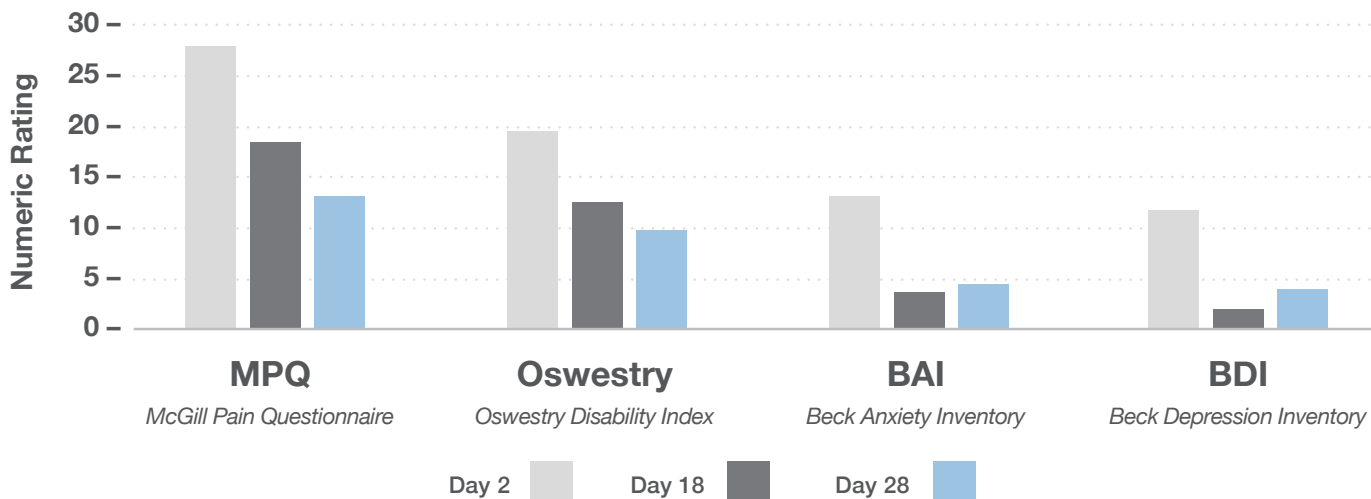
The results speak for themselves. John achieved most of his treatment goals by day 18 and all by discharge. Not only did he experience significant improvements in his sleep, mood, and overall well-being, but his pain levels also decreased based on multiple assessment tools (see below). Through targeted interventions, John gained a better understanding of pain neuroscience and learned effective coping mechanisms to manage his symptoms independently without relying on medications or surgical interventions.

John's success story is a testament to the comprehensive and interdisciplinary approach utilized by The Rizer Institute. Through a personalized plan, evidence-based interventions, and holistic care, individuals like John can reclaim their lives from the grasp of chronic pain and return to full function in their family, community, and occupation.

### Subjective Data Collection by Patient Response | Weeks 1-4



### Objective Clinical Improvement by Assessment Tools



601 Northolt Parkway  
 Suwanee, GA 30024  
 770-904-3222  
**RizerInstitute.com**

**THE RIZER INSTITUTE**  
 Rehabilitate | Recover | Restore

The facility does not discriminate on the basis of race, color, national origin, sex, age, or disability in its health programs and activities.  
 ATENCIÓN: si habla español, tiene a su disposición servicios gratuitos de asistencia lingüística. Llame al 1-800-225-5254. (Spanish)  
 CHÚ Ý: Nếu bạn nói Tiếng Việt, có các dịch vụ hỗ trợ ngôn ngữ miễn phí dành cho bạn. Gọi số 1-800-225-5254. (Vietnamese)