

THE RIZOR INSTITUTE

Rehabilitate | Recover | Restore

Interdisciplinary solutions for chronic pain

Rediscovering Hope After Chronic Pain

At 67 years old, Jeff felt like he had tried everything he could to overcome his numerous health challenges. Most significantly, he had been struggling with severe back pain for over five years. His journey has been fraught with complexities, from medical conditions like myocardial infarction, myasthenia gravis (MG), and gout, to struggles with mobility due to obesity and chronic opioid use.

Despite efforts to overcome his back pain, including undergoing spinal fusion and spinal cord stimulator implantation, Jeff's pain persisted, leaving him discouraged, dependent on opioids (at the time of admission, Jeff reported that his daily intake was roughly 75-90 MME), and limited in his ability to function independently. His quality of life suffered, compounded by major depressive disorder and severe physical deconditioning.

In October 2023, Jeff was referred to The Razor Institute for a comprehensive evaluation. Recognizing the need for a holistic approach, our team developed a tailored treatment plan for Jeff, addressing his physical, psychological, and social needs.

Admitted in November 2023, Jeff started on a six-week inpatient program. Under the care of dedicated professionals, he underwent intensive physical and psychological therapies to address his pain, mobility, and declining mental health.

During his stay, Jeff made remarkable progress thanks to eight individual therapy sessions, three medical evaluations with a Board Certified Anesthesiologist, comprehensive psychological testing, and daily care. Through over 70 hours of physical and occupational therapy, he regained strength and mobility, achieving milestones such as standing for over six minutes and walking unassisted for up to 300 feet. Additionally, he successfully tapered off opioids, reducing his intake by over 90% and ultimately becoming opioid-free.

After 6-week INPATIENT PROGRAM completion

- ★ Demonstrate a standing tolerance of 6.5 minutes
- ★ Use 8lb dumbbells for bicep curls and shoulder press
- ★ Use 4lb dumbbells for chest press and shoulder raises
- ★ Utilize the SciFit at a level 6 for 12 minutes
- ★ Climb 26 steps using one handrail



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

Jeff's journey wasn't just about physical rehabilitation; it was also about reclaiming his mental well-being. With individual therapy sessions, he addressed underlying psychological issues, including a hoarding disorder, and worked towards understanding and starting the process of overcoming these challenges.

Upon discharge from the inpatient program, Jeff continued his rehabilitation journey through an eight-week outpatient treatment plan. By January 2024, he had made significant strides, further improving his physical endurance and functional abilities.

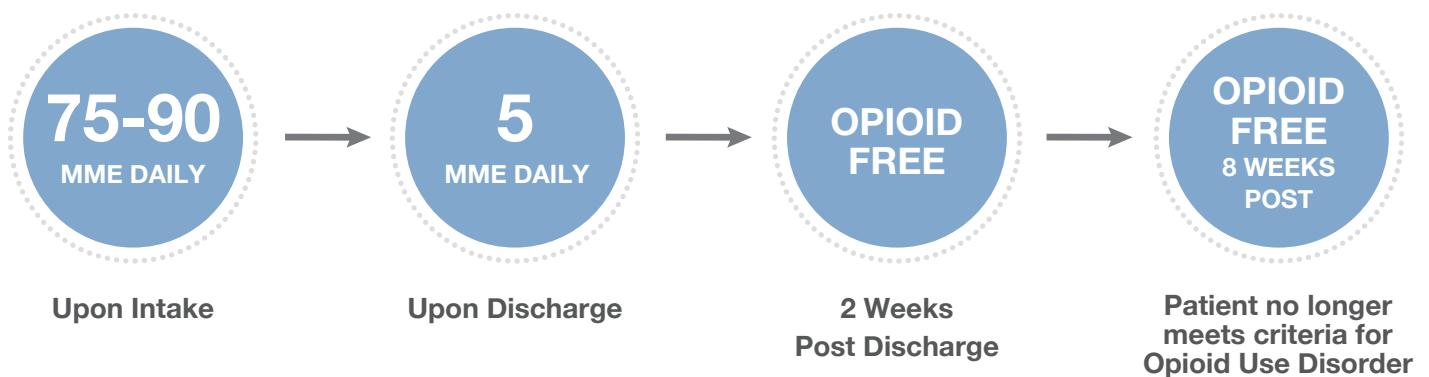
6-weeks into 8-week OUTPATIENT PROGRAM

- ★ Demonstrate a standing tolerance of 45 minutes
- ★ Use 10lb dumbbells for bicep curls and 9lb dumbbells for shoulder press
- ★ Use 6lb dumbbells for chest press and shoulder raises
- ★ Utilize the SciFit at a level 5-7 for 15 minutes
- ★ Climb 26 steps up and down using one handrail



Beyond the physical and psychological gains, Jeff's success story is a testament to his ongoing resilience and determination. Through the comprehensive care provided by The Rizer Institute, he not only found relief from chronic pain, but he also regained independence and rediscovered hope for a brighter future.

Opioid Titration



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