

Hoyt Chiropractic

Decompression

Testimonials

Decompression Testimonial

Jonathan H.

Past History/ Previous Treatment Sought: I have been to chiropractors in the past and the hospital for treatment of my low back pain.

Initial Complaint: 6 years ago I was playing roller hockey and injured my low back. I had continual pain and radiating pain down my right leg. Then 3 years ago I was playing company Olympics and I over did it, and could not move for a couple days because the pain was so horrible. I could not sit longer than an hour without a flare up happening in my low back with a pain scale of 9/10. My body also constantly leans to the right. I was diagnosed with Degenerative Disc Disease, Severe spasms of my L5, and Disc Syndrome with large bulging discs.

Decompression and Chiropractic results: After I learned that the Decompression was the best choice of treatment for my situation, I signed up for the 24 treatment program with Dr. Hoyt. By my third treatment I noticed a decrease in my pain level and I was also standing a little straighter. I continued to feel slight improvements and even started losing weight from changing my eating habits and starting the Detox program that Dr. Hoyt offers. By the 9th Decompression, I had zero pain or numbness in my legs. At about my 16th or 17th Decompression, I was completely out of pain and only had mild pain or discomfort in my Low back with getting up out of a chair. I am happy to say now after 24 treatments of Chiropractic treatments and Decompression sessions that I feel great. I have lost about 30 pounds, and the only time I have pain is in the mornings but after I stretch and start moving around, the pain goes away. I am extremely happy with Hoyt Chiropractic and how they helped me feel better than I have in years!

1st MRI

Continued Report - Page 2 of 2

Patient Name
H, JONATHAN

Date of Birth

MRN
417462

At the Request of
TRACY HOYT, D.C.

Age
27

Sex
M

Exam Date
April 29, 2008

MRI CERVICAL SPINE

L5-S1: Normal.
IMPRESSION:

1. A LARGE HERNIATED NUCLEUS PULPOSUS IS SHOWN IN THE MIDLINE AND LEFT AT L4-5, MERGING 10 MM IN AP DIMENSION PRODUCING SEVERE, LEFT GREATER THAN RIGHT, LATERAL RECESS STENOSIS WITH SEVERE THECAL SAC COMPRESSION.
2. OTHERWISE, NEGATIVE MRI EXAMINATION OF THE CERVICAL SPINE AT OTHER LEVELS EVALUATED.

Thank you kindly for referring your patient to our office.



Approved by: William M. Kelly, M.D. on April 29, 2008 at 17:27

Board Certified Radiologist.

This report was verified Electronically.



2nd MRI

Continued Report - Page 2 of 2

Patient Name
H , JONATHAN

Date of Birth

MRN
417462

At the Request of
TRACY HOYT, D.C.

Age Sex
27 M

Exam Date
June 25, 2008

MRI LUMBAR SPINE - LIMITED

IMPRESSION:

WHEN COMPARED TO THE PREVIOUS STUDY DATED APRIL 29, 2008, THERE HAS BEEN AN INTERVAL REGRESSION IN THE L4-5 DISC EXTRUSION. THE CENTRAL COMPONENT OF THE DISC HAS RETRACTED APPROXIMATELY 2.0 MM AND THE LEFT PARACENTRAL PORTION OF THE DISC HAS RETRACTED APPROXIMATELY 3.0 MM.

Thank you kindly for referring your patient to our office.

Frank A. Mangano MD

Frank A. Mangano, M.D.
Board Certified Radiologist

FAM:ls

Approved by: Frank A. Mangano, M.D. on June 26, 2008 at 11:51

Board Certified Radiologist.

This report was verified electronically.





Patient Name Jonathan H

Date 4-24-08

This questionnaire will give your provider information about how your back condition affects your everyday life. Please answer every section by marking the one statement that applies to you. If two or more statements in one section apply, please mark the one statement that most closely describes your problem.

Pain Intensity

- 0 The pain comes and goes and is very mild.
- 1 The pain is mild and does not vary much.
- 2 The pain comes and goes and is moderate.
- 3 The pain is moderate and does not vary much.
- 4 The pain comes and goes and is very severe.
- 5 The pain is very severe and does not vary much.

Sleeping

- 0 I get no pain in bed.
- 1 I get pain in bed but it does not prevent me from sleeping well.
- 2 Because of pain my normal sleep is reduced by less than 25%.
- 3 Because of pain my normal sleep is reduced by less than 50%.
- 4 Because of pain my normal sleep is reduced by less than 75%.
- 5 Pain prevents me from sleeping at all.

Sitting

- 0 I can sit in any chair as long as I like.
- 1 I can only sit in my favorite chair as long as I like.
- 2 Pain prevents me from sitting more than 1 hour.
- 3 Pain prevents me from sitting more than 1/2 hour.
- 4 Pain prevents me from sitting more than 10 minutes.
- 5 I avoid sitting because it increases pain immediately.

Standing

- 0 I can stand as long as I want without pain.
- 1 I have some pain while standing but it does not increase with time.
- 2 I cannot stand for longer than 1 hour without increasing pain.
- 3 I cannot stand for longer than 1/2 hour without increasing pain.
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Walking

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- 2 I cannot walk more than 1 mile without increasing pain.
- 3 I cannot walk more than 1/2 mile without increasing pain.
- 4 I cannot walk more than 1/4 mile without increasing pain.
- 5 I cannot walk at all without increasing pain.

Personal Care

- 0 I do not have to change my way of washing or dressing in order to avoid pain.
- 1 I do not normally change my way of washing or dressing even though it causes some pain.
- 2 Washing and dressing increases the pain but I manage not to change my way of doing it.
- 3 Washing and dressing increases the pain and I find it necessary to change my way of doing it.
- 4 Because of the pain I am unable to do some washing and dressing without help.
- 5 Because of the pain I am unable to do any washing and dressing without help.

Lifting

- 0 I can lift heavy weights without extra pain.
- 1 I can lift heavy weights but it causes extra pain.
- 2 Pain prevents me from lifting heavy weights off the floor.
- 3 Pain prevents me from lifting heavy weights off the floor, but I can manage if they are conveniently positioned (e.g., on a table).
- 4 Pain prevents me from lifting heavy weights off the floor, but I can manage light to medium weights if they are conveniently positioned.
- 5 I can only lift very light weights.

Traveling

- 0 I get no pain while traveling.
- 1 I get some pain while traveling but none of my usual forms of travel make it worse.
- 2 I get extra pain while traveling but it does not cause me to seek alternate forms of travel.
- 3 I get extra pain while traveling which causes me to seek alternate forms of travel.
- 4 Pain restricts all forms of travel except that done while lying down.
- 5 Pain restricts all forms of travel.

Social Life

- 0 My social life is normal and gives me no extra pain.
- 1 My social life is normal but increases the degree of pain.
- 2 Pain has no significant affect on my social life apart from limiting my more energetic interests (e.g., dancing, etc).
- 3 Pain has restricted my social life and I do not go out very often.
- 4 Pain has restricted my social life to my home.
- 5 I have hardly any social life because of the pain.

Changing degree of pain

- 0 My pain is rapidly getting better.
- 1 My pain fluctuates but overall is definitely getting better.
- 2 My pain seems to be getting better but improvement is slow.
- 3 My pain is neither getting better or worse.
- 4 My pain is gradually worsening.
- 5 My pain is rapidly worsening.

Index Score = [Sum of all statements selected / (# of sections with a statement selected x 5)] x 100

Back Index Score

64

Back Index

ACN Group, Inc. Form BI-100



ACN Group, Inc. Use Only rev 3/27/2003

Patient Name Jonathan H.

Date 7-29-08

This questionnaire will give your provider information about how your back condition affects your everyday life. Please answer every section by marking the one statement that applies to you. If two or more statements in one section apply, please mark the one statement that most closely describes your problem.

Pain Intensity

- 0 The pain comes and goes and is very mild.
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Walking

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- 4 Pain prevents me from lifting heavy weights off the floor, but I can manage light to medium weights if they are conveniently positioned.
- 5 I can only lift very light weights.

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- 4 Pain has restricted my social life to my home.
- 5 I have hardly any social life because of the pain.

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- 5 My pain is rapidly worsening.

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Back Index Score



Follow up Phone Call between Jonathan and Dr. Hoyt on December 3, 2008:

Jonathan stated, "I can sit as long as I want without any problem or pain. I have no pain at all and have had no pain since my treatment program. I am starting a physical fitness program as well."

When asked if he would do the treatment program again he said, "Absolutely."

When asked if the Decompression program was worth the financial and time investment, he stated again, "Absolutely."

Decompression Testimonial

Stephanie House -29 yrs. Old



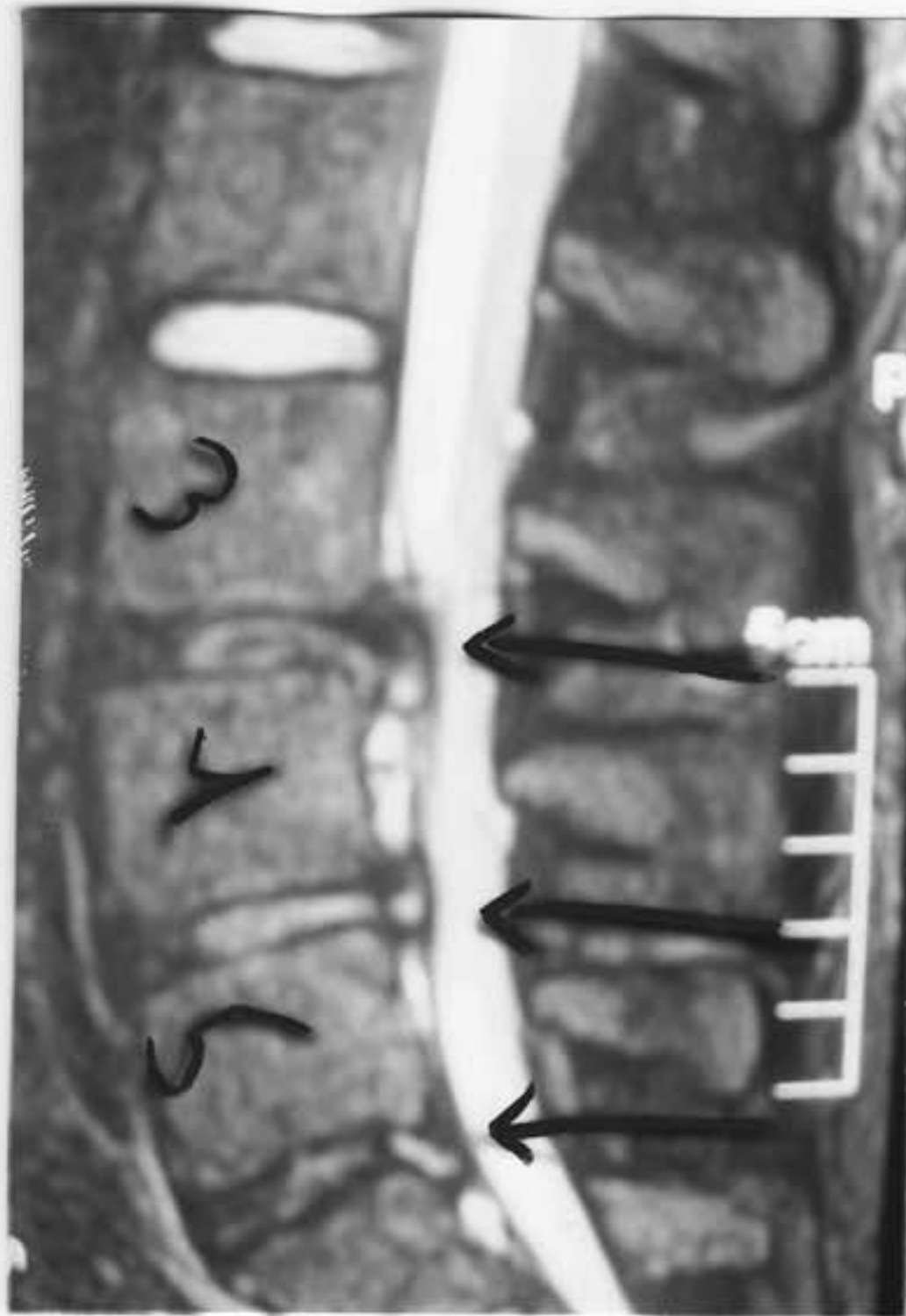
Past History/ Previous Treatment Sought: I took a ton of pain medications and saw a few different chiropractors to get adjusted for my low back pain.

Initial Complaint: I had severe Low Back Pain from 3 herniated or bulging discs, Left knee pain and I could barely walk and when I did walk, I was walking with help and completely hunched over. I couldn't even get dressed so I stayed in pajamas all the time.

Decompression and Chiropractic results: Dr. Hoyt helped me so much. Without his help, I would not be able to take care of the things important in my life. Treatment was not easy for me. I would cry for the first month of my visits. My pain level was a very high 8 or 9 out of 10. Straightening my left leg was impossible. It almost took the whole decompression therapy not to feel any pain in my Low back. Now I am able to live my life again without any pain. I can do the things I need to do. Dr. Hoyt taught me how to prevent and how to take care of my pain so that I would never go back to the level I was. I walk every day and I after the first 2 weeks of treatment I was finally able to get dressed in normal clothes!

Additional Benefits or comments: If Dr. Hoyt hadn't have helped me, I would be waiting for surgery which I did not want as an option. Thank you Dr. Hoyt! You helped me in so many ways!

1st MRI
on
8/5/08



IMPRESSION:

1. MODERATE TO SEVERE MULTILEVEL DISC PROTRUSIONS ARE SHOWN AT L3 THROUGH S1 INCLUSIVE.
2. THE FINDINGS ARE MOST PRONOUNCED AT L3-4 WHERE 5-6 MM LEFT POSTEROLATERAL DISC HERNIATION AND MILD OPPOSING FACET PROMINENCE RESULTS IN SEVERE LEFT AND MODERATE RIGHT LATERAL RECESS STENOSIS.
3. AT L4-5, THERE IS MODERATE TO SEVERE BILATERAL STENOSIS OF THE LATERAL RECESSES AND AT L5-S1 THERE IS MILD LEFT AND MODERATE RIGHT LATERAL RECESS STENOSIS ATTRIBUTABLE TO LATERALIZING DISC PROTRUSION/HERNIATIONS AS DESCRIBED ABOVE.

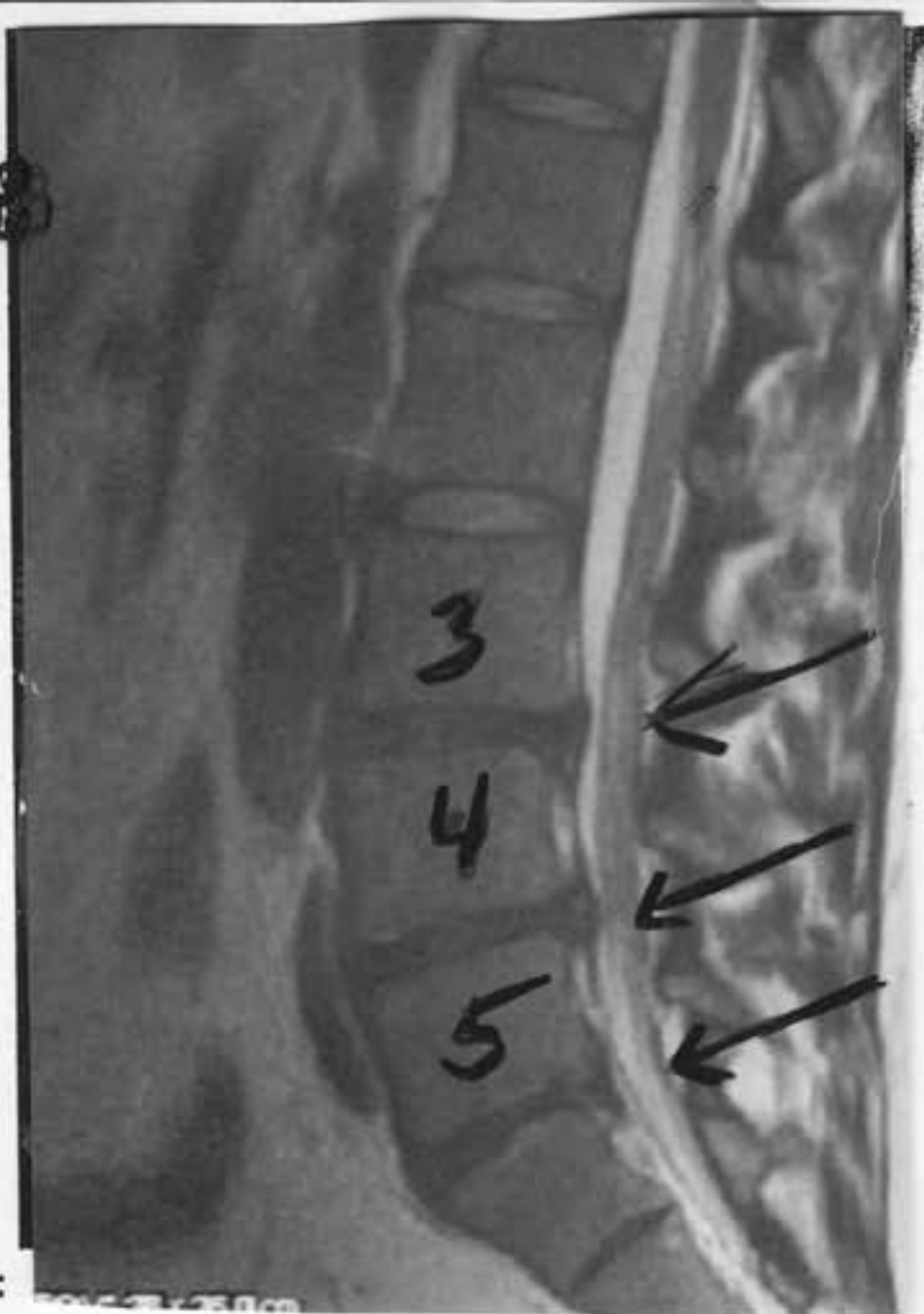
Thank you kindly for referring your patient to our office.

William M. Kelly, M.D.

Board Certified Radiologist.
William M. Kelly, M.D.
Board Certified Radiologist

WMK:kh

2nd MRI
on 11/19/08



IMPRESSION:

1. MARKED INTERVAL IMPROVEMENT IS SHOWN IN THE APPEARANCE OF THE DISC HERNIATIONS PREVIOUSLY DEPICTED AT L3 THROUGH S1 WHICH HAD MEASURED 6 MM, 5 MM AND 4 MM AND CURRENTLY MEASURE 3 MM, 4 MM AND 3 MM IN THE AP DIMENSION. THERE IS ASSOCIATED DIMINUTION IN ANATOMICAL CAPACITY FOR SYMPTOMATIC NERVE ROOT IMPINGEMENT.

(CONTINUED)

MRI LUMBAR SPINE

IMPRESSION: (continued)

2. THE FAVORABLE INTERVAL CHANGE IS ALSO ACCOMPANIED BY DIMINISHED SIGNAL INTENSITY OF THE PROTRUDING DISC HERNIATIONS ON T2 WEIGHTED IMAGES.

Thank you kindly for referring your patient to our office.

William M. Kelly, M.D.

Board Certified Radiologist.
William M. Kelly, M.D.
Neuroradiologist

WMK:kh

Back Index

ACN Group, Inc. Form BI-100

First Day in our office

ACN Group, Inc. Use Only rev 3/27/2003

Patient Name Stephanie House

Date 07/17/08

This questionnaire will give your provider information about how your back condition affects your everyday life. Please answer every section by marking the one statement that applies to you. If two or more statements in one section apply, please mark the one statement that most closely describes your problem.

Pain Intensity

- 0 The pain comes and goes and is very mild.
- 1 The pain is mild and does not vary much.
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- 3 The pain is moderate and does not vary much.
- 4 The pain comes and goes and is very severe.
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Sleeping

- 0 I get no pain in bed.
- 1 I get pain in bed but it does not prevent me from sleeping well.
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- 3 Because of pain my normal sleep is reduced by less than 50%.
- 4 Because of pain my normal sleep is reduced by less than 75%.
- 5 Pain prevents me from sleeping at all.

Sitting

- 0 I can sit in any chair as long as I like.
- 1 I can only sit in my favorite chair as long as I like.
- 2 Pain prevents me from sitting more than 1 hour.
- 3 Pain prevents me from sitting more than 1/2 hour.
- 4 Pain prevents me from sitting more than 10 minutes.
- 5 I avoid sitting because it increases pain immediately.

Standing

- 0 I can stand as long as I want without pain.
- 1 I have some pain while standing but it does not increase with time.
- 2 I cannot stand for longer than 1 hour without increasing pain.
- 3 I cannot stand for longer than 1/2 hour without increasing pain.
- 4 I cannot stand for longer than 10 minutes without increasing pain.
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Walking

- 0 I have no pain while walking.
- 1 I have some pain while walking but it doesn't increase with distance.
- 2 I cannot walk more than 1 mile without increasing pain.
- 3 I cannot walk more than 1/2 mile without increasing pain.
- 4 I cannot walk more than 1/4 mile without increasing pain.
- 5 I cannot walk at all without increasing pain.

Personal Care

- 0 I do not have to change my way of washing or dressing in order to avoid pain.
- 1 I do not normally change my way of washing or dressing even though it causes some pain.
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Lifting

- 0 I can lift heavy weights without extra pain.
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Social Life

- 0 My social life is normal and gives me no extra pain.
- 1 My social life is normal but increases the degree of pain.
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- 3 Pain has restricted my social life and I do not go out very often.
- 4 Pain has restricted my social life to my home.
- 5 I have hardly any social life because of the pain.

Changing degree of pain

- 0 My pain is rapidly getting better.
- 1 My pain fluctuates but overall is definitely getting better.
- 2 My pain seems to be getting better but improvement is slow.
- 3 My pain is neither getting better or worse.
- 4 My pain is gradually worsening.
- 5 My pain is rapidly worsening.

Index Score = [Sum of all statements selected / (# of sections with a statement selected x 5)] x 100

Back
Index
Score

82

Back Index

ACN Group, Inc. Form BI-100

After 12 treatments

ACN Group, Inc. Use Only rev 3/27/2003

Patient Name

Stephanie House

Date

08/20/08

This questionnaire will give your provider information about how your back condition affects your everyday life. Please answer every section by marking the one statement that applies to you. If two or more statements in one section apply, please mark the one statement that most closely describes your problem.

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Back
Index
Score

38

Decompression Testimonial

Donna Newsom

Past History/ Previous Treatment Sought: I had 2 laminectomies 10 years ago and I was 2 weeks away from having spinal fusion

Initial Complaint: I had pain and numbness in my left leg, and I could not walk or stand for more than 10 to 15 minutes without having to sit or lay down. I also have scoliosis and severe Degenerative Disc Disease.

Decompression and Chiropractic results:
Decompression treatments, coupled with the detox program and chiropractic treatments have made it possible for me to stand for more than ½ hour to 45 minutes with no problems. I can walk in the mall and grocery store with out the major pain I had before. Also, the radiating pain and numbness in my left leg is mostly gone!

Additional Benefits or comments: I would recommend Decompression therapy to anyone with disc problems, spinal stenosis, etc. Try this before surgery, the surgeon will still be there waiting if it doesn't help. I also want to add that Dr. Hoyt and his staff are wonderful and caring professionals. I could have done Decompression in Hemet where I live but I decided to go to Dr. Hoyt because of who he is even with the excessive travel and everything!



Name: Newsom, Donna
ID: NEWDON

02-Jul-2008 Name: Newsom, Donna
Image: 0 ID: NEWDON

02-Jul-2008
Image: 1

DOB:

KVP: 0.00 DOB:

KVP: 0.00

Sex: F

MAS: 0 Sex: F

MAS: 0

Age: 060Y

Q-Value: 63 Age: 060Y

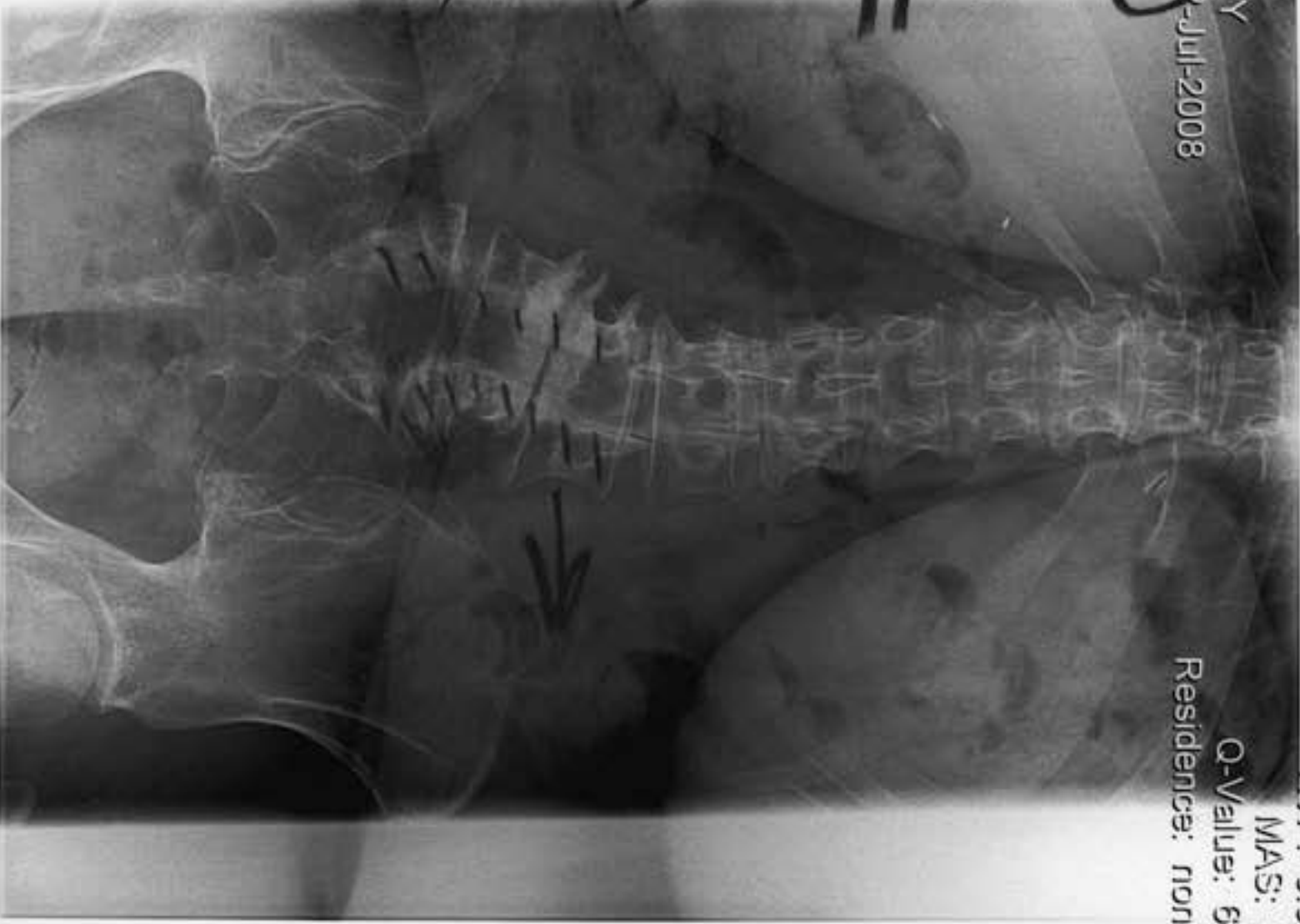
Q-Value: 45

Study: 02-Jul-2008

Residence: none Study: 02-Jul-2008

Residence: none

wide laminectomy L3,4,5
Scoliosis, L3 slipped to



Series 1

W=2668 C=1542

W=2367 C=1185



Series 2

Severe degenerative disc



IMPRESSION:

1. MULTIPLE LEVELS OF NEURAL FORAMINAL STENOSIS, MOST PRONOUNCED AT L4-5 AND L5-S1 ON THE LEFT AND AT L3-4 ON THE RIGHT.
2. MULTILEVEL DEGENERATIVE DISC DISEASE WITH POSTERIOR PROTRUSIONS, MOST PRONOUNCED AT THE L3-4 LEVEL.
3. GRADE-I ANTEROLISTHESIS AT L2-3 AND L5-S1.
4. LEFT LATERAL SUBLUXATION AT THE L3-4 LEVEL OF APPROXIMATELY 1 CM.
5. POSTSURGICAL CHANGES STATUS POST L3 THROUGH L5 LAMINECTOMY.
6. LEVOSCOLIOSIS OF THE MID LUMBAR SPINE.

End of diagnostic report for accession: 11099658

Dictated By: Kuo, Raymond, MD

LOMA LINDA UNIVERSITY MEDICAL
CENTER

11234 Anderson Street
Loma Linda, California 92354
Phone (909) 558-4364

RADIOLOGY REPORT

Verified

PATIENT NAME : NEWSOM, DONNA
MRN : 01563987
ORDERING LOCATION : DRAD
BIRTHDATE :
AGE@EXAM : 60 yr SEX : F

ATTENDING PHYSICIAN : OUTSIDE REFERRING PHYSICIAN
REQUESTING PHYSICIAN : BRET ABSHIRE

ORDER NUMBER : 4018185 ORDER DATE : 5/1/2008
REASON : SCOLIOSIS

EXAMS: SCOLIOSIS AP AND LAT [SP] DONE ON : 5/1/2008

FINDINGS :

PA AND LATERAL STANDING SCOLIOSIS FILMS 05/01/08 13:18:27

COMPARISON:none

HISTORY: Scoliosis

FINDINGS: There is 25 degrees of levo scoliosis of the lumbar spine measured from the inferior endplate of L4 to the superior endplate of L1.. There is 7.3 degrees of dextro scoliosis of the thoracic spine measured from the inferior endplate of L1 to the superior endplate of T4. Moderate osteophytosis and sclerosis is noted in the mid to lower lumbar spine.

IMPRESSION:

Scoliosis and associated degenerative disc changes as described above

LECTED : JUSTIN HONCE

I Reviewed Images Personally and Agree With Interpretation.

SIGNED : GREGORY WATKINS MD

RESULT ID : 3532290 / 0

PT. NAME: NEWSOM, DONNA
MRN : 01563987
DR : BRET ABSHIRE
LOCATION : OUTPATIENT
CASE: 015639870001

Back Index

ACN Group, Inc. Form BI-100

1st Oswestry
on initial visit

ACN Group, Inc. Use Only rev 3/27/2003

Patient Name

Donna Newsom

Date

7/2/08

This questionnaire will give your provider information about how your back condition affects your everyday life. Please answer every section by marking the one statement that applies to you. If two or more statements in one section apply, please mark the one statement that most closely describes your problem.

Pain Intensity

- 0 The pain comes and goes and is very mild.
- 1 The pain is mild and does not vary much.
- 2 The pain comes and goes and is moderate.
- 3 The pain is moderate and does not vary much.
- 4 The pain comes and goes and is very severe.
- 5 The pain is very severe and does not vary much.

Sleeping

- 0 I get no pain in bed.
- 1 I get pain in bed but it does not prevent me from sleeping well.
- 2 Because of pain my normal sleep is reduced by less than 25%.
- 3 Because of pain my normal sleep is reduced by less than 50%.
- 4 Because of pain my normal sleep is reduced by less than 75%.
- 5 Pain prevents me from sleeping at all.

Sitting

- 0 I can sit in any chair as long as I like.
- 1 I can only sit in my favorite chair as long as I like.
- 2 Pain prevents me from sitting more than 1 hour.
- 3 Pain prevents me from sitting more than 1/2 hour.
- 4 Pain prevents me from sitting more than 10 minutes.
- 5 I avoid sitting because it increases pain immediately.

Standing

- 0 I can stand as long as I want without pain.
- 1 I have some pain while standing but it does not increase with time.
- 2 I cannot stand for longer than 1 hour without increasing pain.
- 3 I cannot stand for longer than 1/2 hour without increasing pain.
- 4 I cannot stand for longer than 10 minutes without increasing pain.
- 5 I avoid standing because it increases pain immediately.

Walking

- 0 I have no pain while walking.
- 1 I have some pain while walking but it doesn't increase with distance.
- 2 I cannot walk more than 1 mile without increasing pain.
- 3 I cannot walk more than 1/2 mile without increasing pain.
- 4 I cannot walk more than 1/4 mile without increasing pain.
- 5 I cannot walk at all without increasing pain.

Personal Care

- 0 I do not have to change my way of washing or dressing in order to avoid pain.
- 1 I do not normally change my way of washing or dressing even though it causes some pain.
- 2 Washing and dressing increases the pain but I manage not to change my way of doing it.
- 3 Washing and dressing increases the pain and I find it necessary to change my way of doing it.
- 4 Because of the pain I am unable to do some washing and dressing without help.
- 5 Because of the pain I am unable to do any washing and dressing without help.

Lifting

- 0 I can lift heavy weights without extra pain.
- 1 I can lift heavy weights but it causes extra pain.
- 2 Pain prevents me from lifting heavy weights off the floor.
- 3 Pain prevents me from lifting heavy weights off the floor, but I can manage if they are conveniently positioned (e.g., on a table).
- 4 Pain prevents me from lifting heavy weights off the floor, but I can manage light to medium weights if they are conveniently positioned.
- 5 I can only lift very light weights.

Traveling

- 0 I get no pain while traveling.
- 1 I get some pain while traveling but none of my usual forms of travel make it worse.
- 2 I get extra pain while traveling but it does not cause me to seek alternate forms of travel.
- 3 I get extra pain while traveling which causes me to seek alternate forms of travel.
- 4 Pain restricts all forms of travel except that done while lying down.
- 5 Pain restricts all forms of travel.

Social Life

- 0 My social life is normal and gives me no extra pain.
- 1 My social life is normal but increases the degree of pain.
- 2 Pain has no significant affect on my social life apart from limiting my more energetic interests (e.g., dancing, etc).
- 3 Pain has restricted my social life and I do not go out very often.
- 4 Pain has restricted my social life to my home.
- 5 I have hardly any social life because of the pain.

Changing degree of pain

- 0 My pain is rapidly getting better.
- 1 My pain fluctuates but overall is definitely getting better.
- 2 My pain seems to be getting better but improvement is slow.
- 3 My pain is neither getting better or worse.
- 4 My pain is gradually worsening.
- 5 My pain is rapidly worsening.

Index Score = [Sum of all statements selected / (# of sections with a statement selected x 5)] x 100

Back
Index
Score

52

Back Index

ACN Group, Inc. Form BI-100

last Oswestry
on final visit

ACN Group, Inc. Use Only rev 3/27/2003

Patient Name Donna Newsom

Date 9/9/09

This questionnaire will give your provider information about how your back condition affects your everyday life. Please answer every section by marking the one statement that applies to you. If two or more statements in one section apply, please mark the one statement that most closely describes your problem.

Pain Intensity

- The pain comes and goes and is ~~very~~ mild. +
- The pain is mild and does not vary much.
- The pain comes and goes and is moderate.
- The pain is moderate and does not vary much.
- The pain comes and goes and is very severe.
- The pain is very severe and does not vary much.

Sleeping

- I get no pain in bed.
- I get pain in bed but it does not prevent me from sleeping well.
- Because of pain my normal sleep is reduced by less than 25%.
- Because of pain my normal sleep is reduced by less than 50%.
- Because of pain my normal sleep is reduced by less than 75%.
- Pain prevents me from sleeping at all.

Sitting

- I can sit in any chair as long as I like.
- I can only sit in my favorite chair as long as I like.
- Pain prevents me from sitting more than 1 hour.
- Pain prevents me from sitting more than 1/2 hour.
- Pain prevents me from sitting more than 10 minutes.
- I avoid sitting because it increases pain immediately.

Standing

- I can stand as long as I want without pain.
- I have some pain while standing but it does not increase with time.
- I cannot stand for longer than 1 hour without increasing pain.
- I cannot stand for longer than 1/2 hour without increasing pain.
- I cannot stand for longer than 10 minutes without increasing pain.
- I avoid standing because it increases pain immediately.

Walking

- I have no pain while walking.
- I have some pain while walking but it doesn't increase with distance.
- I cannot walk more than 1 mile without increasing pain.
- I cannot walk more than 1/2 mile without increasing pain.
- I cannot walk more than 1/4 mile without increasing pain.
- I cannot walk at all without increasing pain.

Personal Care

- I do not have to change my way of washing or dressing in order to avoid pain.
- I do not normally change my way of washing or dressing even though it causes some pain.
- Washing and dressing increases the pain but I manage not to change my way of doing it.
- Washing and dressing increases the pain and I find it necessary to change my way of doing it.
- Because of the pain I am unable to do some washing and dressing without help.
- Because of the pain I am unable to do any washing and dressing without help.

Lifting

- I can lift heavy weights without extra pain.
- I can lift heavy weights but it causes extra pain.
- Pain prevents me from lifting heavy weights off the floor.
- Pain prevents me from lifting heavy weights off the floor, but I can manage if they are conveniently positioned (e.g., on a table).
- Pain prevents me from lifting heavy weights off the floor, but I can manage light to medium weights if they are conveniently positioned.
- I can only lift very light weights.

Traveling

- I get no pain while traveling.
- I get some pain while traveling but none of my usual forms of travel make it worse.
- I get extra pain while traveling but it does not cause me to seek alternate forms of travel.
- I get extra pain while traveling which causes me to seek alternate forms of travel.
- Pain restricts all forms of travel except that done while lying down.
- Pain restricts all forms of travel.

Social Life

- My social life is normal and gives me no extra pain.
- My social life is normal but increases the degree of pain.
- Pain has no significant affect on my social life apart from limiting my more energetic interests (e.g., dancing, etc).
- Pain has restricted my social life and I do not go out very often.
- Pain has restricted my social life to my home.
- I have hardly any social life because of the pain.

Changing degree of pain

- My pain is rapidly getting better.
- My pain fluctuates but overall is definitely getting better.
- My pain seems to be getting better but improvement is slow.
- My pain is neither getting better or worse.
- My pain is gradually worsening.
- My pain is rapidly worsening.

Index Score = [Sum of all statements selected / (# of sections with a statement selected x 5)] x 100

Back
Index
Score

24

Decompression Testimonial



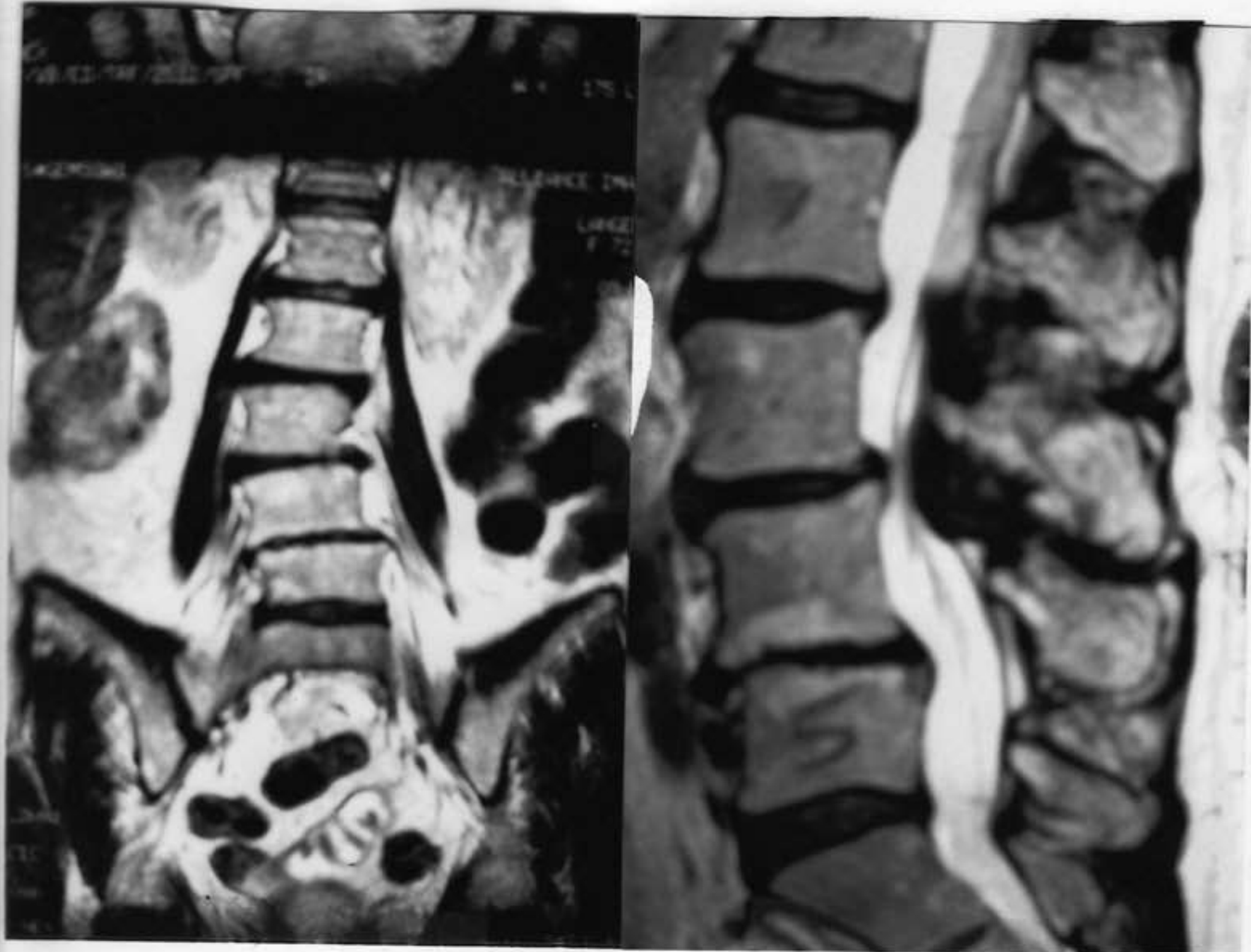
Karen Langer Baker - 72 yrs old

Past History of/ previous treatment sought: I have tried everything short of surgery. Many Chiropractors, acupuncture, massage, traction, exercises, physical therapy, and all kinds of equipment to try to alleviate all the pain.

Initial Complaint: Extreme Low Back pain, Neck and Upper back pain from 5 whiplashes. Left sacroiliac injury (torn ligaments), scoliosis, stenosis, herniated discs, bone on bone and bone on nerves, osteoarthritis, and inflammation.

Chiropractic Results: Pain free immediately following session # 17 on the Decompression table for my low back after coming in the office a few weeks before at level 10 in pain!! Although results for me don't last very long, these immediate results are still pretty fantastic considering all my challenges in my health. I'm 72 and have had very few pain free moments in over 50 years!!!

Additional Benefits or Comments: I feel very confident in Dr. Hoyt and every one of his extremely competent staff. I'm always impressed by his (& their) level of caring and compassion and observation of every detail in making the most of every session. I love the emphasis on holistic approach to all the physical challenges I present.



IMPRESSION:

1. Mild dextroscoliosis.
2. Minimal grade I anterior spondylolisthesis of L3 on L4 and L4 on L5.
3. Evidence for disc degeneration throughout the lumbosacral spine, worse at the L3-4 and L4-5 where there is moderate intervertebral disc height loss.
4. At L3-4, there is mild central spinal canal and mild bilateral neural foraminal stenosis.

IMPRESSION: (CONTINUED)

5. At L4-5, there is a 2 mm right paracentral disc protrusion superimposed on a mildly diffusely bulging annulus with mild narrowing of the right greater than left L4-5 neural foramen.
6. At L5-S1, the bulging disc is somewhat eccentric posterior to the right moderately narrowing the right L5-S1 neural foramen.

JE/cb

James Erskine, M.D., Radiologist

May 9, 2008

T: 5-9-08

Name: Baker, Karen
ID: BAKKAR
DOB: 21-Apr-1986
Sex: F
Age: 072Y
Study: 30-May-2008

Name: Baker, Karen
ID: BAKKAR
DOB: 21-Apr-1986
Sex: F
Age: 072Y
Study: 30-May-2008

30-May-2008
Image: 0
KVP: 0.00
MAS: 0
Q-Value: 47
Residence: none



W=2786 C=2089

Series 2

W=1649 C=1263

Series 1

Back Index

ACN Group, Inc. Form BI-100

1st Oswestry Form
on initial visit

ACN Group, Inc. Use Only rev 3/27/2003

Patient Name KAREN LANGER BAKER

Date 2008
MAY 30

This questionnaire will give your provider information about how your back condition affects your everyday life. Please answer every section by marking the one statement that applies to you. If two or more statements in one section apply, please mark the one statement that most closely describes your problem.

Pain Intensity

- 0 The pain comes and goes and is very mild.
- 1 The pain is mild and does not vary much.
- 2 The pain comes and goes and is moderate.
- 3 The pain is moderate and does not vary much.
- 4 The pain comes and goes and is very severe.
- 5 The pain is very severe and does not vary much.

Sleeping

- 0 I get no pain in bed.
- 1 I get pain in bed but it does not prevent me from sleeping well.
- 2 Because of pain my normal sleep is reduced by less than 25%.
- 3 Because of pain my normal sleep is reduced by less than 50%.
- 4 Because of pain my normal sleep is reduced by less than 75%.
- 5 Pain prevents me from sleeping at all.

Sitting

- 0 I can sit in any chair as long as I like.
- 1 I can only sit in my favorite chair as long as I like. RECLINER
- 2 Pain prevents me from sitting more than 1 hour.
- 3 Pain prevents me from sitting more than 1/2 hour.
- 4 Pain prevents me from sitting more than 10 minutes.
- 5 I avoid sitting because it increases pain immediately.

Standing

- 0 I can stand as long as I want without pain.
- 1 I have some pain while standing but it does not increase with time.
- 2 I cannot stand for longer than 1 hour without increasing pain.
- 3 I cannot stand for longer than 1/2 hour without increasing pain.
- 4 I cannot stand for longer than 10 minutes without increasing pain.
- 5 I avoid standing because it increases pain immediately.

Walking

- 0 I have no pain while walking.
- 1 I have some pain while walking but it doesn't increase with distance.
- 2 I cannot walk more than 1 mile without increasing pain.
- 3 I cannot walk more than 1/2 mile without increasing pain.
- 4 I cannot walk more than 1/4 mile without increasing pain.
- 5 I cannot walk at all without increasing pain.

Personal Care

- 0 I do not have to change my way of washing or dressing in order to avoid pain.
- 1 I do not normally change my way of washing or dressing even though it causes some pain.
- 2 Washing and dressing increases the pain but I manage not to change my way of doing it.
- 3 Washing and dressing increases the pain and I find it necessary to change my way of doing it.
- 4 Because of the pain I am unable to do some washing and dressing without help.
- 5 Because of the pain I am unable to do any washing and dressing without help.

Lifting

- 0 I can lift heavy weights without extra pain.
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- 2 Pain prevents me from lifting heavy weights off the floor.
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- 5 I can only lift very light weights.

Traveling

- 0 I get no pain while traveling.
- 1 I get some pain while traveling but none of my usual forms of travel make it worse.
- 2 I get extra pain while traveling but it does not cause me to seek alternate forms of travel.
- 3 I get extra pain while traveling which causes me to seek alternate forms of travel.
- 4 Pain restricts all forms of travel except that done while lying down.
- 5 Pain restricts all forms of travel.

Social Life

- 0 My social life is normal and gives me no extra pain.
- 1 My social life is normal but increases the degree of pain.
- 2 Pain has no significant affect on my social life apart from limiting my more energetic interests (e.g., dancing, etc).
- 3 Pain has restricted my social life and I do not go out very often.
- 4 Pain has restricted my social life to my home.
- 5 I have hardly any social life because of the pain.

Changing degree of pain

- 0 My pain is rapidly getting better.
- 1 My pain fluctuates but overall is definitely getting better.
- 2 My pain seems to be getting better but improvement is slow.
- 3 My pain is neither getting better or worse.
- 4 My pain is gradually worsening.
- 5 My pain is rapidly worsening.

Index Score = [Sum of all statements selected / (# of sections with a statement selected x 5)] x 100

Back
Index
Score

102

Back Index

ACN Group, Inc. Form BI-100

2nd Oswestry Form
on 24th treatment

ACN Group, Inc. Use Only rev 3/27/2003

Patient Name KAREN LANGER BAKER

Date AUGUST 7, 2008

This questionnaire will give your provider information about how your back condition affects your everyday life. Please answer every section by marking the one statement that applies to you. If two or more statements in one section apply, please mark the one statement that most closely describes your problem.

Pain Intensity

- 0 The pain comes and goes and is very mild.
- 1 The pain is mild and does not vary much.
- 2 The pain comes and goes and is moderate.
- 3 The pain is moderate and does not vary much.
- 4 The pain comes and goes and is very severe.
- 5 The pain is very severe and does not vary much.

Personal Care

- 0 I do not have to change my way of washing or dressing in order to avoid pain.
- 1 I do not normally change my way of washing or dressing even though it causes some pain.
- 2 Washing and dressing increases the pain but I manage not to change my way of doing it.
- 3 Washing and dressing increases the pain and I find it necessary to change my way of doing it.
- 4 Because of the pain I am unable to do some washing and dressing without help.
- 5 Because of the pain I am unable to do any washing and dressing without help.

Sleeping

- 0 I get no pain in bed.
- 1 I get pain in bed but it does not prevent me from sleeping well.
- 2 Because of pain my normal sleep is reduced by less than 25%.
- 3 Because of pain my normal sleep is reduced by less than 50%.
- 4 Because of pain my normal sleep is reduced by less than 75%.
- 5 Pain prevents me from sleeping at all.

Lifting

- 0 I can lift heavy weights without extra pain.
- 1 I can lift heavy weights but it causes extra pain.
- 2 Pain prevents me from lifting heavy weights off the floor.
- 3 Pain prevents me from lifting heavy weights off the floor, but I can manage if they are conveniently positioned (e.g., on a table).
- 4 Pain prevents me from lifting heavy weights off the floor, but I can manage light to medium weights if they are conveniently positioned.
- 5 I can only lift very light weights.

Sitting

- 0 I can sit in any chair as long as I like. *WITH LUMBAR SUPPORT*
- 1 I can only sit in my favorite chair as long as I like.
- 2 Pain prevents me from sitting more than 1 hour.
- 3 Pain prevents me from sitting more than 1/2 hour.
- 4 Pain prevents me from sitting more than 10 minutes.
- 5 I avoid sitting because it increases pain immediately.

Traveling

- 0 I get no pain while traveling.
- 1 I get some pain while traveling but none of my usual forms of travel make it worse.
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- 3 I get extra pain while traveling which causes me to seek alternate forms of travel.
- 4 Pain restricts all forms of travel except that done while lying down.
- 5 Pain restricts all forms of travel.

Standing

- 0 I can stand as long as I want without pain.
- 1 I have some pain while standing but it does not increase with time.
- 2 I cannot stand for longer than 1 hour without increasing pain.
- 3 I cannot stand for longer than 1/2 hour without increasing pain.
- 4 I cannot stand for longer than 10 minutes without increasing pain.
- 5 I avoid standing because it increases pain immediately.

Social Life

- 0 My social life is normal and gives me no extra pain.
- 1 My social life is normal but increases the degree of pain.
- 2 Pain has no significant affect on my social life apart from limiting my more energetic interests (e.g., dancing, etc).
- 3 Pain has restricted my social life and I do not go out very often.
- 4 Pain has restricted my social life to my home.
- 5 I have hardly any social life because of the pain.

Walking

- 0 I have no pain while walking.
- 1 I have some pain while walking but it doesn't increase with distance.
- 2 I cannot walk more than 1 mile without increasing pain.
- 3 I cannot walk more than 1/2 mile without increasing pain.
- 4 I cannot walk more than 1/4 mile without increasing pain.
- 5 I cannot walk at all without increasing pain.

Changing degree of pain

- 0 My pain is rapidly getting better.
- 1 My pain fluctuates but overall is definitely getting better.
- 2 My pain seems to be getting better but improvement is slow. *plateau'd*
- 3 My pain is neither getting better or worse.
- 4 My pain is gradually worsening.
- 5 My pain is rapidly worsening.

Index Score = [Sum of all statements selected / (# of sections with a statement selected x 5)] x 100

Back
Index
Score

44
71500

Decompression Results

John M.

Past History/ Previous Treatment Sought: John had been to his regular doctor and gotten prescribed pain medicine for his Low Back pain.

Initial Complaint: John Suffered from Chronic Low Back pain for about 4 years and had a flare up for 4 months before seeing Dr. Hoyt. His Diagnosis consists of Scoliosis at 19 , Degenerative Disc Disease, and 3 Disc Herniations in his Lumbar Spine.

Decompression and Chiropractic results: As noted in his chart, John told Dr. Hoyt on his first day of treatment that he was a 5/10 on his pain scale and that is with taking 2 Motrin and 3-4 Vicodin every day. His first few Decompression treatments made his Low back tender, but he had increased mobility. By his 5th treatment he woke up with no pain in his low back but was still on 2 vicodin.

As long as he followed Dr. Hoyt's recommended stretching, John would stay out of pain and have mild discomfort with extra activities. He also incorporated Dr. Hoyt's Detox program into his daily routine and ended up losing 20 pounds! By his 10th treatment he stopped all pain medication but did have an occasional setback to where he would take only 1 vicodin or 1 motrin. By his last 4 treatments, he notes that his worst pain was a 2/10 and that is without taking vicodin and after he spent all day at the beach.

Additional Benefits or comments: Dr. Hoyt recommended that John do his daily Inversion table at home and come in for once a month maintenance, but John has not had to come back in yet and it has been 6 months!

-Sallianne B.

RESULTS

NAME: M JOHN E **MR #:** 73757 **ACCESSION #:** 59540

DATE OF EXAM: 20080619 **PHYSICIAN:** UNKNOWN UNKNOWN

***** FINAL REPORT *****

(PROCEDURE) AT 0857 HOURS

Diagnostic Report:

Diagnosis:

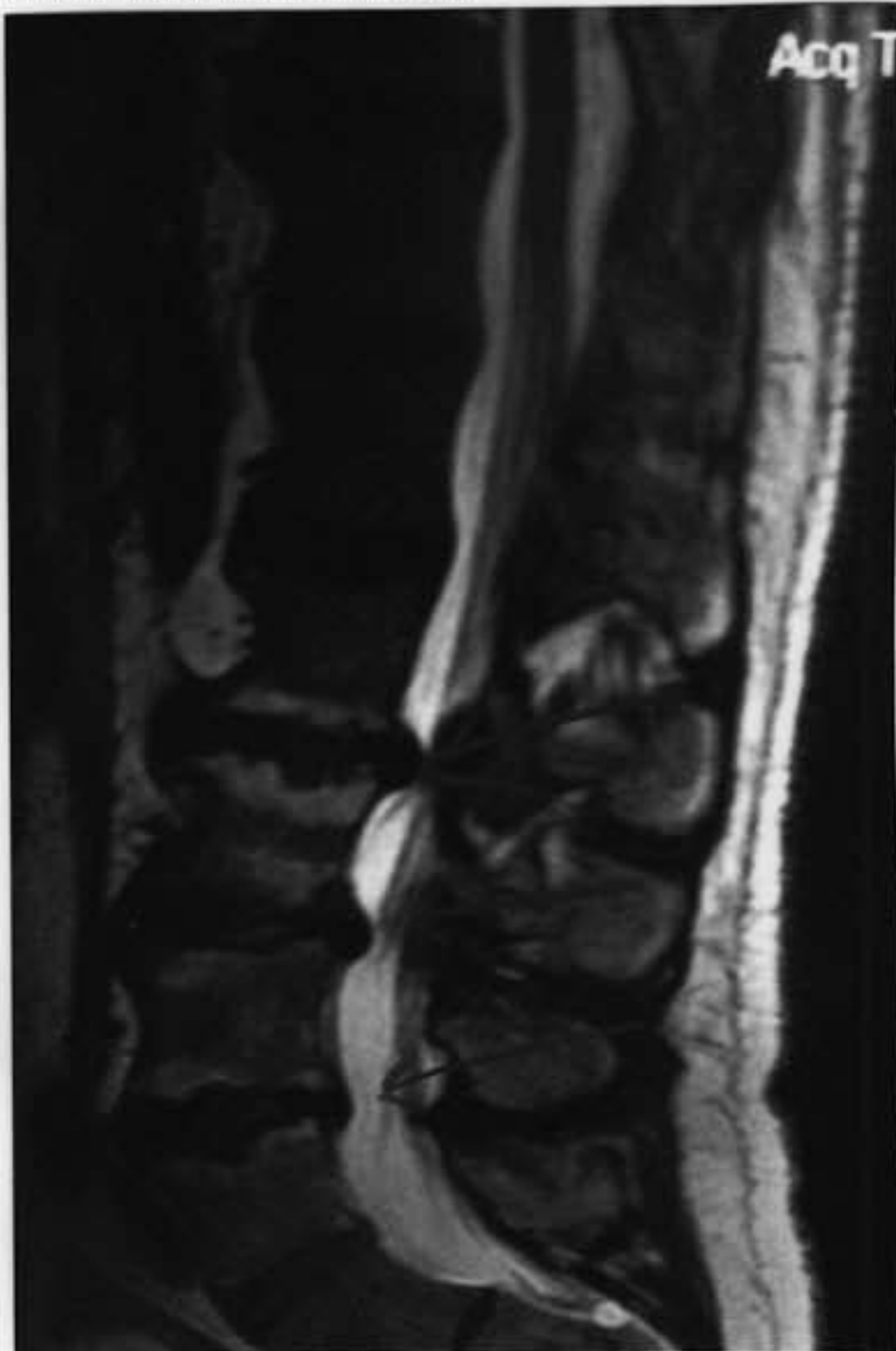
HISTORY: Pain.

X-RAY - LUMBOSACRAL SPINE 5V

FINDINGS: Five views of the lumbosacral spine demonstrate a marked scoliosis to the left centered at L3. This is associated with marked degenerative and hypertrophic arthritic changes. Narrowing of the disc spaces is present at L2-L3 and L3-L4. Oblique views demonstrate some sclerotic changes at the facet joints in the lower spine consistent with degenerative and hypertrophic arthritic disease.

IMPRESSION: Severe degenerative and hypertrophic arthritic changes with marked scoliosis to the left centered at L3. Disc space narrowing is present at L2-L3, L3-L4, and L4-L5. Degenerative changes are also present at the facet joints in the lower lumbar spine.

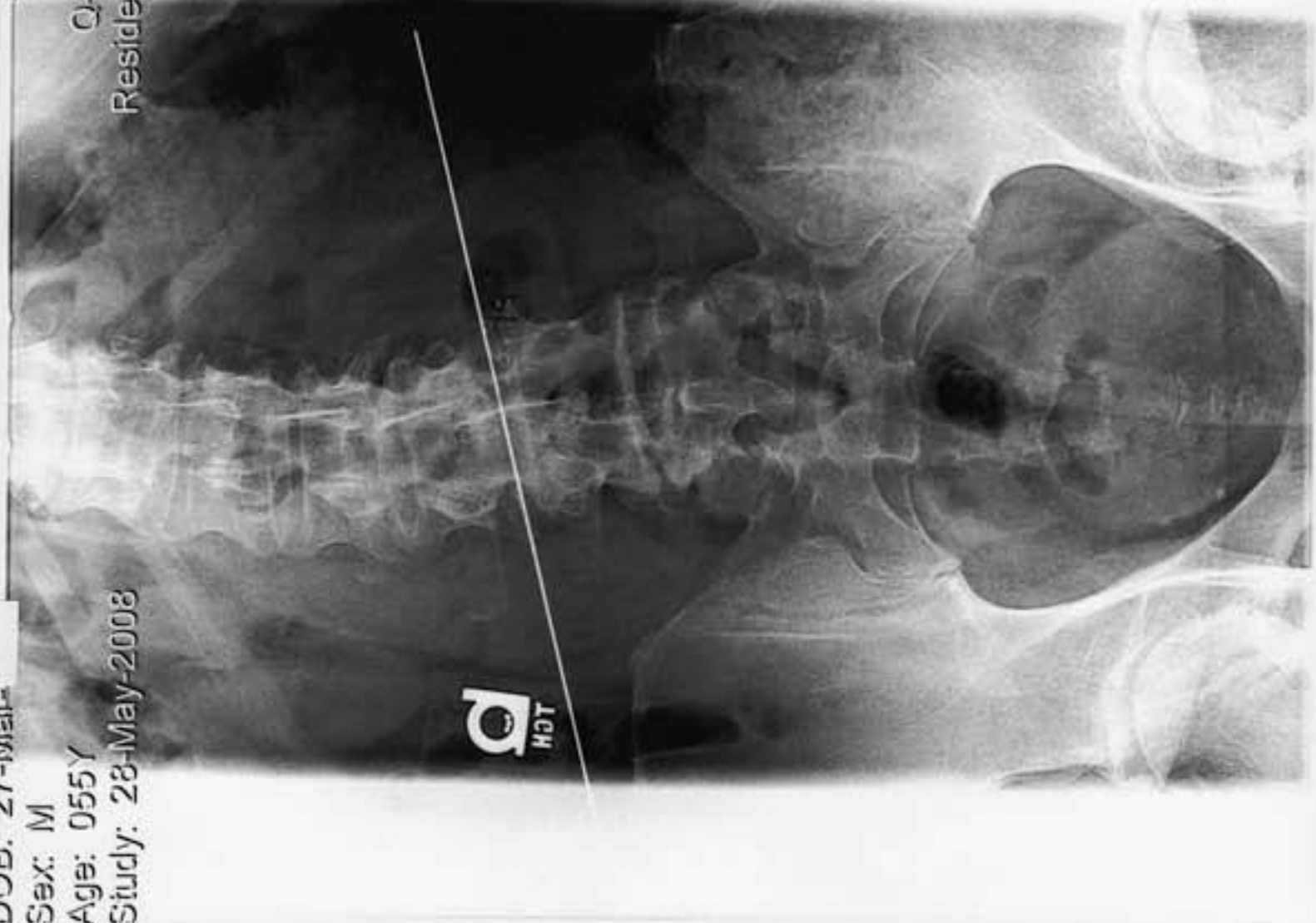
Signed By: Harold Griffith MD



Name: M [redacted] John
ID: MACJOH
DOB: 27-Mar- [redacted]
Sex: M
Age: 055Y
Study: 28-May-2008

28-May-2008 Name: M [redacted] John
Image: 0 ID: MACJOH
KVP: 0.00 DOB: 27-Mar- [redacted]
Sex: M
Age: 055Y
Study: 28-May-2008

28-May-2008
Image: 2
KVP: 0.00
MAS: 0
Q-Value: 38
Residence: none



Series 1

W=1677 C=1213



Series 3

W=2012 C=1966

Back Index

ACN Group, Inc. Form BI-100

1st Oswestry Form

ACN Group, Inc. Use Only rev 3/27/2003

Patient Name John M.

Date 5-29-09

This questionnaire will give your provider information about how your back condition affects your everyday life. Please answer every section by marking the one statement that applies to you. If two or more statements in one section apply, please mark the one statement that most closely describes your problem.

Pain Intensity

- 0 The pain comes and goes and is very mild.
- 1 The pain is mild and does not vary much.
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- 4 The pain comes and goes and is very severe.
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Sleeping

- 0 I get no pain in bed.
- 1 I get pain in bed but it does not prevent me from sleeping well.
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Sitting

- 0 I can sit in any chair as long as I like.
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- 0 I have no pain while walking.
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- 4 I cannot walk more than 1/4 mile without increasing pain.
- 5 I cannot walk at all without increasing pain.

Personal Care

- 0 I do not have to change my way of washing or dressing in order to avoid pain.
- 1 I do not normally change my way of washing or dressing even though it causes some pain.
- 2 Washing and dressing increases the pain but I manage not to change my way of doing it.
- 3 Washing and dressing increases the pain and I find it necessary to change my way of doing it.
- 4 Because of the pain I am unable to do some washing and dressing without help.
- 5 Because of the pain I am unable to do any washing and dressing without help.

Lifting

- 0 I can lift heavy weights without extra pain.
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Changing degree of pain

- 0 My pain is rapidly getting better.
- 1 My pain fluctuates but overall is definitely getting better.
- 2 My pain seems to be getting better but improvement is slow.
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- 4 My pain is gradually worsening.
- 5 My pain is rapidly worsening.

Index Score = [Sum of all statements selected / (# of sections with a statement selected x 5)] x 100

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Index
Score

42

Back Index

ACN Group, Inc. Form BI-100

Final Oswestry Form

Final

ACN Group, Inc. Use Only rev 3/27/2003

Patient Name John M.

Date 8-1-08

This questionnaire will give your provider information about how your back condition affects your everyday life. Please answer every section by marking the one statement that applies to you. If two or more statements in one section apply, please mark the one statement that most closely describes your problem.

Pain Intensity

- 0 The pain comes and goes and is very mild.
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- 2 The pain comes and goes and is moderate.
- 3 The pain is moderate and does not vary much.
- 4 The pain comes and goes and is very severe.
- 5 The pain is very severe and does not vary much.

Personal Care

- 0 I do not have to change my way of washing or dressing in order to avoid pain.
- 1 I do not normally change my way of washing or dressing even though it causes some pain.
- 2 Washing and dressing increases the pain but I manage not to change my way of doing it.
- 3 Washing and dressing increases the pain and I find it necessary to change my way of doing it.
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- 5 I can only lift very light weights.

Sitting

- 0 I can sit in any chair as long as I like.
- 1 I can only sit in my favorite chair as long as I like.
- 2 Pain prevents me from sitting more than 1 hour.
- 3 Pain prevents me from sitting more than 1/2 hour.
- 4 Pain prevents me from sitting more than 10 minutes.
- 5 I avoid sitting because it increases pain immediately.

Traveling

- 0 I get no pain while traveling.
- 1 I get some pain while traveling but none of my usual forms of travel make it worse.
- 2 I get extra pain while traveling but it does not cause me to seek alternate forms of travel.
- 3 I get extra pain while traveling which causes me to seek alternate forms of travel.
- 4 Pain restricts all forms of travel except that done while lying down.
- 5 Pain restricts all forms of travel.

Standing

- 0 I can stand as long as I want without pain.
- 1 I have some pain while standing but it does not increase with time.
- 2 I cannot stand for longer than 1 hour without increasing pain.
- 3 I cannot stand for longer than 1/2 hour without increasing pain.
- 4 I cannot stand for longer than 10 minutes without increasing pain.
- 5 I avoid standing because it increases pain immediately.

Social Life

- 0 My social life is normal and gives me no extra pain.
- 1 My social life is normal but increases the degree of pain.
- 2 Pain has no significant affect on my social life apart from limiting my more energetic interests (e.g., dancing, etc).
- 3 Pain has restricted my social life and I do not go out very often.
- 4 Pain has restricted my social life to my home.
- 5 I have hardly any social life because of the pain.

Walking

- 0 I have no pain while walking.
- 1 I have some pain while walking but it doesn't increase with distance.
- 2 I cannot walk more than 1 mile without increasing pain.
- 3 I cannot walk more than 1/2 mile without increasing pain.
- 4 I cannot walk more than 1/4 mile without increasing pain.
- 5 I cannot walk at all without increasing pain.

Changing degree of pain

- 0 My pain is rapidly getting better.
- 1 My pain fluctuates but overall is definitely getting better.
- 2 My pain seems to be getting better but improvement is slow.
- 3 My pain is neither getting better or worse.
- 4 My pain is gradually worsening.
- 5 My pain is rapidly worsening.

Index Score = [Sum of all statements selected / (# of sections with a statement selected x 5)] x 100

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Score

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Decompression Testimonial

Charlie Di Carlo

Past History/ Previous Treatment Sought: I spent \$6,000.00 on a fishing trip to Mexico that I had been planning for over a year. I could not even go fishing or do anything and ended up in the hospital in Mexico from severe low back pain on a ton of morphine and other medications.

Initial Complaint: I ended up being in the hospital in Mexico for 2 days on many different pain killers. They sent me back to the states and I woke up that same day with the most horrible Low back pain that I had to take an ambulance to the hospital to get on more pain medication. The day after, I went and got an MRI done, went and talked to a surgeon and was planning on getting surgery on my disc problems in my low back. Luckily my father and my mother in law both suggested Spinal Decompression and told me it would be a good idea to try.

Decompression and Chiropractic results: When I came into Dr. Hoyts office for the first time, the only way I could walk into his office is because of how much morphine I was on. After my first treatment on the Decompression machine I had some relief for about 3 hours. After my second treatment I could sleep through the night. By my 3rd treatment I was off my morphine and I started slowly progressing with less and less pain every treatment. After my 12th Decompression I started swimming and I felt close to 80 % better than my first day. Now I am on my 23rd out of 24 treatments and I have absolutely no pain. I haven't had pain in a few weeks at least and I feel great.

Additional Benefits or comments: I really think people are silly if they don't try this Spinal Decompression before surgery. It's common sense. Dr. Hoyt's office is the only reason I am walking today pain free. The staff is also amazing. The only reason I decided to go with Hoyt Chiropractic is because the staff was so sweet!

Back Index

ACN Group, Inc. Form BI-100

1st Oswestry Form
w/ taking Pain Meds

ACN Group, Inc. Use Only rev 3/27/2003

Patient Name Charlie Di Carlo

Date 10/8/09

This questionnaire will give your provider information about how your back condition affects your everyday life. Please answer every section by marking the one statement that applies to you. If two or more statements in one section apply, please mark the one statement that most closely describes your problem.

Pain Intensity

- 0 The pain comes and goes and is very mild.
- 1 The pain is mild and does not vary much.
- 2 The pain comes and goes and is moderate.
- 3 The pain is moderate and does not vary much.
- 4 The pain comes and goes and is very severe.
- 5 The pain is very severe and does not vary much.

Personal Care

- 0 I do not have to change my way of washing or dressing in order to avoid pain.
- 1 I do not normally change my way of washing or dressing even though it causes some pain.
- 2 Washing and dressing increases the pain but I manage not to change my way of doing it.
- 3 Washing and dressing increases the pain and I find it necessary to change my way of doing it.
- 4 Because of the pain I am unable to do some washing and dressing without help.
- 5 Because of the pain I am unable to do any washing and dressing without help.

Sleeping

- 0 I get no pain in bed.
- 1 I get pain in bed but it does not prevent me from sleeping well.
- 2 Because of pain my normal sleep is reduced by less than 25%.
- 3 Because of pain my normal sleep is reduced by less than 50%.
- 4 Because of pain my normal sleep is reduced by less than 75%.
- 5 Pain prevents me from sleeping at all.

Lifting

- 0 I can lift heavy weights without extra pain.
- 1 I can lift heavy weights but it causes extra pain.
- 2 Pain prevents me from lifting heavy weights off the floor.
- 3 Pain prevents me from lifting heavy weights off the floor, but I can manage if they are conveniently positioned (e.g., on a table).
- 4 Pain prevents me from lifting heavy weights off the floor, but I can manage light to medium weights if they are conveniently positioned.
- 5 I can only lift very light weights.

Sitting

- 0 I can sit in any chair as long as I like.
- 1 I can only sit in my favorite chair as long as I like.
- 2 Pain prevents me from sitting more than 1 hour.
- 3 Pain prevents me from sitting more than 1/2 hour.
- 4 Pain prevents me from sitting more than 10 minutes.
- 5 I avoid sitting because it increases pain immediately.

Traveling

- 0 I get no pain while traveling.
- 1 I get some pain while traveling but none of my usual forms of travel make it worse.
- 2 I get extra pain while traveling but it does not cause me to seek alternate forms of travel.
- 3 I get extra pain while traveling which causes me to seek alternate forms of travel.
- 4 Pain restricts all forms of travel except that done while lying down.
- 5 Pain restricts all forms of travel.

Standing

- 0 I can stand as long as I want without pain.
- 1 I have some pain while standing but it does not increase with time.
- 2 I cannot stand for longer than 1 hour without increasing pain.
- 3 I cannot stand for longer than 1/2 hour without increasing pain.
- 4 I cannot stand for longer than 10 minutes without increasing pain.
- 5 I avoid standing because it increases pain immediately.

Social Life

- 0 My social life is normal and gives me no extra pain.
- 1 My social life is normal but increases the degree of pain.
- 2 Pain has no significant affect on my social life apart from limiting my more energetic interests (e.g., dancing, etc).
- 3 Pain has restricted my social life and I do not go out very often.
- 4 Pain has restricted my social life to my home.
- 5 I have hardly any social life because of the pain.

Walking

- 0 I have no pain while walking.
- 1 I have some pain while walking but it doesn't increase with distance.
- 2 I cannot walk more than 1 mile without increasing pain.
- 3 I cannot walk more than 1/2 mile without increasing pain.
- 4 I cannot walk more than 1/4 mile without increasing pain.
- 5 I cannot walk at all without increasing pain.

Changing degree of pain

- 0 My pain is rapidly getting better.
- 1 My pain fluctuates but overall is definitely getting better.
- 2 My pain seems to be getting better but improvement is slow.
- 3 My pain is neither getting better or worse.
- 4 My pain is gradually worsening.
- 5 My pain is rapidly worsening.

Index Score = [Sum of all statements selected / (# of sections with a statement selected x 5)] x 100

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Back Index

ACN Group, Inc. Form BI-100

2nd Oswestry on re exam
without medication

ACN Group, Inc. Use Only rev 3/27/2003

Patient Name Charlie DiCarlo

Date 11/5/08

This questionnaire will give your provider information about how your back condition affects your everyday life. Please answer every section by marking the one statement that applies to you. If two or more statements in one section apply, please mark the one statement that most closely describes your problem.

Pain Intensity

- The pain comes and goes and is very mild.
- The pain is mild and does not vary much.
- The pain comes and goes and is moderate.
- The pain is moderate and does not vary much.
- The pain comes and goes and is very severe.
- The pain is very severe and does not vary much.

Sleeping

- I get no pain in bed.
- I get pain in bed but it does not prevent me from sleeping well.
- Because of pain my normal sleep is reduced by less than 25%.
- Because of pain my normal sleep is reduced by less than 50%.
- Because of pain my normal sleep is reduced by less than 75%.
- Pain prevents me from sleeping at all.

Sitting

- I can sit in any chair as long as I like.
- I can only sit in my favorite chair as long as I like.
- Pain prevents me from sitting more than 1 hour.
- Pain prevents me from sitting more than 1/2 hour.
- Pain prevents me from sitting more than 10 minutes.
- I avoid sitting because it increases pain immediately.

Standing

- I can stand as long as I want without pain.
- I have some pain while standing but it does not increase with time.
- I cannot stand for longer than 1 hour without increasing pain.
- I cannot stand for longer than 1/2 hour without increasing pain.
- I cannot stand for longer than 10 minutes without increasing pain.
- I avoid standing because it increases pain immediately.

Walking

- I have no pain while walking.
- I have some pain while walking but it doesn't increase with distance.
- I cannot walk more than 1 mile without increasing pain.
- I cannot walk more than 1/2 mile without increasing pain.
- I cannot walk more than 1/4 mile without increasing pain.
- I cannot walk at all without increasing pain.

Personal Care

- I do not have to change my way of washing or dressing in order to avoid pain.
- I do not normally change my way of washing or dressing even though it causes some pain.
- Washing and dressing increases the pain but I manage not to change my way of doing it.
- Washing and dressing increases the pain and I find it necessary to change my way of doing it.
- Because of the pain I am unable to do some washing and dressing without help.
- Because of the pain I am unable to do any washing and dressing without help.

Lifting

- I can lift heavy weights without extra pain.
- I can lift heavy weights but it causes extra pain.
- Pain prevents me from lifting heavy weights off the floor.
- Pain prevents me from lifting heavy weights off the floor, but I can manage if they are conveniently positioned (e.g., on a table).
- Pain prevents me from lifting heavy weights off the floor, but I can manage light to medium weights if they are conveniently positioned.
- I can only lift very light weights.

Traveling

- I get no pain while traveling.
- I get some pain while traveling but none of my usual forms of travel make it worse.
- I get extra pain while traveling but it does not cause me to seek alternate forms of travel.
- I get extra pain while traveling which causes me to seek alternate forms of travel.
- Pain restricts all forms of travel except that done while lying down.
- Pain restricts all forms of travel.

Social Life

- My social life is normal and gives me no extra pain.
- My social life is normal but increases the degree of pain.
- Pain has no significant affect on my social life apart from limiting my more energetic interests (e.g., dancing, etc).
- Pain has restricted my social life and I do not go out very often.
- Pain has restricted my social life to my home.
- I have hardly any social life because of the pain.

Changing degree of pain

- My pain is rapidly getting better.
- My pain fluctuates but overall is definitely getting better.
- My pain seems to be getting better but improvement is slow.
- My pain is neither getting better or worse.
- My pain is gradually worsening.
- My pain is rapidly worsening.

Index Score = [Sum of all statements selected / (# of sections with a statement selected x 5)] x 100

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ACN Group, Inc. Form BI-100

Last Oswestry on 2nd to last visit.

ACN Group, Inc. Use Only rev 3/27/2003

Patient Name

Charlie DiCarlo

Date

12-24-08

This questionnaire will give your provider information about how your back condition affects your everyday life. Please answer every section by marking the one statement that applies to you. If two or more statements in one section apply, please mark the one statement that most closely describes your problem.

Pain Intensity

- 1 The pain comes and goes and is very mild.
- 2 The pain is mild and does not vary much.
- 3 The pain comes and goes and is moderate.
- 4 The pain is moderate and does not vary much.
- 5 The pain comes and goes and is very severe.
- 6 The pain is very severe and does not vary much.

Sleeping

- 1 I get no pain in bed.
- 2 I get pain in bed but it does not prevent me from sleeping well.
- 3 Because of pain my normal sleep is reduced by less than 25%.
- 4 Because of pain my normal sleep is reduced by less than 50%.
- 5 Because of pain my normal sleep is reduced by less than 75%.
- 6 Pain prevents me from sleeping at all.

Sitting

- 1 I can sit in any chair as long as I like.
- 2 I can only sit in my favorite chair as long as I like.
- 3 Pain prevents me from sitting more than 1 hour.
- 4 Pain prevents me from sitting more than 1/2 hour.
- 5 Pain prevents me from sitting more than 10 minutes.
- 6 I avoid sitting because it increases pain immediately.

Standing

- 1 I can stand as long as I want without pain.
- 2 I have some pain while standing but it does not increase with time.
- 3 I cannot stand for longer than 1 hour without increasing pain.
- 4 I cannot stand for longer than 1/2 hour without increasing pain.
- 5 I cannot stand for longer than 10 minutes without increasing pain.
- 6 I avoid standing because it increases pain immediately.

Walking

- 1 I have no pain while walking.
- 2 I have some pain while walking but it doesn't increase with distance.
- 3 I cannot walk more than 1 mile without increasing pain.
- 4 I cannot walk more than 1/2 mile without increasing pain.
- 5 I cannot walk more than 1/4 mile without increasing pain.
- 6 I cannot walk at all without increasing pain.

Personal Care

- 1 I do not have to change my way of washing or dressing in order to avoid pain.
- 2 I do not normally change my way of washing or dressing even though it causes some pain.
- 3 Washing and dressing increases the pain but I manage not to change my way of doing it.
- 4 Washing and dressing increases the pain and I find it necessary to change my way of doing it.
- 5 Because of the pain I am unable to do some washing and dressing without help.
- 6 Because of the pain I am unable to do any washing and dressing without help.

Lifting

- 1 I can lift heavy weights without extra pain.
- 2 I can lift heavy weights but it causes extra pain.
- 3 Pain prevents me from lifting heavy weights off the floor.
- 4 Pain prevents me from lifting heavy weights off the floor, but I can manage if they are conveniently positioned (e.g., on a table).
- 5 Pain prevents me from lifting heavy weights off the floor, but I can manage light to medium weights if they are conveniently positioned.
- 6 I can only lift very light weights.

Traveling

- 1 I get no pain while traveling. - drives 800 miles per week
- 2 I get some pain while traveling but none of my usual forms of travel make it worse.
- 3 I get extra pain while traveling but it does not cause me to seek alternate forms of travel.
- 4 I get extra pain while traveling which causes me to seek alternate forms of travel.
- 5 Pain restricts all forms of travel except that done while lying down.
- 6 Pain restricts all forms of travel.

Social Life

- 1 My social life is normal and gives me no extra pain.
- 2 My social life is normal but increases the degree of pain.
- 3 Pain has no significant affect on my social life apart from limiting my more energetic interests (e.g., dancing, etc).
- 4 Pain has restricted my social life and I do not go out very often.
- 5 Pain has restricted my social life to my home.
- 6 I have hardly any social life because of the pain.

Changing degree of pain

- 1 My pain is rapidly getting better.
- 2 My pain fluctuates but overall is definitely getting better.
- 3 My pain seems to be getting better but improvement is slow.
- 4 My pain is neither getting better or worse.
- 5 My pain is gradually worsening.
- 6 My pain is rapidly worsening.

Index Score = [Sum of all statements selected / (# of sections with a statement selected x 5)] x 100

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Score

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TEMECULA VALLEY ADVANCED IMAGING

25395 HANCOCK AVENUE STE 110
MURRIETA, CA 92562
Telephone (951) 696-4230 / Fax (951) 696-4240

DICARLO, CHARLY
MRN: 00240135-3
DOB: 05/04/ Sex: M

DANA HALE
24400 JACKSON AVE SUITE B
MURRIETA, CA 92562

Date of Service: 9/29/2008 1:30:00PM
Exam: (TVA) MRI LUMBAR SPINE WITHOUT
CONTRAST

Fax # (951) 696-2286

EXAMINATION: MRI LUMBAR SPINE WITHOUT CONTRAST

CLINICAL INDICATION: Back pain.

TECHNIQUE: Multiplanar MRI of the lumbar spine was performed without contrast on the on the 1.5 Tesla magnet.

FINDINGS:

L1-2 level appears within normal limits without disc bulge, spinal stenosis or foraminal encroachment.

L2-3 level appears within normal limits without disc bulge, spinal stenosis or foraminal encroachment.

L3-4 level demonstrates degenerative disc disease with loss of T2 signal from the disc with interval disc space narrowing. There is facet arthropathy and ligamentum flavum thickening with mild 3 mm disc bulge. There is mild central spinal canal stenosis with no significant neural foraminal encroachment at this level.

L4-5 level demonstrates degenerative disc disease with loss of T2 signal from the disc with some intervertebral disc space narrowing. The examination also demonstrates suggestion of small 2-3 mm right lateral disc protrusion at the L4-5 level with some right-sided foraminal encroachment. No significant central spinal canal narrowing is present.

L5-S1 level demonstrates grade I spondylolisthesis with approximately 9 mm of offset of L5 on S1. There is facet arthropathy and ligamentum flavum thickening. There are also pars defects at this level. There is moderate-to-severe degree of bilateral cephalocaudal narrowing of the neural foramen. There is degenerative disc disease at the L5-S1 level with intervertebral disc space narrowing.

IMPRESSION:

Degenerative changes involving the mid and lower lumbar spine with grade I spondylolisthesis of L5 on S1 with facet arthropathy and bilateral pars defects. There is bilateral neural foraminal encroachment at L5-S1 level as described above.

TEMECULA VALLEY ADVANCED IMAGING

25395 HANCOCK AVENUE STE 110
MURRIETA, CA 92562
Telephone (951) 696-4230 / Fax (951) 696-4240

DICARLO, CHARLY
MRN: 00240135-3
DOB: 05/04/1958 Sex: M

DANA HALE
24400 JACKSON AVE SUITE B
MURRIETA, CA 92562

Date of Service: 9/29/2008 1:30:00PM
Exam: (TVA) MRI LUMBAR SPINE WITHOUT
CONTRAST

Fax # (951) 696-2286

End of diagnostic report for accession: 13263942

Dictated: 09/29/2008 4:25PM

Dictated By: Weitz, Jeffrey, MD
Transcribed By: MS 09/30/2008 10:11AM
Signed By: Jeffrey Weitz, MD 09/30/2008 5:08PM



Decompression Testimonial

Rowena Parks

Past History/ Previous Treatment Sought: I needed treatment because I wasn't able to either walk or stand up right. I had never been treated for my pain.

Initial Complaint: The nerves on the right side of my body were making it almost impossible for me to walk upright because of my bulging discs and sever spinal stenosis in my low back.

Decompression and Chiropractic results: I have had 12 treatments and have went from limping to the left side, to being able to walk and stand upright at least 80% of the time. I would not be at the place I am currently without the decompression treatments I have received. The results have been outstanding and I wish I had found this service sooner. I feel at least 80% improved overall as well, and I would have done the full 24 treatments but could not fully work it into my fixed income budget just yet.

Additional Benefits or comments: I found out about the decompression treatment from TV and it seemed to be talking directly to me and the problems I was having. I would recommend this decompression treatment to anyone who is having and sort of back, neck or leg pain. Dr. Hoyt and his staff are very caring and outstanding in the way they treat you. They treat you like a person and not just someone to be pushed through the process.

CORONA ADVANCED IMAGING

886 MAGNOLIA AVENUE

CORONA, CA 92879

Telephone (951) 340-4823 / Fax (951) 340-9673

PARKS, ROWENA

MRN: 00185165-8

DOB: Sex: F

DONG KIM, MD

11441 HEACOCK ST

MORENO VALLEY, CA 92557

Date of Service: 9/29/2007 3:40:00PM

Exam: (CIC) MRI LUMBAR SPINE WITHOUT
CONTRAST

Fax # (951) 243-9707

HISTORY: A 58-year-old woman with low back pain and right lower extremity radiculopathy.

COMPARISON: None.

TECHNIQUE: Using the Hitachi Altaire 0.7 Tesla open magnetic scanner, multiple images of the lumbar spine obtained utilizing the following sequences: Sagittal T1, sagittal T2, axial T2, axial T1. The axial images were angled through the disc spaces. No intravenous contrast was given.

FINDINGS: Images of the lumbar spine demonstrate there is a levoscoliosis centered at L2-3. The vertebral body heights are uniform. There are diffuse patchy bone marrow signal with endplate changes surrounding mostly the L2-3 and L3-4 disc spaces. The conus is at the L1 level and is grossly unremarkable and these are open-scanner images. There is also a retrolisthesis of L5 on S1 which measures 3 mm.

L1-2: There is mild posterior disc height loss. There is a small annular disc bulge with a mild bilateral facet arthropathy. The central canal is patent. There is mild left lateral recess narrowing. Facet arthropathy and femoral extension disc bulge result mild bilateral neural foraminal narrowing.

L2-3: There is severe disc height loss with a moderate diffuse annular disc bulge and bilateral facet arthropathy. There has been a posterior epidural fat result in moderate central canal narrowing. There is mild left and moderate right neural foraminal narrowing.

L3-4: There is severe disc height loss with a moderate to large disc osteophyte complex, which has a much larger left lateral and foraminal component disc with facet arthropathy, ligamentum redundancy result in a moderate central canal stenosis and left lateral recess narrowing. There is severe right and moderate mild left neural foraminal narrowing.

L4-5: There is mild disc height loss, disc desiccation however this in combination with anterolisthesis, severe facet arthropathy and ligamentum redundancy results in severe central canal stenosis. There is moderate left and mild right neural foraminal narrowing.

L5-S1: There is posterior disc height loss with a moderate posterior disc bulge which in combination with facet arthropathy and ligamentum redundancy results in mild central canal narrowing. There is mild bilateral neural

CORONA ADVANCED IMAGING

886 MAGNOLIA AVENUE
CORONA, CA 92879
Telephone (951) 340-4823 / Fax (951) 340-9673

PARKS, ROWENA
MRN: 00185165-8
DOB: Sex: F

DONG KIM, MD
11441 HEACOCK ST
MORENO VALLEY, CA 92557

Date of Service: 9/29/2007 3:40:00PM
Exam: (CIC) MRI LUMBAR SPINE WITHOUT
CONTRAST

Fax # (951) 243-9707

foraminal narrowing.

IMPRESSION:

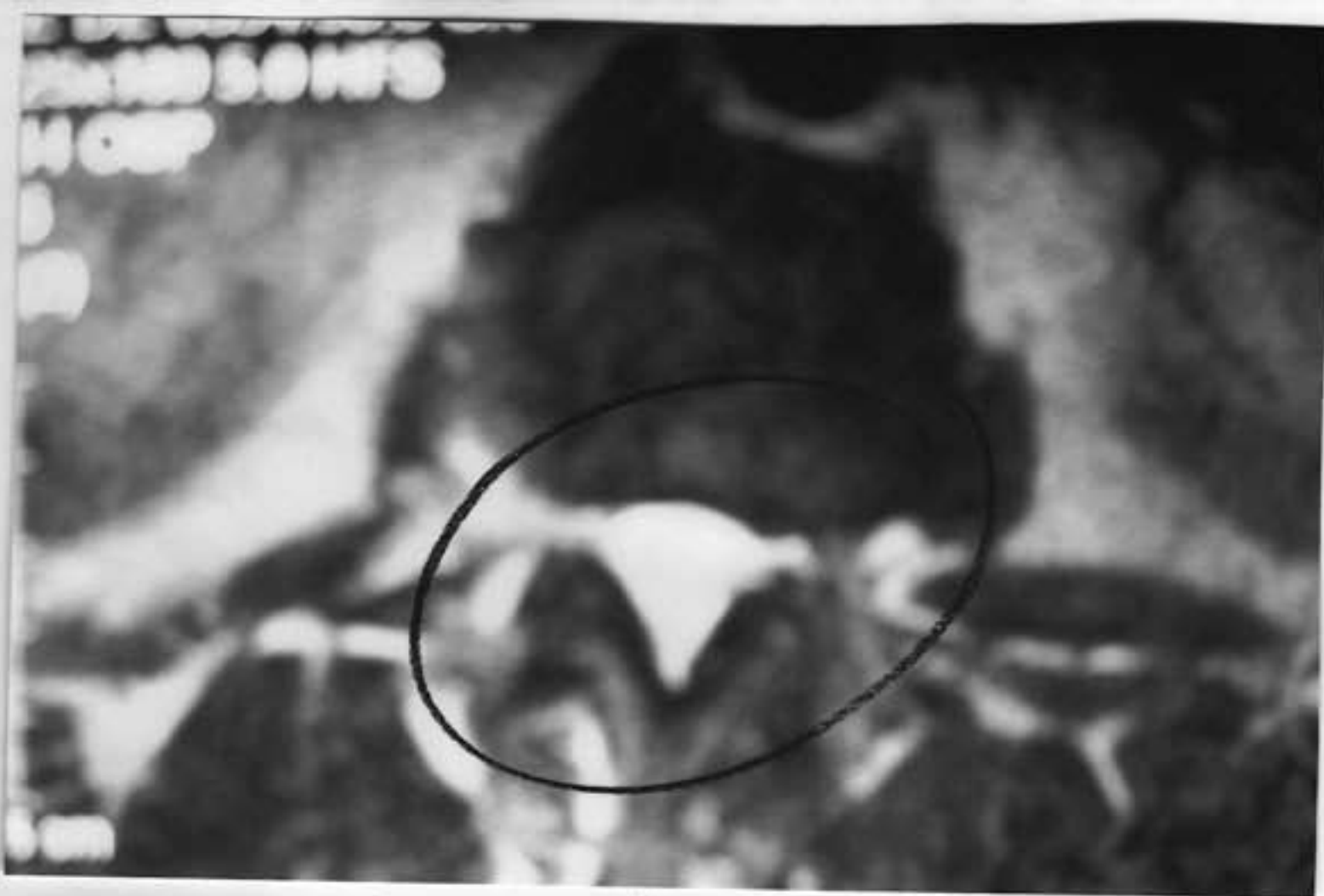
1. MRI of the lumbar spine demonstrates multilevel degenerative disc disease worse at the L4-5 where there is severe central canal stenosis. Severe degenerative disc disease with facet arthropathy also results in moderate central canal stenosis at L2-3 and L3-4, as described above.
2. There is multilevel neural foraminal narrowing worse at the right L3-4 level where it is severe in nature.

End of diagnostic report for accession: 10206644

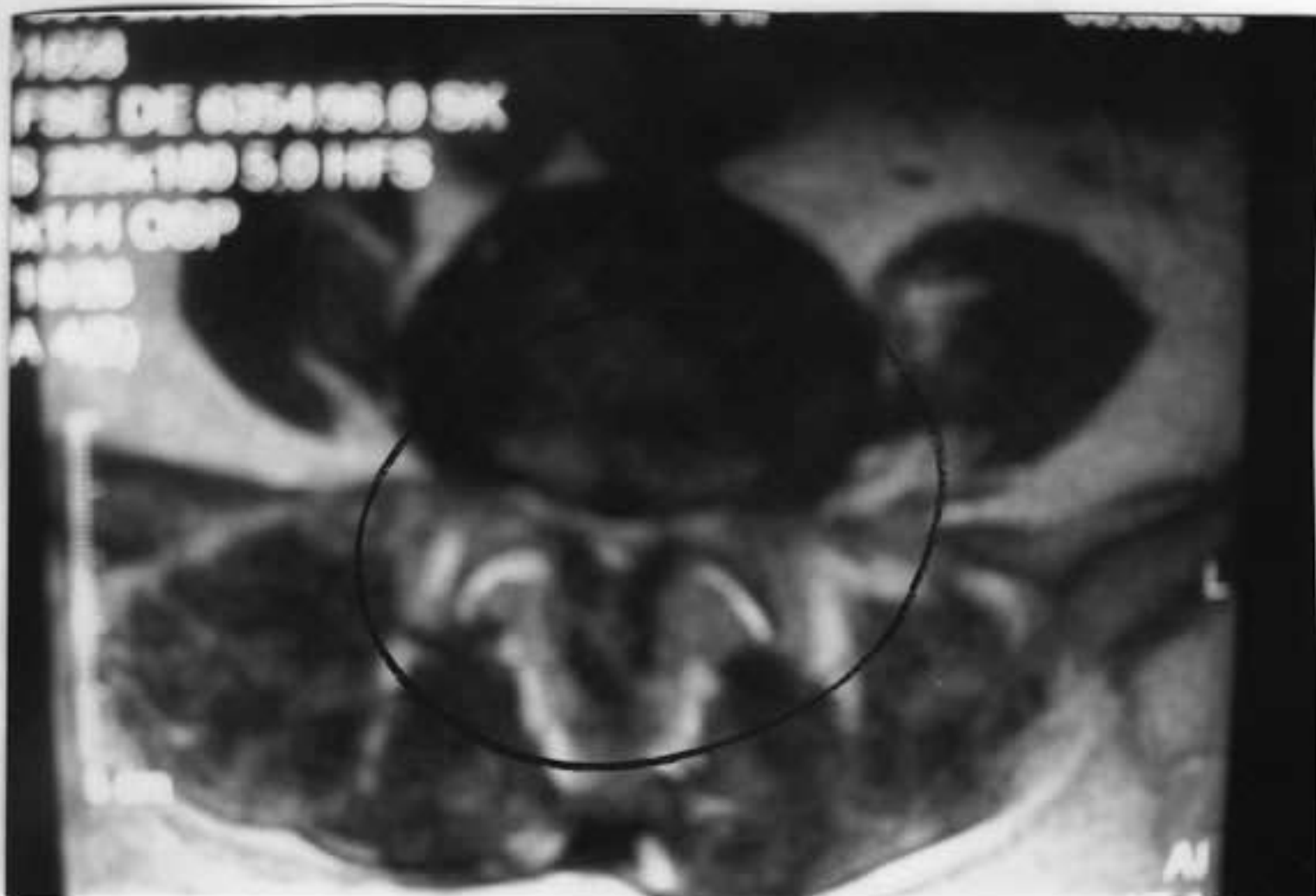
Dictated: 10/02/2007 10:12AM

Dictated By: Loya, Alma, Radiologist, WIL
Transcribed By: PS 10/02/2007 1:08PM
Signed By: Alma Loya, Radiologist, WIL 10/03/2007 6:08PM
cc: KIM, DONG





The white area above shows a normal amount of spinal cord one of the disc's in her low Back.



Notice there is no spinal cord showing at all which means she has severe spinal stenosis in Disc's L4 & L5.



As shown in the previous report, Rowena suffers from Degenerative Disc Disease as well as Bulging Discs and Spinal Stenosis.

Back Index

ACN Group, Inc. Form BI-100

1st Day of treatment

ACN Group, Inc. Use Only rev 3/27/2003

Patient Name Rowena L Parks

Date 11-12-08

This questionnaire will give your provider information about how your back condition affects your everyday life. Please answer every section by marking the one statement that applies to you. If two or more statements in one section apply, please mark the one statement that most closely describes your problem.

Pain Intensity

- ① The pain comes and goes and is very mild.
- ② The pain is mild and does not vary much.
- ③ The pain comes and goes and is moderate.
- ④ The pain is moderate and does not vary much.
- ⑤ The pain comes and goes and is very severe.
- ⑥ The pain is very severe and does not vary much.

Sleeping

- ① I get no pain in bed.
- ② I get pain in bed but it does not prevent me from sleeping well.
- ③ Because of pain my normal sleep is reduced by less than 25%.
- ④ Because of pain my normal sleep is reduced by less than 50%.
- ⑤ Because of pain my normal sleep is reduced by less than 75%.
- ⑥ Pain prevents me from sleeping at all.

Sitting

- ① I can sit in any chair as long as I like.
- ② I can only sit in my favorite chair as long as I like.
- ③ Pain prevents me from sitting more than 1 hour.
- ④ Pain prevents me from sitting more than 1/2 hour.
- ⑤ Pain prevents me from sitting more than 10 minutes.
- ⑥ I avoid sitting because it increases pain immediately.

Standing

- ① I can stand as long as I want without pain.
- ② I have some pain while standing but it does not increase with time.
- ③ I cannot stand for longer than 1 hour without increasing pain.
- ④ I cannot stand for longer than 1/2 hour without increasing pain.
- ⑤ I cannot stand for longer than 10 minutes without increasing pain.
- ⑥ I avoid standing because it increases pain immediately.

Walking

- ① I have no pain while walking.
- ② I have some pain while walking but it doesn't increase with distance.
- ③ I cannot walk more than 1 mile without increasing pain.
- ④ I cannot walk more than 1/2 mile without increasing pain.
- ⑤ I cannot walk more than 1/4 mile without increasing pain.
- ⑥ I cannot walk at all without increasing pain.

Personal Care

- ① I do not have to change my way of washing or dressing in order to avoid pain.
- ② I do not normally change my way of washing or dressing even though it causes some pain.
- ③ Washing and dressing increases the pain but I manage not to change my way of doing it.
- ④ Washing and dressing increases the pain and I find it necessary to change my way of doing it.
- ⑤ Because of the pain I am unable to do some washing and dressing without help.
- ⑥ Because of the pain I am unable to do any washing and dressing without help.

Lifting

- ① I can lift heavy weights without extra pain.
- ② I can lift heavy weights but it causes extra pain.
- ③ Pain prevents me from lifting heavy weights off the floor.
- ④ Pain prevents me from lifting heavy weights off the floor, but I can manage if they are conveniently positioned (e.g., on a table).
- ⑤ Pain prevents me from lifting heavy weights off the floor, but I can manage light to medium weights if they are conveniently positioned.
- ⑥ I can only lift very light weights.

Traveling

- ① I get no pain while traveling.
- ② I get some pain while traveling but none of my usual forms of travel make it worse.
- ③ I get extra pain while traveling but it does not cause me to seek alternate forms of travel.
- ④ I get extra pain while traveling which causes me to seek alternate forms of travel.
- ⑤ Pain restricts all forms of travel except that done while lying down.
- ⑥ Pain restricts all forms of travel.

Social Life

- ① My social life is normal and gives me no extra pain.
- ② My social life is normal but increases the degree of pain.
- ③ Pain has no significant affect on my social life apart from limiting my more energetic interests (e.g., dancing, etc).
- ④ Pain has restricted my social life and I do not go out very often.
- ⑤ Pain has restricted my social life to my home.
- ⑥ I have hardly any social life because of the pain.

Changing degree of pain

- ① My pain is rapidly getting better.
- ② My pain fluctuates but overall is definitely getting better.
- ③ My pain seems to be getting better but improvement is slow.
- ④ My pain is neither getting better or worse.
- ⑤ My pain is gradually worsening.
- ⑥ My pain is rapidly worsening.

Index Score = [Sum of all statements selected / (# of sections with a statement selected x 5)] x 100

Back
Index
Score

48

12 tx in our office

Back Index

ACN Group, Inc. Form BI-100



ACN Group, Inc. Use Only rev 3/27/2003

Patient Name Rosemary L Parks

Date 12-22-2008

This questionnaire will give your provider information about how your back condition affects your everyday life. Please answer every section by marking the one statement that applies to you. If two or more statements in one section apply, please mark the one statement that most closely describes your problem.

Pain Intensity

- The pain comes and goes and is very mild.
- The pain is mild and does not vary much.
- The pain comes and goes and is moderate.
- The pain is moderate and does not vary much.
- The pain comes and goes and is very severe.
- The pain is very severe and does not vary much.

Sleeping

- I get no pain in bed.
- I get pain in bed but it does not prevent me from sleeping well.
- Because of pain my normal sleep is reduced by less than 25%.
- Because of pain my normal sleep is reduced by less than 50%.
- Because of pain my normal sleep is reduced by less than 75%.
- Pain prevents me from sleeping at all.

Sitting

- I can sit in any chair as long as I like.
- I can only sit in my favorite chair as long as I like.
- Pain prevents me from sitting more than 1 hour.
- Pain prevents me from sitting more than 1/2 hour.
- Pain prevents me from sitting more than 10 minutes.
- I avoid sitting because it increases pain immediately.

Standing

- I can stand as long as I want without pain.
- I have some pain while standing but it does not increase with time.
- I cannot stand for longer than 1 hour without increasing pain.
- I cannot stand for longer than 1/2 hour without increasing pain.
- I cannot stand for longer than 10 minutes without increasing pain.
- I avoid standing because it increases pain immediately.

Walking

- I have no pain while walking.
- I have some pain while walking but it doesn't increase with distance.
- I cannot walk more than 1 mile without increasing pain.
- I cannot walk more than 1/2 mile without increasing pain.
- I cannot walk more than 1/4 mile without increasing pain.
- I cannot walk at all without increasing pain.

Personal Care

- I do not have to change my way of washing or dressing in order to avoid pain.
- I do not normally change my way of washing or dressing even though it causes some pain.
- Washing and dressing increases the pain but I manage not to change my way of doing it.
- Washing and dressing increases the pain and I find it necessary to change my way of doing it.
- Because of the pain I am unable to do some washing and dressing without help.
- Because of the pain I am unable to do any washing and dressing without help.

Lifting

- I can lift heavy weights without extra pain.
- I can lift heavy weights but it causes extra pain.
- Pain prevents me from lifting heavy weights off the floor.
- Pain prevents me from lifting heavy weights off the floor, but I can manage if they are conveniently positioned (e.g., on a table).
- Pain prevents me from lifting heavy weights off the floor, but I can manage light to medium weights if they are conveniently positioned.
- I can only lift very light weights.

Traveling

- I get no pain while traveling.
- I get some pain while traveling but none of my usual forms of travel make it worse.
- I get extra pain while traveling but it does not cause me to seek alternate forms of travel.
- I get extra pain while traveling which causes me to seek alternate forms of travel.
- Pain restricts all forms of travel except that done while lying down.
- Pain restricts all forms of travel.

Social Life

- My social life is normal and gives me no extra pain.
- My social life is normal but increases the degree of pain.
- Pain has no significant affect on my social life apart from limiting my more energetic interests (e.g., dancing, etc).
- Pain has restricted my social life and I do not go out very often.
- Pain has restricted my social life to my home.
- I have hardly any social life because of the pain.

Changing degree of pain

- My pain is rapidly getting better.
- My pain fluctuates but overall is definitely getting better.
- My pain seems to be getting better but improvement is slow.
- My pain is neither getting better or worse.
- My pain is gradually worsening.
- My pain is rapidly worsening.

Index Score = [Sum of all statements selected / (# of sections with a statement selected x 5)] x 100

Back Index Score

30

Decompression Testimonial

Jacob Villagomez

Past History/ Previous Treatment Sought: I have never been to a chiropractor. I have only been to a regular family practice doctor.

Initial Complaint: I was in a car accident and from the impact of being hit by another car at 40 mph while I was completely stopped, I had severe Neck Pain and Severe Low back pain. I also had sharp shooting pains shooting down my left leg from the disc herniation in my low back.

Decompression and Chiropractic results: Upon starting Decompression Therapy, each day after my treatments, I really noticed a difference. My shooting pain in my legs went away within the first few treatments. My Neck felt a lot better from the Adjustments and therapy in what felt like no time at all. My Lower back pain took a while longer to go away because it was in bad shape because of my disc herniation, but with discipline, good posture, and great care and treatment from Dr. Hoyt and his staff as well as the Decompression table, it also came to a remarkable recovery. I am in no pain at all and I am able to work and go back to all my normal activities with no problems at all.

Additional Benefits or comments: I am grateful to be out of pain and I will make sure to come back once a month for my maintenance chiropractic and decompression treatments. Thank you Dr. Hoyt!



IMPRESSION:

1. **MILD DEGENERATIVE DISC DISEASE AT L4-5 WITH A 4.5 MM, LEFT GREATER THAN RIGHT, POSTERIOR DISC PROTRUSION RESULTS IN MODERATE LEFT AND MILD RIGHT LATERAL RECESS STENOSIS WITH POTENTIAL FOR IMPINGEMENT ON THE TRAVERSING L5 NERVES, LEFT GREATER THAN RIGHT.**
2. **A 3.0 MM BROAD-BASED POSTERIOR DISC PROTRUSION AT L3-4 IS SHOWN RESULTING IN MILD EFFACEMENT OF THE VENTRAL SUBARACHNOID SPACE. A 1.0 MM THICK CONTAINED POSTERIOR ANNULAR TEAR IS SHOWN AT THIS LEVEL.**

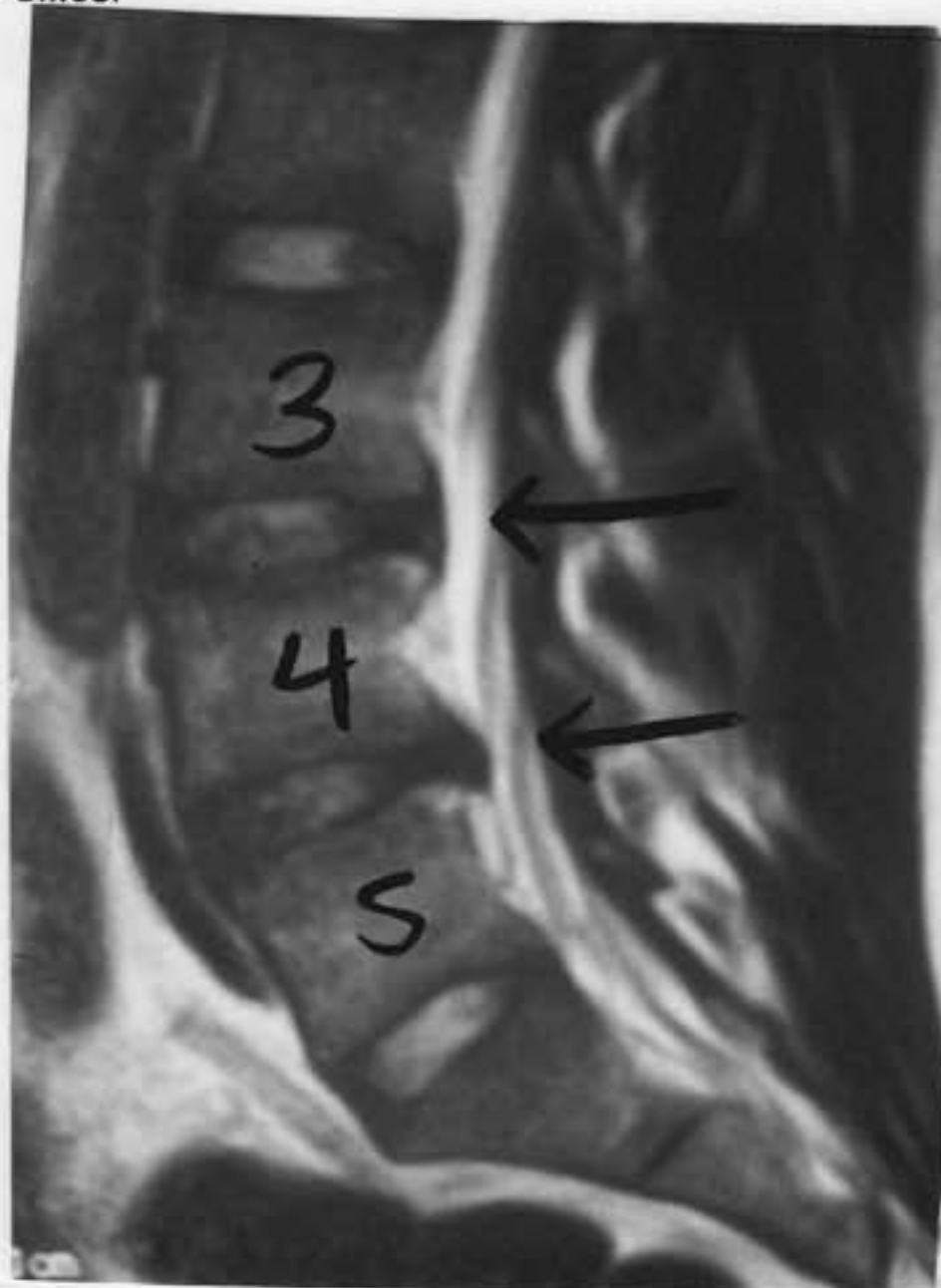
Thank you kindly for referring your patient to our office.

Byron Sotomayor, M.D.

Byron Sotomayor, M.D.
Board Certified Radiologist

BS:sr

Approved by: Byron Sotomayor, M.D. on 09/04/2008 at 13:56



Decompression Testimonial

Sarah Murga - 17 yrs old

Past history of / previous treatments sought: I have never been to a Chiropractor before. All I did was take over the counter medication like Tylenol and Advil to help relieve my pain.

Initial Complaint: I had extreme Low Back Pain that was sharp. I also couldn't Hyperextend my back at all and my pain scale was an 8-9 out of 10.

Chiropractic Results: After my parents and I met with Dr. Hoyt and he took X-rays of my Low back and we went over them twice together, We decided that 24 Treatments of Decompression for my Low back would be the best decision. He also gave me adjustments of my spine every visit and Sally did physical therapy on my Low back and taught me stretches and exercises to help strengthen my back. After my third or fourth treatment, I was almost fully out of pain. I just had some soreness in my low back with walking for a long time, or sitting for too long. I changed my diet as well and started eating more healthy with Dr. Hoyt's advice and by my sixth or seventh treatment on the Decompression table, I have been completely out of pain!

Additional Benefits or Comments: I am done with treatment now and plan to come back at least once a month to keep my spine healthy. I feel great! Thank you so much to Dr. Hoyt and his awesome Staff!!!

Decompression Testimonial

Sarah Murga - 17 yrs old

Past history of / previous treatments sought: I have never been to a Chiropractor before. All I did was take over the counter medication like Tylenol and Advil to help relieve my pain.

Initial Complaint: I had extreme Low Back Pain that was sharp. I also couldn't Hyperextend my back at all and my pain scale was an 8-9 out of 10.

Chiropractic Results: After my parents and I met with Dr. Hoyt and he took X-rays of my Low back and we went over them twice together, We decided that 24 Treatments of Decompression for my Low back would be the best decision. He also gave me adjustments of my spine every visit and Sally did physical therapy on my Low back and taught me stretches and exercises to help strengthen my back. After my third or fourth treatment, I was almost fully out of pain. I just had some soreness in my low back with walking for a long time, or sitting for too long. I changed my diet as well and started eating more healthy with Dr. Hoyt's advice and by my sixth or seventh treatment on the Decompression table, I have been completely out of pain!

Additional Benefits or Comments: I am done with treatment now and plan to come back at least once a month to keep my spine healthy. I feel great! Thank you so much to Dr. Hoyt and his awesome Staff!!!



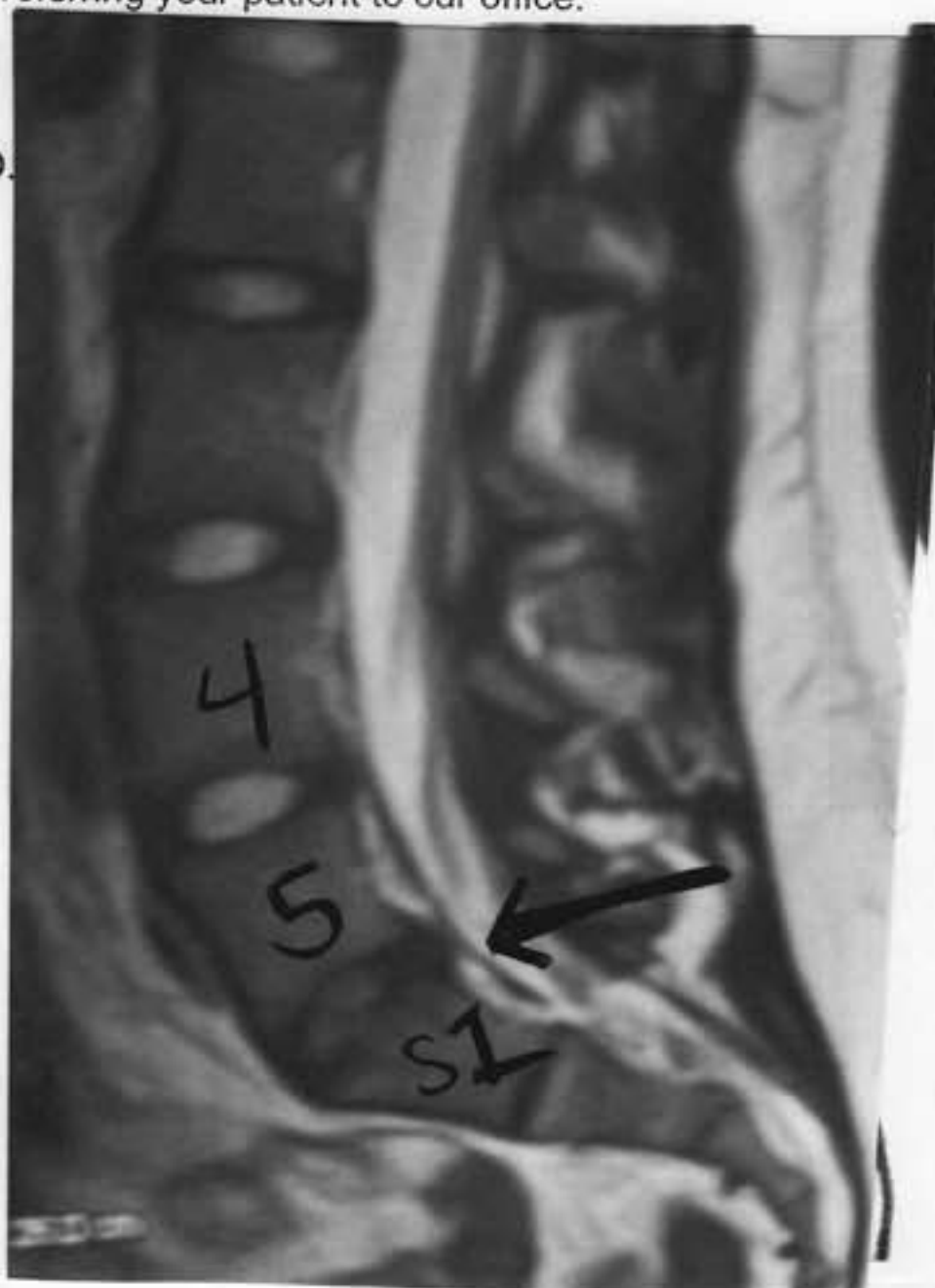
IMPRESSION:

1. AT L5-S1, THERE IS A 4.0 TO 4.5 MM FOCAL MIDLINE POSTERIOR DISC PROTRUSION CAUSING ONLY ATTENUATION OF THE VENTRAL EPIDURAL SPACE.
2. NO STRESS RESPONSE OR SPONDYLOLYSIS IS SHOWN AND THE REMAINING OSSEOUS ANATOMY AND UPPER LUMBOSACRAL DISC SPACES ARE NORMAL.

Thank you kindly for referring your patient to our office.

William M. Kelly, M.D.

William M. Kelly, M.D.
Neuroradiologist



Back Index

ACN Group, Inc. Form BI-100

First Oswestry Form
(on initial visit)

ACN Group, Inc. Use Only rev 3/27/2003

Patient Name

SARAH MUKOA

Date

7-14-08

This questionnaire will give your provider information about how your back condition affects your everyday life. Please answer every section by marking the one statement that applies to you. If two or more statements in one section apply, please mark the one statement that most closely describes your problem.

Pain Intensity

- 0 The pain comes and goes and is very mild.
- 1 The pain is mild and does not vary much.
- 2 The pain comes and goes and is moderate.
- 3 The pain is moderate and does not vary much.
- 4 The pain comes and goes and is very severe.
- 5 The pain is very severe and does not vary much.

Sleeping

- 0 I get no pain in bed.
- 1 I get pain in bed but it does not prevent me from sleeping well.
- 2 Because of pain my normal sleep is reduced by less than 25%.
- 3 Because of pain my normal sleep is reduced by less than 50%.
- 4 Because of pain my normal sleep is reduced by less than 75%.
- 5 Pain prevents me from sleeping at all.

Sitting

- 0 I can sit in any chair as long as I like.
- 1 I can only sit in my favorite chair as long as I like.
- 2 Pain prevents me from sitting more than 1 hour.
- 3 Pain prevents me from sitting more than 1/2 hour.
- 4 Pain prevents me from sitting more than 10 minutes.
- 5 I avoid sitting because it increases pain immediately.

Standing

- 0 I can stand as long as I want without pain.
- 1 I have some pain while standing but it does not increase with time.
- 2 I cannot stand for longer than 1 hour without increasing pain.
- 3 I cannot stand for longer than 1/2 hour without increasing pain.
- 4 I cannot stand for longer than 10 minutes without increasing pain.
- 5 I avoid standing because it increases pain immediately.

Walking

- 0 I have no pain while walking.
- 1 I have some pain while walking but it doesn't increase with distance.
- 2 I cannot walk more than 1 mile without increasing pain.
- 3 I cannot walk more than 1/2 mile without increasing pain.
- 4 I cannot walk more than 1/4 mile without increasing pain.
- 5 I cannot walk at all without increasing pain.

Personal Care

- 0 I do not have to change my way of washing or dressing in order to avoid pain.
- 1 I do not normally change my way of washing or dressing even though it causes some pain.
- 2 Washing and dressing increases the pain but I manage not to change my way of doing it.
- 3 Washing and dressing increases the pain and I find it necessary to change my way of doing it.
- 4 Because of the pain I am unable to do some washing and dressing without help.
- 5 Because of the pain I am unable to do any washing and dressing without help.

Lifting

- 0 I can lift heavy weights without extra pain.
- 1 I can lift heavy weights but it causes extra pain.
- 2 Pain prevents me from lifting heavy weights off the floor.
- 3 Pain prevents me from lifting heavy weights off the floor, but I can manage if they are conveniently positioned (e.g., on a table).
- 4 Pain prevents me from lifting heavy weights off the floor, but I can manage light to medium weights if they are conveniently positioned.
- 5 I can only lift very light weights.

Traveling

- 0 I get no pain while traveling.
- 1 I get some pain while traveling but none of my usual forms of travel make it worse.
- 2 I get extra pain while traveling but it does not cause me to seek alternate forms of travel.
- 3 I get extra pain while traveling which causes me to seek alternate forms of travel.
- 4 Pain restricts all forms of travel except that done while lying down.
- 5 Pain restricts all forms of travel.

Social Life

- 0 My social life is normal and gives me no extra pain.
- 1 My social life is normal but increases the degree of pain.
- 2 Pain has no significant affect on my social life apart from limiting my more energetic interests (e.g., dancing, etc).
- 3 Pain has restricted my social life and I do not go out very often.
- 4 Pain has restricted my social life to my home.
- 5 I have hardly any social life because of the pain.

Changing degree of pain

- 0 My pain is rapidly getting better.
- 1 My pain fluctuates but overall is definitely getting better.
- 2 My pain seems to be getting better but improvement is slow.
- 3 My pain is neither getting better or worse.
- 4 My pain is gradually worsening.
- 5 My pain is rapidly worsening.

Index Score = [Sum of all statements selected / (# of sections with a statement selected x 5)] x 100

Back
Index
Score

46

23

Back Index

ACN Group, Inc. Form BI-100

2nd Oswestry Form
(after 12th Rx Re Exam)

ACN Group, Inc. Use Only rev 3/27/2003

Patient Name

SARAH MURGA

Date

Aug. 18, 2003

This questionnaire will give your provider information about how your back condition affects your everyday life. Please answer every section by marking the one statement that applies to you. If two or more statements in one section apply, please mark the one statement that most closely describes your problem.

Pain Intensity

- 0 The pain comes and goes and is very mild.
- 1 The pain is mild and does not vary much.
- 2 The pain comes and goes and is moderate.
- 3 The pain is moderate and does not vary much.
- 4 The pain comes and goes and is very severe.
- 5 The pain is very severe and does not vary much.

Personal Care

- 0 I do not have to change my way of washing or dressing in order to avoid pain.
- 1 I do not normally change my way of washing or dressing even though it causes some pain.
- 2 Washing and dressing increases the pain but I manage not to change my way of doing it.
- 3 Washing and dressing increases the pain and I find it necessary to change my way of doing it.
- 4 Because of the pain I am unable to do some washing and dressing without help.
- 5 Because of the pain I am unable to do any washing and dressing without help.

Sleeping

- 0 I get no pain in bed.
- 1 I get pain in bed but it does not prevent me from sleeping well.
- 2 Because of pain my normal sleep is reduced by less than 25%.
- 3 Because of pain my normal sleep is reduced by less than 50%.
- 4 Because of pain my normal sleep is reduced by less than 75%.
- 5 Pain prevents me from sleeping at all.

Lifting

- 0 I can lift heavy weights without extra pain.
- 1 I can lift heavy weights but it causes extra pain.
- 2 Pain prevents me from lifting heavy weights off the floor.
- 3 Pain prevents me from lifting heavy weights off the floor, but I can manage if they are conveniently positioned (e.g., on a table).
- 4 Pain prevents me from lifting heavy weights off the floor, but I can manage light to medium weights if they are conveniently positioned.
- 5 I can only lift very light weights.

Sitting

- 0 I can sit in any chair as long as I like.
- 1 I can only sit in my favorite chair as long as I like.
- 2 Pain prevents me from sitting more than 1 hour. *more like a few hours*
- 3 Pain prevents me from sitting more than 1/2 hour.
- 4 Pain prevents me from sitting more than 10 minutes.
- 5 I avoid sitting because it increases pain immediately.

Traveling

- 0 I get no pain while traveling.
- 1 I get some pain while traveling but none of my usual forms of travel make it worse.
- 2 I get extra pain while traveling but it does not cause me to seek alternate forms of travel.
- 3 I get extra pain while traveling which causes me to seek alternate forms of travel.
- 4 Pain restricts all forms of travel except that done while lying down.
- 5 Pain restricts all forms of travel.

Standing

- 0 I can stand as long as I want without pain.
- 1 I have some pain while standing but it does not increase with time.
- 2 I cannot stand for longer than 1 hour without increasing pain. *a few hours*
- 3 I cannot stand for longer than 1/2 hour without increasing pain.
- 4 I cannot stand for longer than 10 minutes without increasing pain.
- 5 I avoid standing because it increases pain immediately.

Social Life

- 0 My social life is normal and gives me no extra pain.
- 1 My social life is normal but increases the degree of pain.
- 2 Pain has no significant affect on my social life apart from limiting my more energetic interests (e.g., dancing, etc).
- 3 Pain has restricted my social life and I do not go out very often.
- 4 Pain has restricted my social life to my home.
- 5 I have hardly any social life because of the pain.

Walking

- 0 I have no pain while walking.
- 1 I have some pain while walking but it doesn't increase with distance.
- 2 I cannot walk more than 1 mile without increasing pain.
- 3 I cannot walk more than 1/2 mile without increasing pain.
- 4 I cannot walk more than 1/4 mile without increasing pain.
- 5 I cannot walk at all without increasing pain.

Changing degree of pain

- 0 My pain is rapidly getting better.
- 1 My pain fluctuates but overall is definitely getting better.
- 2 My pain seems to be getting better but improvement is slow.
- 3 My pain is neither getting better or worse.
- 4 My pain is gradually worsening.
- 5 My pain is rapidly worsening.

Index Score = [Sum of all statements selected / (# of sections with a statement selected x 5)] x 100

Back
Index
Score

14

Decompression Testimonial

Consuelo Cannon

Past History/ Previous Treatment Sought: I have never had any treatment done or been to the doctor to treat any of my symptoms. .

Initial Complaint: I have severe Degenerative Disc Disease in my Neck, I have had a constant ticking sound in my Neck for 10 years, I also have right arm pain with some numbness. I lay on my right side so I can hold the ticking spot on my Neck, so my right Shoulder also aches all the time.

Decompression and Chiropractic results: After the first treatment the ticking in my Neck reduced in frequency as well as the strength. By the 8th treatment, I felt almost 50 % improvement in my ticking, and by the 10th treatment, I had 70 % improvement. Now 12 treatments later I am able to sleep very well and I rarely have any symptoms of ticking in my Neck. Also the pain and numbness in my arm is completely gone and my shoulder pain is completely gone.

Additional Benefits or comments: Thank you Dr. Hoyt! That was excellent!



Decompression Testimonial

Tina Ríos - 17 yrs old

Past history of / previous treatment sought?: I have never been to a chiropractor. This was my first time with any treatment.

Initial Complaint: I had horrible low back pain and a numb right leg with intermittent pain. Sometimes I couldn't get out of bed.

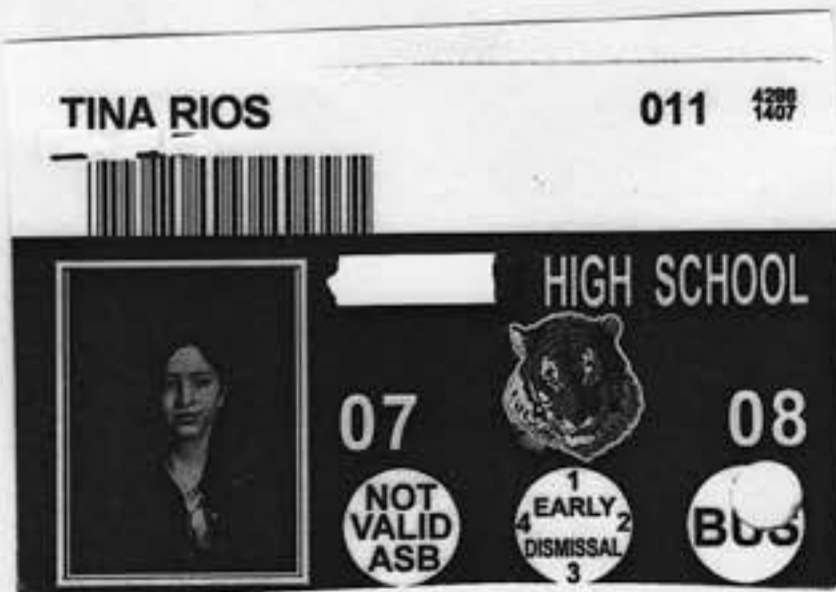
Chiropractic Results: I feel amazingly better. The treatments I have received on the Decompression table as well as the Chiropractic adjustments have helped me so much with my low back pain. The fact that all the people that work here are so kind makes it all the better. I love them all. I'm always anxious and excited to come in for my appointments!

Additional Benefits or Comments: The stretches I was taught that I do help me stay feeling great and help me through the day. I got my smile back ~Thank You!! People would be missing out if they didn't choose Chiropractic. Decompression is the most amazing invention. I love it!! It works wonders and I'm only 17!!

More Additional Benefits and comments: Dr Hoyt is amazing, kind and funny. Sally is my friend now and we bond every time I come in the office. Meilani is so motherly and always makes me smile!! I love you guys!!

TINA RIOS

011 4288
1407



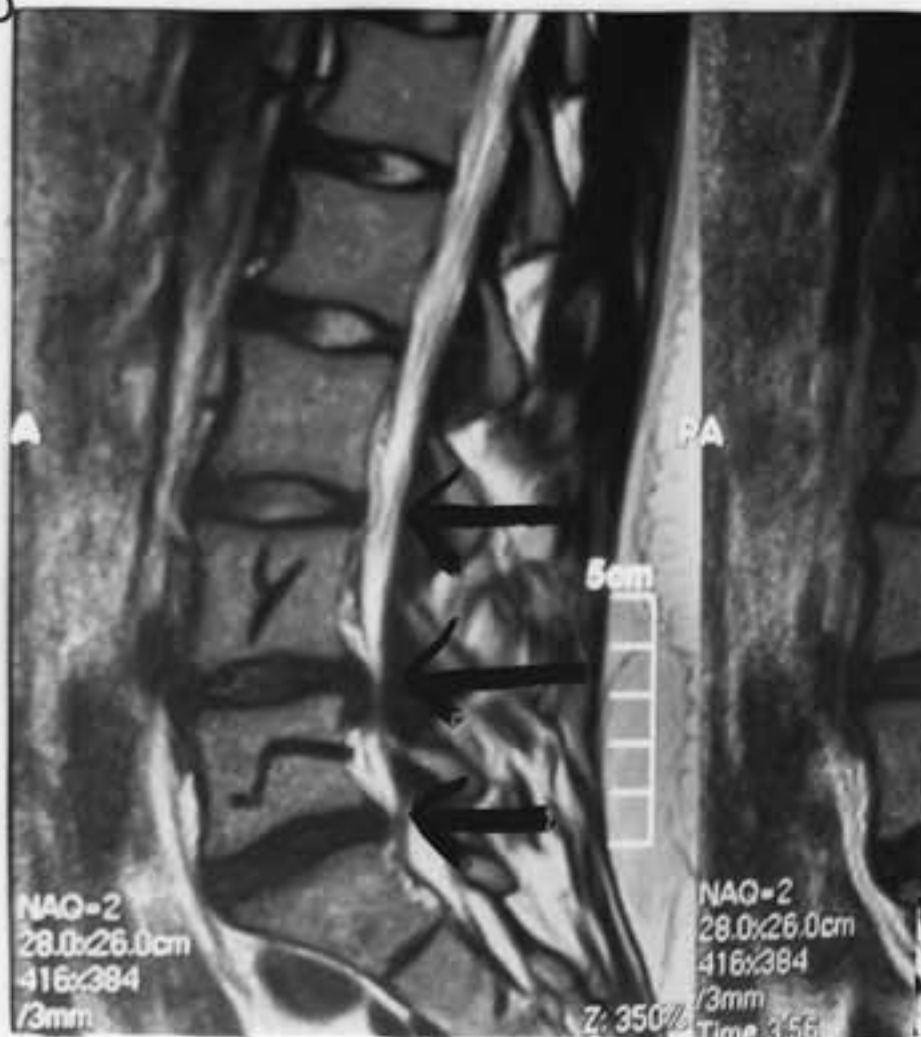
IMPRESSION:

1. AT L4-5, THERE IS MILD DISC HEIGHT REDUCTION, DESICCATION OF DISC MATERIAL AND A 5 MM RIGHT POSTEROLATERAL DISC HERNIATION THAT MIGRATES 1.0 CM INFERIORLY RESULTING IN SEVERE RIGHT LATERAL RECESS STENOSIS WITH AMPLE POTENTIAL FOR SYMPTOMATIC IMPINGEMENT UPON THE DESCENDING RIGHT L5 NERVE ROOT. RECOMMEND CLINICAL CORRELATION.
2. AT L5-S1, THERE IS MILD-TO-MODERATE RIGHT AND MILD LEFT LATERAL RECESS STENOSIS DUE TO 3.5 TO 4.0 MM RIGHT PARACENTRAL POSTERIOR DISC PROTRUSION.
3. OTHERWISE, NEGATIVE MRI EXAMINATION OF THE LUMBOSACRAL SPINE AT OTHER LEVELS EVALUATED.

Your referral is truly appreciated,

William M. Kelly, M.D.
Neuroradiologist

WMK:kg



Decompression Testimonial

Shelby Taylor - 35 yrs old

Past history of / previous treatment sought?: I have been going to Chiropractors since I was 18, I am now 35.

Initial Complaint: It took me that long to find the Chiropractor that would help me with my health as a whole. I suffer from severe Kyphosis (upper back curve) as well as headaches, Neck Pain that radiates into my left Shoulder, and aching in my low back.

Chiropractic Results: I feel very blessed to have found Dr. Hoyt. On the first visit, Dr. Hoyt gave me a diagnosis that had been under diagnosed for 2 years with my previous Chiropractor. I had that pain in my left shoulder which Dr. Hoyt said was actually caused from my neck that was injured and it sent referral pain into my shoulder. He recommended an MRI for my neck and the MRI confirmed that I had a 3 to 3.5mm herniated disc that was pinching a nerve in my spinal cord. After I finished the wedge program that gave me great results getting rid of the "hunch" in my upper back, as well as giving me more mobility in my neck, I started the Decompression program for my Neck.

Additional Benefits or Comments: The Day after my last Decompression visit, I experienced a great relief from my pain. I felt about 85% to 90% relief overall and that was pain I had lived with for over 2 years. It was an amazing gift to get a break from the pain!! I expect that if I continue to be diligent with the home exercises and stretches that were taught to me, using the information I learned from his Spinal Care Class, eating healthy, and continue with my regular monthly adjustments with Dr. Hoyt, I will continue to have a high percentage of relief from my pain. As a result of Dr. Hoyt's expertise in reading X-Rays he also has uncovered many other injuries that went undiagnosed and is now working to improve those areas.

Thank you to Dr. Hoyt and his wonderful staff!!



Shelby
on the
Decompression
Table



IMPRESSION:

1. AT C5-6, THERE IS 3.0 TO 3.5 MM LEFT POSTEROLATERAL DISC PROTRUSION PRODUCING MILD LEFT PARACENTRAL VENTRAL CORD INDENTATION AND MILD-TO-MODERATE LEFT-SIDED FORAMINAL NARROWING WITH POTENTIAL FOR SYMPTOMATIC IMPINGEMENT UPON THE EXITING LEFT C6 CERVICAL NERVE ROOT. RECOMMEND CLINICAL CORRELATION.
2. MILD LEFT-SIDED FORAMINAL NARROWING IS SHOWN AT C6-7, ATTRIBUTABLE TO DISC HEIGHT REDUCTION AND 2.5 MM LEFT POSTEROLATERAL DISC BULGING.
3. OTHERWISE, NEGATIVE MRI EXAMINATION OF THE CERVICAL SPINE AT OTHER LEVELS EVALUATED.

Thank you kindly for referring your patient to our office

William Shelby MD



Decompression Testimonial

Diane Brandt

Past History of/ previous treatment sought: I have seen a few Chiropractors in the past, over the counter meds.

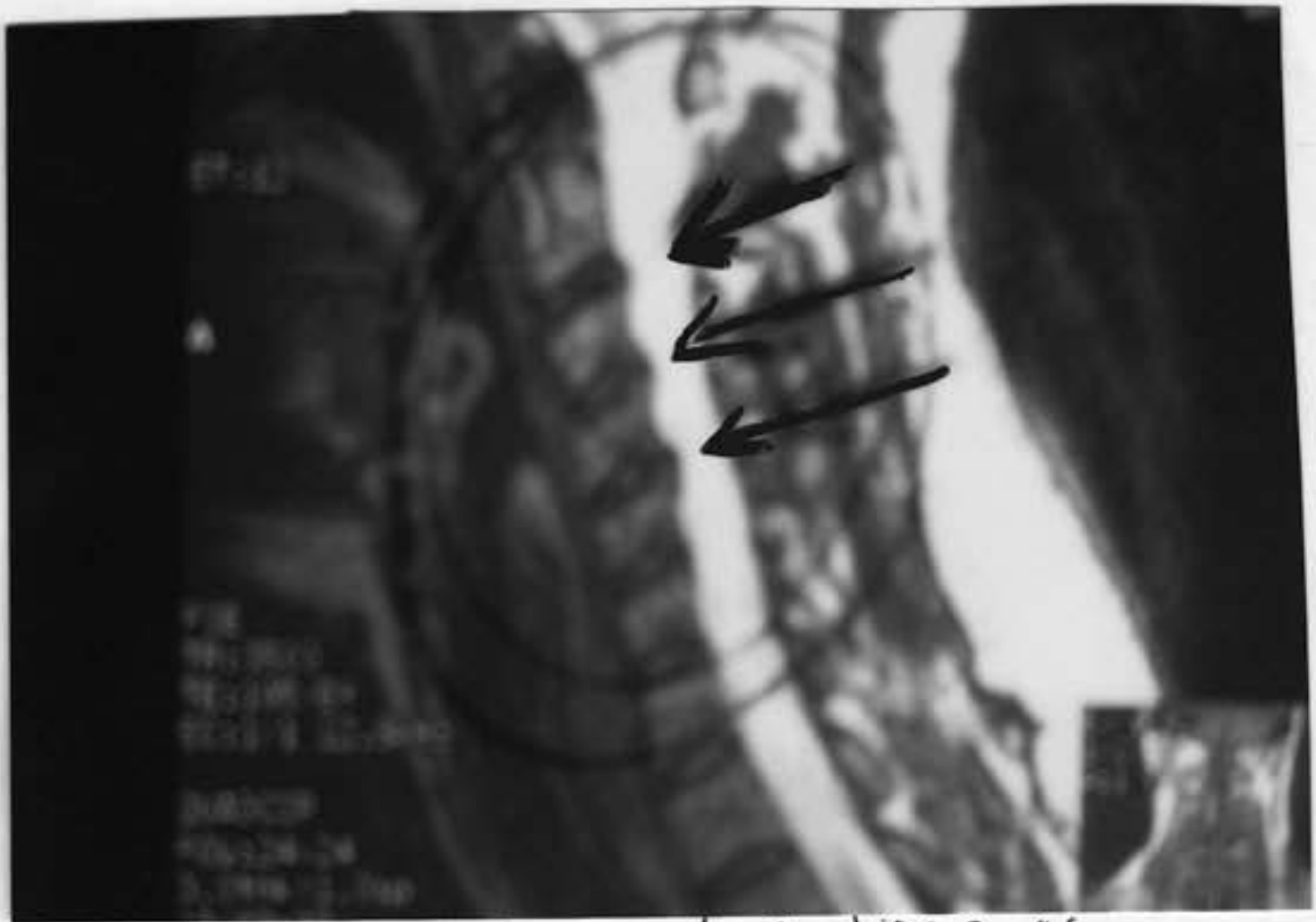
Initial Complaint: Severe Upper Back and Neck Pain, with some occasional pain in my Low Back.

Chiropractic Results: When I first started coming to Dr. Hoyt, I could hardly move because my pain was excruciating! I started out with Manipulation of my spine and that relieved some of my pain, but not all of it. After doing a couple weeks of adjustments, Dr. Hoyt decided that I had a disc problem in my neck and he suggested I do the Decompression for my Neck. I also got an MRI done by his recommendation. After just a couple treatments on the Decompression table, I was almost completely out of pain! Within 6 weeks of treatment at Hoyt Chiropractic, my pain was all gone. My ability to move and live healthy improved 100 %.

Additional Benefits or Comments: I really enjoyed coming to Hoyt Chiropractic, but most of all, Dr. Hoyt and his entire staff were wonderful from start to finish. I am able to work out at the gym now pain free!! Thank you!



Obviously Diane is extremely
Happy!



She has 3 degenerating discs as
shown by arrows above.

Decompression Testimonial

Mary Orr

Past History of/ Previous History sought: I have had back problems for about 30 years but never wanted to go see a Chiropractor for fear that the manipulation would injure me in some other way or I would be in more pain.

Initial Complaint: One Monday morning in April 2008, I woke up with my low back stiff and hurting. By Tuesday, I was in so much pain (a nine out of ten) that I could hardly walk, sit, or stand.

Chiropractic Results: So I decided to call Dr. Hoyt's office since I was in horrible pain. I had seen a flyer that was in my Dentist's, Dr. Hoyt's brother's office. I also looked on the Internet and was pleased with what I read about Hoyt Chiropractic. They made an appointment for me that same day! The appointment times were such that I didn't have to take time off work. When I arrived, I knew I was in the right place because the first thing I saw was the physical therapy department. I was looking forward to having physical therapy. I received the best patient care that I have received at any doctor office. Dr. Hoyt not only manipulated my back, he gave me exercises to strengthen and stretch my muscles and I also had physical therapy. When I left my appointment that first day, I felt 70 % better. I could walk, sit and stand without a lot of pain. At the next appointment, Dr. Hoyt showed me my X-rays and told me my options. After 24 treatments of Manipulation, physical therapy, and Decompression for my low back, I feel good as new!!

Additional Benefits or Comments: Dr. Hoyt doesn't just put a bandage on your health problems; he helps you regain your mobility and health as much as he is able. The staff is friendly, very helpful, and always genuinely concerned if you are feeling okay. I still need to have my maintenance treatments and keep on doing my exercises to maintain my back health, but that's a small price to pay for being able to function again. THANK YOU DR. HOYT AND STAFF!!!!

Name: Orr, Mary
ID: ORRMAR
DOB: [REDACTED]
Sex: F
Age: 057Y
Study: 16-Apr-2008

16-Apr-2008 Name: Orr, Mary
Image: 0 ID: ORRMAR
KVP: 0.00 DOB: [REDACTED]
MAS: 0 Sex: F
Q-Value: 89 Age: 057Y
Residence: none Study: 16-Apr-2008

16-Apr-2008
Image: 2
KVP: 0.00
MAS: 0
Q-Value: 84
Residence: none



W=2431 C=1218

Series 1

Series 3

Decompression Testimonial

Brian Watson

Past History/ Previous treatment sought: All Kinds!! Prescription Medication, Chiropractic, Regular Doctors.

Initial Complaint: Neck, Upper Back, Mid Back, And Low Back Pain. Many herniated discs from the Neck to the Low back from three car accidents.

Chiropractic Results: When I came to Dr. Hoyt, I was in overwhelming pain and with this pain; I was taking Heavy Medications (Morphine) night and Day. I was limited to no physical activity and just getting up and down from a sitting or laying position was excruciating. I have 2 young kids and I was not able to play with them as much as a young dad should be able to. Since I have many herniated discs in my spine, I knew that I would never be 100 % out of pain. After Dr. Hoyt reviewed my MRI's and took some X-rays and reviewed those with me, we decided that 24 treatments of Decompression switching between my Low Back and Neck would be the best decision. I am at the end of my treatments and 3 months have gone by and nearly half of my pain is gone and I have eliminated all the heavy medications I was taking.

Additional Benefits or Comments: A Big thanks to Hoyt Chiropractic!! I recommend Hoyt Chiropractic to anyone I know who suffers back pain. Thanks again Dr. Hoyt and Staff for all your help!

Decompression Results

Jennifer L.

Past History/ Previous Treatment Sought: Jennifer had been doing pain management and had been to the hospital for her Low Back Pain.

Initial Complaint: Jennifer had Severe Low Back pain with radiating pain and numbness down both legs due to a previous rear end collision 5 years ago. She came into our office walking extremely slow and used a cane because she could not walk on her own. She had also fallen while pregnant which made her pain much worse. Even sitting aggravated her pain and trying to get up, she felt very weak in her legs. She was heavy set at 222 lbs.

Decompression and Chiropractic results: As noted in her chart, Jennifer commented that by her third treatment, she was shocked that she felt so good. Her pain was still there, but much less than her 1st treatment on the Spinal Decompression. She even left her cane in the car because she could walk without it. By her 6th treatment, she could still walk without her cane, and she felt little to no pain. She was still on pain medication at this time but had been using about half of what she started with. With increased walking and lifting she would notice her pain would return, but never as bad as her original low back pain. She also went on Dr. Hoyt's detox program and lost some weight. Jennifer went out of town and missed some appointments, which as noted, some of her pain came back due to her not following what Dr. Hoyt recommended, but overall, she still took much less medication and has been able to walk without her cane.

Additional Benefits or comments: She was never able to finish her Decompression treatments because she had unexpectedly gotten pregnant, but I recently spoke with her on the phone and she confirmed with me that she still is doing well and weaning off all medication for the health of her baby.

-Sallianne B.

40700 CALIFORNIA OAKS ROAD, STE. 103
MURRIETA, CALIFORNIA 92562

William M. Kelly, M.D., Inc.
Tax ID/FEIN #33-0904696



TEL: (951) 894-4418
FAX: (951) 894-4419

Online Images and Reports
www.healthscanimaging.com

Patient Name

L. JENNIFER

Date of Birth

MRN

418207

At the Request of

TRACY HOYT, D.C.

Age

32

Sex

F

Exam Date

06/17/2008

MRI LUMBAR SPINE

CLINICAL HISTORY: The patient is a 32-year-old woman with leg pain and accompanied by bilateral hip and leg pain.

TECHNIQUE: This examination was accomplished using a Toshiba high-field strength 1.5 Tesla Vantage Open Concept MRI System equipped with proprietary noise suppression technology and high-performance, high-field-strength gradients. High-speed parallel processing was used to achieve accelerated scan times. The following pulse sequences were obtained:

PLANE	WEIGHTING	SEQUENCE	OPTION
Sagittal	T1	FSE	
Sagittal	T2	FSE	
Axial	T2	SSFP 3D	Hi-Res

FINDINGS:

T12 to L4: The intervertebral disc spaces display normal vertical height and exhibit normal contours posteriorly where they interface with the thecal sac. There is no anatomical basis for compromise of the canal, lateral recesses or foramina at these levels. The conus medullaris terminates normally near the level of the superior endplate of L1.

L4-5: The disc space at this level is normal. Mild bilateral facet prominence is shown, right greater than left without contribution toward impingement.

L5-S1: Mild desiccation of disc material is shown with mild 2.5 mm left posterolateral disc bulging extending into the inferior aspect of the floor of the left L5 foramen. No impingement is shown.

(CONTINUED)

Patient Name
L, JENNIFER

Date of Birth

MRN
418207

At the Request of
TRACY HOYT, D.C.

Age
32

Sex
F

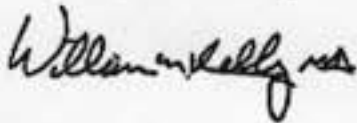
Exam Date
06/17/2008

MRI LUMBAR SPINE

IMPRESSION:

1. MILD DESICCATION OF DISC MATERIAL IS SHOWN AT L5-S1 WITH 2.5 MM LEFT POSTEROLATERAL DISC BULGING INTO THE FLOOR OF THE LEFT L5 FORAMEN WITHOUT IMPINGEMENT.
2. MILD FACET PROMINENCE IS SHOWN AT L4-5 WITHOUT IMPINGEMENT.
3. OTHERWISE, NEGATIVE MRI EXAMINATION OF THE LUMBAR SPINE AT OTHER LEVELS EVALUATED.

Thank you kindly for referring your patient to our office.



William M. Kelly, M.D.
Neuroradiologist

WMK:ls

Approved by: William M. Kelly, M.D. on 06/18/2008 at 7:40
Board Certified Radiologist.



Back Index

ACN Group, Inc. Form BI-100

1st Oswestry 5 on heavy medication.

ACN Group, Inc. Use Only Rev 3/27/2003

Patient Name

Jennifer

Date

6/13/08

This questionnaire will give your provider information about how your back condition affects your everyday life. Please answer every section by marking the one statement that applies to you. If two or more statements in one section apply, please mark the one statement that most closely describes your problem.

Pain Intensity

- The pain comes and goes and is very mild.
- The pain is mild and does not vary much.
- The pain comes and goes and is moderate.
- The pain is moderate and does not vary much.
- The pain comes and goes and is very severe.
- The pain is very severe and does not vary much.

Sleeping

- I get no pain in bed.
- I get pain in bed but it does not prevent me from sleeping well.
- Because of pain my normal sleep is reduced by less than 25%.
- Because of pain my normal sleep is reduced by less than 50%.
- Because of pain my normal sleep is reduced by less than 75%.
- Pain prevents me from sleeping at all.

Sitting

- I can sit in any chair as long as I like.
- I can only sit in my favorite chair as long as I like.
- Pain prevents me from sitting more than 1 hour.
- Pain prevents me from sitting more than 1/2 hour.
- Pain prevents me from sitting more than 10 minutes.
- I avoid sitting because it increases pain immediately.

Standing

- I can stand as long as I want without pain.
- I have some pain while standing but it does not increase with time.
- I cannot stand for longer than 1 hour without increasing pain.
- I cannot stand for longer than 1/2 hour without increasing pain.
- I cannot stand for longer than 10 minutes without increasing pain.
- I avoid standing because it increases pain immediately.

Walking

- I have no pain while walking.
- I have some pain while walking but it doesn't increase with distance.
- I cannot walk more than 1 mile without increasing pain.
- I cannot walk more than 1/2 mile without increasing pain.
- I cannot walk more than 1/4 mile without increasing pain.
- I cannot walk at all without increasing pain.

Personal Care

- I do not have to change my way of washing or dressing in order to avoid pain.
- I do not normally change my way of washing or dressing even though it causes some pain.
- Washing and dressing increases the pain but I manage not to change my way of doing it.
- Washing and dressing increases the pain and I find it necessary to change my way of doing it.
- Because of the pain I am unable to do some washing and dressing without help.
- Because of the pain I am unable to do any washing and dressing without help.

Lifting

- I can lift heavy weights without extra pain.
- I can lift heavy weights but it causes extra pain.
- Pain prevents me from lifting heavy weights off the floor.
- Pain prevents me from lifting heavy weights off the floor, but I can manage if they are conveniently positioned (e.g., on a table).
- Pain prevents me from lifting heavy weights off the floor, but I can manage light to medium weights if they are conveniently positioned.
- I can only lift very light weights.

Traveling

- I get no pain while traveling.
- I get some pain while traveling but none of my usual forms of travel make it worse.
- I get extra pain while traveling but it does not cause me to seek alternate forms of travel.
- I get extra pain while traveling which causes me to seek alternate forms of travel.
- Pain restricts all forms of travel except that done while lying down.
- Pain restricts all forms of travel.

Social Life

- My social life is normal and gives me no extra pain.
- My social life is normal but increases the degree of pain.
- Pain has no significant affect on my social life apart from limiting my more energetic interests (e.g., dancing, etc).
- Pain has restricted my social life and I do not go out very often.
- Pain has restricted my social life to my home.
- I have hardly any social life because of the pain.

Changing degree of pain

- My pain is rapidly getting better.
- My pain fluctuates but overall is definitely getting better.
- My pain seems to be getting better but improvement is slow.
- My pain is neither getting better or worse.
- My pain is gradually worsening.
- My pain is rapidly worsening.

Index Score = [Sum of all statements selected / (# of sections with a statement selected x 5)] x 100

Back
Index
Score

88

Back Index

ACN Group, Inc. Form BI-100

2nd Oswestry on 16th visit
w/ much less medication.

ACN Group, Inc. Use Only rev 3/27/2003

Patient Name

Jennifer L.

Date

7-28-08

This questionnaire will give your provider information about how your back condition affects your everyday life. Please answer every section by marking the one statement that applies to you. If two or more statements in one section apply, please mark the one statement that most closely describes your problem.

Pain Intensity

- 0 The pain comes and goes and is very mild.
- 1 The pain is mild and does not vary much.
- 2 The pain comes and goes and is moderate.
- 3 The pain is moderate and does not vary much. *varies*
- 4 The pain comes and goes and is very severe.
- 5 The pain is very severe and does not vary much.

Sleeping

- 0 I get no pain in bed.
- 1 I get pain in bed but it does not prevent me from sleeping well.
- 2 Because of pain my normal sleep is reduced by less than 25%.
- 3 Because of pain my normal sleep is reduced by less than 50%.
- 4 Because of pain my normal sleep is reduced by less than 75%.
- 5 Pain prevents me from sleeping at all.

Sitting

- 0 I can sit in any chair as long as I like.
- 1 I can only sit in my favorite chair as long as I like.
- 2 Pain prevents me from sitting more than 1 hour.
- 3 Pain prevents me from sitting more than 1/2 hour.
- 4 Pain prevents me from sitting more than 10 minutes.
- 5 I avoid sitting because it increases pain immediately.

Standing

- 0 I can stand as long as I want without pain.
- 1 I have some pain while standing but it does not increase with time.
- 2 I cannot stand for longer than 1 hour without increasing pain.
- 3 I cannot stand for longer than 1/2 hour without increasing pain.
- 4 I cannot stand for longer than 10 minutes without increasing pain.
- 5 I avoid standing because it increases pain immediately.

Walking

- 0 I have no pain while walking.
- 1 I have some pain while walking but it doesn't increase with distance.
- 2 I cannot walk more than 1 mile without increasing pain.
- 3 I cannot walk more than 1/2 mile without increasing pain.
- 4 I cannot walk more than 1/4 mile without increasing pain.
- 5 I cannot walk at all without increasing pain.

Personal Care

- 0 I do not have to change my way of washing or dressing in order to avoid pain.
- 1 I do not normally change my way of washing or dressing even though it causes some pain.
- 2 Washing and dressing increases the pain but I manage not to change my way of doing it.
- 3 Washing and dressing increases the pain and I find it necessary to change my way of doing it.
- 4 Because of the pain I am unable to do some washing and dressing without help.
- 5 Because of the pain I am unable to do any washing and dressing without help.

Lifting

- 0 I can lift heavy weights without extra pain.
- 1 I can lift heavy weights but it causes extra pain.
- 2 Pain prevents me from lifting heavy weights off the floor.
- 3 Pain prevents me from lifting heavy weights off the floor, but I can manage if they are conveniently positioned (e.g., on a table).
- 4 Pain prevents me from lifting heavy weights off the floor, but I can manage light to medium weights if they are conveniently positioned.
- 5 I can only lift very light weights.

Traveling

- 0 I get no pain while traveling.
- 1 I get some pain while traveling but none of my usual forms of travel make it worse.
- 2 I get extra pain while traveling but it does not cause me to seek alternate forms of travel.
- 3 I get extra pain while traveling which causes me to seek alternate forms of travel.
- 4 Pain restricts all forms of travel except that done while lying down.
- 5 Pain restricts all forms of travel.

Social Life

- 0 My social life is normal and gives me no extra pain.
- 1 My social life is normal but increases the degree of pain.
- 2 Pain has no significant affect on my social life apart from limiting my more energetic interests (e.g., dancing, etc).
- 3 Pain has restricted my social life and I do not go out very often.
- 4 Pain has restricted my social life to my home.
- 5 I have hardly any social life because of the pain.

Changing degree of pain

- 0 My pain is rapidly getting better.
- 1 My pain fluctuates but overall is definitely getting better.
- 2 My pain seems to be getting better but improvement is slow.
- 3 My pain is neither getting better or worse.
- 4 My pain is gradually worsening.
- 5 My pain is rapidly worsening.

Index Score = [Sum of all statements selected / (# of sections with a statement selected x 5)] x 100

Back
Index
Score

60

31

+ reduced percent

Decompression Testimonial

Ramon Carreon

Past History / Previous treatment Sought: 8 years ago, I was in a car accident, and ever since, I've had problems with my low back. No treatment sought except over the counter medications.

Initial Complaint: I initially came to this office with many more problems because of another car accident that further complicated my situation. I have very bad Low back pain that travels down my legs. I have a hard time walking and limp when I do walk. It is also hard to get up from a laying or sitting position.

Chiropractic Results: At the start of treatment I was skeptical, but after Dr. Hoyt put me on the Decompression machine, I began to feel much better. The adjustments and exercises also began to help me feel even better than I did before the accidents. I am almost completely out of pain and able to function normally on a daily basis.

Additional Benefits or Comments: I am grateful for the help this office has given me, and for being able to communicate with me in my own language which is Spanish. Thank you.

29798 HAUN ROAD, SUITE 103
SUN CITY, CALIFORNIA 92562

EMAIL: INFO@HEALTHSCANIMAGING.COM



HEALTH SCAN
I M A G I N G

William M. Kelly, M.D.

TEL: (951) 244-6700
FAX: (951) 244-6788

WWW.HEALTHSCANIMAGING.COM

PATIENT NAME: CARREON, RAMON
MRI EXAMINATION: LUMBAR SPINE
DATE OF SERVICE: OCTOBER 5, 2007
AT THE REQUEST OF: TRACY HOYT, D.C.

DOB: 04/14/
MR#: 604199

CLINICAL HISTORY: Low back pain with bilateral lower extremity radiculopathy.

TECHNIQUE: This examination was accomplished using a Toshiba high-field strength 1.5 Tesla Vantage Open Concept MRI System equipped with proprietary noise suppression technology and a high-performance, high-field-strength gradient system. High-speed parallel processing was used to achieve accelerated scan times. The following pulse sequences were obtained:

PLANE	WEIGHTING	SEQUENCE	OPTION
Sagittal	T2	FSE	
Sagittal	T1	SE	
Sagittal	Marrow Null	STIR	
Axial	T2	3D SSFP	

FINDINGS:

Osseous Structures: The lumbar vertebral bodies demonstrate normal alignment. There is disc desiccation, disc height loss and mild endplate marrow changes at the L1-L2, L3-L4 and L5-S1 levels consistent with degenerative disc disease.

T12-L1: No central disc bulge or central canal stenosis is apparent. The neural foramen are patent bilaterally at this level. The conus medullaris terminates normally near the level of the superior endplate of L1.

L1-2: There is a minimal 2.2 mm broad-based disc bulge. No central canal stenosis is apparent at the L1-L2 level. Posterior osteophytes in association with the disc bulge result in mild left and minimal right neural foraminal encroachment at the L1-2 level.

L2-3: There is a minimal 2.2 mm broad-based disc bulge. No central canal stenosis is

(CONTINUED)

apparent at the L2-L3 level. Posterior osteophytes in association with the disc bulge result in minimal bilateral neural foraminal encroachment at the L2-L3 level.

L3-4: There is a minimal 2.2 mm broad-based disc bulge. No significant central canal stenosis is apparent at the L3-L4 level. Posterior osteophytes in association with the disc bulge result in mild left and minimal right neural foraminal encroachment at the L3-L4 level.

L4-5: There is a mild 3 mm broad-based disc bulge eccentric to the right. There is mild ligamentum flavum and facet joint hypertrophy with mild to moderate right and mild left lateral recess stenosis at the L4-L5 level. Posterior osteophytes in association with the disc bulge result in minimal bilateral neural foraminal encroachment at the L4-L5 level.

L5-S1: Along the posterior margin of the L5-S1 disc, there is a small focus of increased signal intensity consistent with an annular tear. There is a 6 mm broad-based disc protrusion which extends inferiorly approximately 3 mm and abuts both L5 nerve roots as they exit the thecal sac. There is ligamentum flavum and facet joint hypertrophy with mild to moderate bilateral lateral recess stenosis at the L5-S1 level. Posterior osteophytes in association with the disc bulge result in mild to moderate bilateral neural foraminal encroachment at the L5-S1 level.

IMPRESSION:

- 1. AT THE L5-S1 LEVEL, THERE IS A 6 MM BROAD-BASED DISC PROTRUSION WHICH EXTENDS INFERIORLY APPROXIMATELY 3 MM, ABUTS BOTH L5 NERVE ROOTS, AND RESULTS IN MILD TO MODERATE BILATERAL LATERAL RECESS STENOSIS. THERE IS ALSO EVIDENCE FOR AN ANNULAR TEAR AND MILD TO MODERATE BILATERAL NEURAL FORAMINAL ENCROACHMENT AT THE L5-S1 LEVEL.**
- 2. AT THE L4-L5 LEVEL, THERE IS A MILD, BROAD-BASED DISC BULGE ECCENTRIC TO THE RIGHT WITH MILD TO MODERATE RIGHT LATERAL RECESS STENOSIS AND MILD LEFT LATERAL RECESS STENOSIS. THERE IS ALSO MINIMAL BILATERAL NEURAL FORAMINAL ENCROACHMENT AT THE L4-L5 LEVEL.**

(CONTINUED)

IMPRESSION: (continued)

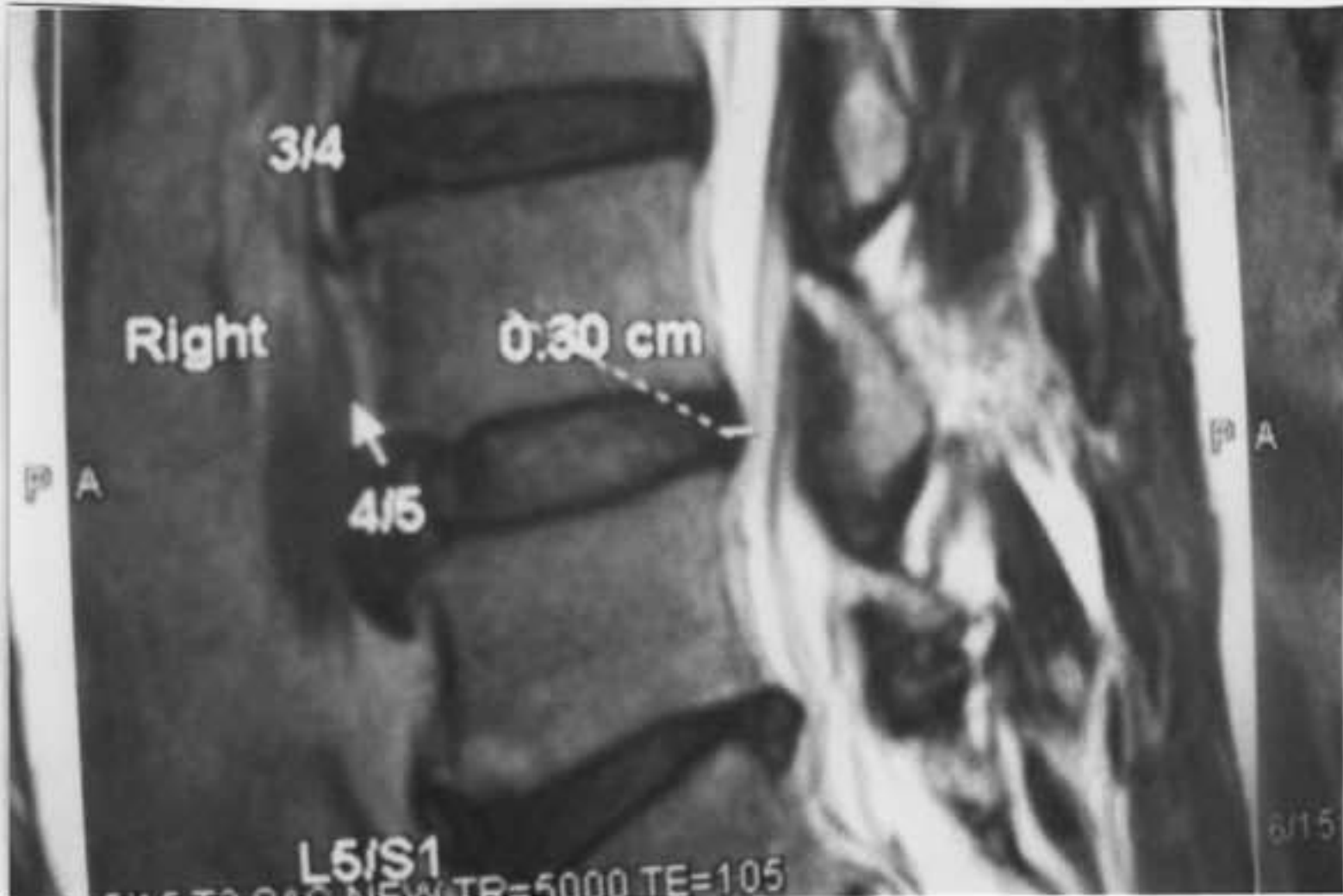
3. AT THE L1-L2 AND L3-L4 LEVELS, THERE IS A MINIMAL BROAD-BASED DISC BULGE, MILD LEFT NEURAL FORAMINAL ENCROACHMENT AND MINIMAL RIGHT NEURAL FORAMINAL ENCROACHMENT.
4. AT THE L2-L3 LEVEL, THERE IS A MINIMAL BROAD-BASED DISC BULGE AND MINIMAL BILATERAL NEURAL FORAMINAL ENCROACHMENT.

Your referral is truly appreciated.

Frank A. Mangano MD

Frank A. Mangano, M.D.
Board Certified Radiologist

FAM:kh



Decompression Testimonial

Jesse Coleman

Past History/ Previous Treatment Sought: I have been to chiropractors before and even went through a series of 24 treatments with Dr. Hoyt in 2007. My pain was gone for almost a year now.

Initial Complaint: Back in 1971, I had a football injury to my Low back. I have had very bad low back pain since then and pain going down my legs which I now know is called Sciatica pain. I also have Degenerative Disc Disease and other disc problems that cause pain and numbness all the way down to my ankles.

Decompression and Chiropractic results: Being able to get adjustments and therapy in the past used to take my pain away and then this episode was not responding the same way. I tried the Decompression therapy that Dr. Hoyt suggested and after the first treatment I was still unsure if it would work for me or not. The second treatment I felt reduced pain and much more flexibility. I could also feel the pain in my ankle start to go away and centralize back up to its original spot in my low back.

Additional Benefits or comments: I am now on my fourth treatment and I feel more normal after each Decompression treatment.

Decompression Testimonial

Alice Nranian

Past History of / Previous Treatment sought: I have been suffering from Low back pain and Left leg pain all the way down my leg.

Initial Complaint: I am a seamstress and I was unable to sit at the sewing machine because the pain was so bad in my leg. I couldn't walk or sleep through the night. I was in a lot of pain and very weak from my left hip all the way down.

Chiropractic Results: Through 24 Spinal Decompression treatments of my Low Back and the adjustments by Dr. Hoyt I can now sleep better, I am able to work, and take many breaks throughout the day to do my stretches. I can walk for a longer length of time and my hip pain is almost completely gone.

Additional Benefits or Comments: I am very happy with the service and the staff at Hoyt Chiropractic are truly very caring!

Decompression Results

Pauline G. – 83 years old



Past History/ Previous Treatment Sought: Pauline “Polly” tried many different doctors in the past to get rid of her pain. They prescribed pain medication. She also had epidurals with NO result.

Initial Complaint: Polly suffers from moderate levoconvex scoliosis, Moderate spondylosis, moderate discogenic disease, and 5 Disc bulges in her low back.

Decompression and Chiropractic results: As noted in her chart, Polly came into Dr. Hoyt’s office in severe pain in her Low back, and both hips. She had pain down her right Glut with cramping in her feet. She had a very hard time walking and was bent over while she did any walking at all. Polly decided on only doing half of the Decompression program for a total of 12 visits, which was not recommended by Dr. Hoyt, but she was not sure if the treatments would help her pain. Her goal was to walk without a walker and with No pain. During her first 3 treatments, it is noted that she had slight extra soreness in her Low Back. On her 4th treatment, she had much relief in her pain level, but then went and cleaned out her garage, so the next day, was in severe pain. By her 5th tx, she had taken 5 percocets (pain killers) for her pain since she was still in a flare from cleaning the garage, which was not recommended by the Doctor at all. By her 10th treatment, she stated a 10 % improvement overall, and by her 12th treatment on the Decompression machine, she said she had even more improvement, but still suffered from leg pain and hip pain. Polly was also able to walk more up right, and able to stand longer periods of time without as severe pain.

Additional Benefits or comments: With symptoms as severe as Pauline’s and with age being taken into account, her results were just ok. Overall, she was happy with being able to walk better. She is one of the few percent that do not have a great result from Decompression.

-Sallianne B.

Back Index

ACN Group, Inc. Form BI-100

1st oswestry. did not fill out
a second one

ACN Group, Inc. Use Only rev 3/27/2003

Patient Name G PAULINE Date 12-19-07

This questionnaire will give your provider information about how your back condition affects your everyday life. Please answer every section by marking the one statement that applies to you. If two or more statements in one section apply, please mark the one statement that most closely describes your problem.

** ON Pain Medication **

Pain Intensity

- 1 The pain comes and goes and is very mild.
- 2 The pain is mild and does not vary much.
- 3 The pain comes and goes and is moderate.
- 4 The pain is moderate and does not vary much.
- 5 The pain comes and goes and is very severe.
- 6 The pain is very severe and does not vary much.

Personal Care

- 1 I do not have to change my way of washing or dressing in order to avoid pain.
- 2 I do not normally change my way of washing or dressing even though it causes some pain.
- 3 Washing and dressing increases the pain but I manage not to change my way of doing it.
- 4 Washing and dressing increases the pain and I find it necessary to change my way of doing it.
- 5 Because of the pain I am unable to do some washing and dressing without help.
- 6 Because of the pain I am unable to do any washing and dressing without help.

Sleeping

- 1 I get no pain in bed.
- 2 I get pain in bed but it does not prevent me from sleeping well.
- 3 Because of pain my normal sleep is reduced by less than 25%.
- 4 Because of pain my normal sleep is reduced by less than 50%.
- 5 Because of pain my normal sleep is reduced by less than 75%.
- 6 Pain prevents me from sleeping at all.

Lifting

- 1 I can lift heavy weights without extra pain.
- 2 I can lift heavy weights but it causes extra pain.
- 3 Pain prevents me from lifting heavy weights off the floor.
- 4 Pain prevents me from lifting heavy weights off the floor, but I can manage if they are conveniently positioned (e.g., on a table).
- 5 Pain prevents me from lifting heavy weights off the floor, but I can manage light to medium weights if they are conveniently positioned.
- 6 I can only lift very light weights.

Sitting

- 1 I can sit in any chair as long as I like.
- 2 I can only sit in my favorite chair as long as I like.
- 3 Pain prevents me from sitting more than 1 hour.
- 4 Pain prevents me from sitting more than 1/2 hour.
- 5 Pain prevents me from sitting more than 10 minutes.
- 6 I avoid sitting because it increases pain immediately.

Traveling

- 1 I get no pain while traveling.
- 2 I get some pain while traveling but none of my usual forms of travel make it worse.
- 3 I get extra pain while traveling but it does not cause me to seek alternate forms of travel.
- 4 I get extra pain while traveling which causes me to seek alternate forms of travel.
- 5 Pain restricts all forms of travel except that done while lying down.
- 6 Pain restricts all forms of travel.

Standing

- 1 I can stand as long as I want without pain.
- 2 I have some pain while standing but it does not increase with time.
- 3 I cannot stand for longer than 1 hour without increasing pain.
- 4 I cannot stand for longer than 1/2 hour without increasing pain.
- 5 I cannot stand for longer than 10 minutes without increasing pain.
- 6 I avoid standing because it increases pain immediately.

Social Life

- 1 My social life is normal and gives me no extra pain.
- 2 My social life is normal but increases the degree of pain.
- 3 Pain has no significant affect on my social life apart from limiting my more energetic interests (e.g., dancing, etc).
- 4 Pain has restricted my social life and I do not go out very often.
- 5 Pain has restricted my social life to my home.
- 6 I have hardly any social life because of the pain.

Walking

- 1 I have no pain while walking.
- 2 I have some pain while walking but it doesn't increase with distance.
- 3 I cannot walk more than 1 mile without increasing pain.
- 4 I cannot walk more than 1/2 mile without increasing pain.
- 5 I cannot walk more than 1/4 mile without increasing pain.
- 6 I cannot walk at all without increasing pain.

Changing degree of pain

- 1 My pain is rapidly getting better.
- 2 My pain fluctuates but overall is definitely getting better.
- 3 My pain seems to be getting better but improvement is slow.
- 4 My pain is neither getting better or worse.
- 5 My pain is gradually worsening.
- 6 My pain is rapidly worsening.

Index Score = [Sum of all statements selected / (# of sections with a statement selected x 5)] x 100

Back
Index
Score

46

TEMECULA VALLEY ADVANCED IMAGING

25395 HANCOCK AVENUE STE 110
MURRIETA, CA 92562
Telephone (951) 696-4230 / Fax (951) 696-4240

PRELIMINARY REPORT

G , WINIFRED (Pauline)
MRN: 00174588-6
DOB: /1925 Sex: F

BRADLEY BAUM, MD
341 MAGNOLIA AVE
#101
CORONA, CA 92879

Date of Service: 8/4/2007 12:00:00PM
Exam: (TVA) MRI LUMBAR SPINE WITHOUT
CONTRAST

Fax # (951) 735-4510

EXAMINATION: MRI LUMBAR SPINE WITHOUT CONTRAST

CLINICAL INDICATION: Chronic back pain.

TECHNIQUE: A noncontrast MRI of the lumbar spine was performed using T1 and T2 weighted axial and sagittal images.

FINDINGS: The conus medullaris of the distal spinal cord terminates at the level of L1. No compression fracture is noted. There are endplate degenerative changes noted in the bone marrow particularly at L3-4, L4-5 and L5-S1. There is disc desiccation noted at all levels of lumbar spine.

At L1-2, there is 4 mm diffuse annular disc bulge along with hypertrophic changes of the facet joints. There is moderate spinal canal stenosis at this level. There are also hypotrophic changes of the facet joints. Some mild bilateral neural foraminal stenosis noted at this level.

At L2-3, there is a 3 mm diffuse annular disc bulge along with hypertrophic changes of the facet joints and mild thickening of the ligamentum flavum. This causes a moderate spinal canal stenosis and mild bilateral neural foraminal stenosis.

At L3-4, there is a 3 mm diffuse annular disc bulge along with hypertrophic changes of the facet joints and thickening of the ligamentum flavum. This causes a severe spinal canal stenosis and moderate bilateral neural foraminal stenosis at this level.

At L4-5, there is a 2-3 mm diffuse annular disc bulge along with hypertrophic changes of the facet joints. Disc bulge is asymmetrically larger to the left. This causes moderate right neural foraminal stenosis at this level, but a severe left neural foraminal stenosis. There is mild-to-moderate spinal canal stenosis at this level.

At L5-S1, there is a 2-3 mm diffuse annular disc bulge also asymmetrically larger to the left. There is also advanced hypertrophic changes of the facet joints at this level. There is severe left neural foraminal stenosis at this level along with moderate right neural foraminal stenosis. The spinal canal is mildly narrowed.

TEMECULA VALLEY ADVANCED IMAGING

25395 HANCOCK AVENUE STE 110
MURRIETA, CA 92562
Telephone (951) 696-4230 / Fax (951) 696-4240

PRELIMINARY REPORT

G. WINIFRED (Pauline)
MRN: 00174588-6
DOB: 1925 Sex: F

BRADLEY BAUM, MD
341 MAGNOLIA AVE
#101
CORONA, CA 92879

Date of Service: 8/4/2007 12:00:00PM
Exam: (TVA) MRI LUMBAR SPINE WITHOUT
CONTRAST

Fax # (951) 735-4510

IMPRESSION:

- MULTILEVEL SPONDYLOTIC CHANGES OF THE LUMBAR SPINE AS DESCRIBED ABOVE.
- SPONDYLOTIC CHANGES AT L4-5 WITH A 2-3 MM ANNULAR DISC BULGE ALONG WITH HYPERTROPHIC CHANGES OF THE FACET JOINTS. THIS CAUSES A SEVERE LEFT NEURAL FORAMINAL STENOSIS AT THIS LEVEL ALONG WITH A MODERATE RIGHT NEURAL FORAMINAL STENOSIS AND MILD-TO-MODERATE SPINAL CANAL STENOSIS.
- A 2 MM ANNULAR DISC BULGE AT L5-S1 ALONG WITH HYPERTROPHIC CHANGES OF THE FACET JOINTS. THIS CAUSES SEVERE LEFT NEURAL FORAMINAL STENOSIS ALONG WITH MODERATE NARROWING OF THE RIGHT AND MILD SPINAL CANAL STENOSIS.
- ADDITIONAL MODERATE-TO-SEVERE SPONDYLOTIC CHANGES NOTED AT L2-3 AND L3-4 AS DESCRIBED ABOVE.

End of diagnostic report for accession: 9776216

Dictated: 08/06/2007 11:11AM

Dictated By: Lawson, David, Radiologist, TVI
Transcribed By: PS 08/06/2007 3:58PM



Decompression Results



Becky K.

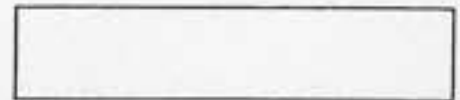
Past History/ Previous Treatment Sought: Becky had been to physical therapy for 10 treatments and had also been seeing her family doctor on a regular basis who prescribed pain medication.

Initial Complaint: Becky had been suffering from Low back and glut pain for Four years. It started getting worse 3 months before she came to see Dr. Hoyt. She also had hip bursitis and a disc problem in her low back.

Decompression and Chiropractic results: As noted in her chart, Becky was taking 800 mg of Ibuprofen on a daily basis. Her pain was worse in her Low back with sitting and she said on average that her pain was a 7 out of 10. She started out doing 8 treatments of regular chiropractic care and did not have any improvement at all. Ibuprofen would not even help her pain level drop. She finally started the Decompression therapy and by her 3rd treatment, her pain level went from a 7/10 to a 5/10. By her 4th treatment, she went 2 days without pain. She finished out her 12th treatment without taking any more pain medication and records that she felt a great improvement but was still not completely out of pain. She still had a hard time with picking up things on the floor and was a little discouraged. A week after her 12th Decompression, she came back to the office for a regular adjustment and had a huge smile on her face. She stated to me that she feels 95% better overall and she can finally do everything she wants without pain! She was so happy!

Additional Benefits or comments: A month after that treatment, she came back for another adjustment and was not as happy. She admitted that she had not kept up her end of the bargain. She had not been faithful with her stretches that Dr. Hoyt taught her so some of her pain in her Low back returned.

-Sallianne B.



Patient Name Becky K

Date 7-8-8

This questionnaire will give your provider information about how your back condition affects your everyday life. Please answer every section by marking the one statement that applies to you. If two or more statements in one section apply, please mark the one statement that most closely describes your problem.

Pain Intensity

- 0 The pain comes and goes and is very mild.
- 1 The pain is mild and does not vary much.
- 2 The pain comes and goes and is moderate.
- 3 The pain is moderate and does not vary much.
- 4 The pain comes and goes and is very severe.
- 5 The pain is very severe and does not vary much.

Sleeping

- 0 I get no pain in bed.
- 1 I get pain in bed but it does not prevent me from sleeping well.
- 2 Because of pain my normal sleep is reduced by less than 25%.
- 3 Because of pain my normal sleep is reduced by less than 50%.
- 4 Because of pain my normal sleep is reduced by less than 75%.
- 5 Pain prevents me from sleeping at all.

Sitting

- 0 I can sit in any chair as long as I like.
- 1 I can only sit in my favorite chair as long as I like.
- 2 Pain prevents me from sitting more than 1 hour.
- 3 Pain prevents me from sitting more than 1/2 hour.
- 4 Pain prevents me from sitting more than 10 minutes.
- 5 I avoid sitting because it increases pain immediately.

Standing

- 0 I can stand as long as I want without pain.
- 1 I have some pain while standing but it does not increase with time.
- 2 I cannot stand for longer than 1 hour without increasing pain.
- 3 I cannot stand for longer than 1/2 hour without increasing pain.
- 4 I cannot stand for longer than 10 minutes without increasing pain.
- 5 I avoid standing because it increases pain immediately.

Walking

- 0 I have no pain while walking.
- 1 I have some pain while walking but it doesn't increase with distance.
- 2 I cannot walk more than 1 mile without increasing pain.
- 3 I cannot walk more than 1/2 mile without increasing pain.
- 4 I cannot walk more than 1/4 mile without increasing pain.
- 5 I cannot walk at all without increasing pain.

Personal Care

- 0 I do not have to change my way of washing or dressing in order to avoid pain.
- 1 I do not normally change my way of washing or dressing even though it causes some pain.
- 2 Washing and dressing increases the pain but I manage not to change my way of doing it.
- 3 Washing and dressing increases the pain and I find it necessary to change my way of doing it.
- 4 Because of the pain I am unable to do some washing and dressing without help.
- 5 Because of the pain I am unable to do any washing and dressing without help.

Lifting

- 0 I can lift heavy weights without extra pain.
- 1 I can lift heavy weights but it causes extra pain.
- 2 Pain prevents me from lifting heavy weights off the floor.
- 3 Pain prevents me from lifting heavy weights off the floor, but I can manage if they are conveniently positioned (e.g., on a table).
- 4 Pain prevents me from lifting heavy weights off the floor, but I can manage light to medium weights if they are conveniently positioned.
- 5 I can only lift very light weights.

Traveling

- 0 I get no pain while traveling.
- 1 I get some pain while traveling but none of my usual forms of travel make it worse.
- 2 I get extra pain while traveling but it does not cause me to seek alternate forms of travel.
- 3 I get extra pain while traveling which causes me to seek alternate forms of travel.
- 4 Pain restricts all forms of travel except that done while lying down.
- 5 Pain restricts all forms of travel.

Social Life

- 0 My social life is normal and gives me no extra pain.
- 1 My social life is normal but increases the degree of pain.
- 2 Pain has no significant affect on my social life apart from limiting my more energetic interests (e.g., dancing, etc).
- 3 Pain has restricted my social life and I do not go out very often.
- 4 Pain has restricted my social life to my home.
- 5 I have hardly any social life because of the pain.

Changing degree of pain

- 0 My pain is rapidly getting better.
- 1 My pain fluctuates but overall is definitely getting better.
- 2 My pain seems to be getting better but improvement is slow.
- 3 My pain is neither getting better or worse.
- 4 My pain is gradually worsening.
- 5 My pain is rapidly worsening.

Index Score = [Sum of all statements selected / (# of sections with a statement selected x 5)] x 100

42

Back Index Score

42

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MURRIETA, CALIFORNIA 92562

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Online Images and Reports
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Patient Name
KI REBECCA

Date of Birth

MRN
418700

At the Request of
TRACY HOYT, D.C.

Age Sex
42 F

Exam Date
07/22/2008

MRI LUMBAR SPINE

CLINICAL HISTORY: The patient is a 42-year-old woman with six weeks' history of low back pain and right lower extremity radicular symptoms.

TECHNIQUE: This examination was accomplished using a Toshiba high-field strength 1.5 Tesla Vantage Open Concept MRI System equipped with proprietary noise suppression technology and high-performance, high-field-strength gradients. High-speed parallel processing was used to achieve accelerated scan times. The following pulse sequences were obtained:

PLANE	WEIGHTING	SEQUENCE	OPTION
Sagittal	T1	FSE	
Sagittal	T2	FSE	
Axial	T2	SSFP 3D	Hi-Res

FINDINGS:

T12 to L5: The intervening disc spaces are normal. The conus medullaris terminates normally at the superior endplate of L1. Minimal left L4-5 facet prominence is noted.

L5-S1: There is mildly accentuated 2-3 mm right posterolateral disc bulging producing mild right lateral recess stenosis. Minimal right greater than left facet prominence is also noted

IMPRESSION:

- MILD 2-3 MM RIGHT GREATER THAN LEFT POSTEROLATERAL DISC BULGING AT L5-S1 WITH MILD FACET PROMINENCE RESULTS IN MINIMAL RIGHT LATERAL RECESS STENOSIS.**

(CONTINUED)

Patient Name
K REBECCA

Date of Birth

MRN
418700

At the Request of
TRACY HOYT, D.C.

Age
42

Sex
F

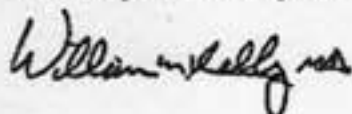
Exam Date
07/22/2008

MRI LUMBAR SPINE

IMPRESSION: (continued)

- 2. **MINIMAL LEFT-SIDED FACET PROMINENCE IS SHOWN AT L4-5.**
- 3. **OTHERWISE, NO LIKELY FOCAL CAUSE FOR NERVE ROOT IMPINGEMENT IS SHOWN AND THERE IS NO EVIDENCE OF A STRESS RESPONSE, SPONDYLOLYSIS OR FRACTURE.**

Thank you kindly for referring your patient to our office.



William M. Kelly, M.D.
Neuroradiologist

WMK:ls

Approved by: William M. Kelly, M.D. on 07/23/2008 at 8:18
Board Certified Radiologist.

