

## Free Consultation

A FREE initial exam and consultation is offered to assist the patient with understanding treatment options. During this visit, information is collected from the patient regarding the symptoms they experience. This information is combined with any pre-existing information provided by the patient, such as x-rays or MRIs, to determine if the PneuThera treatment programs will be effective in helping the patient to a pain free way of life.

The PneuThera programs consists of specific active rehabilitation therapy utilizing special Pneumex equipment that helps stretch, strengthen, relax and activate specific muscle groups. The strengthening process continues with a home exercise program that facilitates and holds the changes made during the rehabilitation process. PneuThera's staff of professional, licensed fitness trainers works with the patient to maintain optimum health.



*"By adding the **PneuShoulder Program** to our treatment protocols we have added a new dimension to our ability to treat shoulders. Patients have experienced an increase in their range of motion from 95 degrees to 145 degrees. That is a 50+ degree improvement with less pain and less swelling! Not only is this a major improvement in our rehabilitation results, it is accomplished with fewer treatments."* **Jay Ellis DPT, CSCS**

*"I was suffering from severe **Sciatic Pain** which ran down my right side. I had also lost 2 inches in height. After treatment at the PneuThera Clinic, my pain is gone, my posture is straighter, my attitude is healthier, I have more energy and I have a **FULLER LIFE!**"* **Sherry Anderson**

The **PneuThera Spine and Sport Clinic** in Sandpoint, ID is a research and development educational center. Clinicians from all over the world gather here to receive instruction in cutting edge procedures utilizing revolutionary Pneumex equipment. Intensive training and certification in the latest protocols is required before a clinic is approved to participate in the PneuThera programs.

### PneuThera Clinics

Advanced Physical Training	Buena Park	CA
American Wellness	Salt Lake City	UT
CARE Health Center	Sussex	WI
Cordial Physical Therapy	Missoula	MT
Damon Anderson & Associates	Monterey	CA
Ellis Physical Therapy	Idaho Falls	ID
Fitter International Inc.	Calgary	AB
First Choice Physical Therapy	Petoskey	MI
FORME pain Management	Tallahassee	FL
Gale Physical Therapy & Sports Rehab	Kennewick	WA
Gubler's Physical Therapy	Hurricane	UT
Legend Healthcare - Corporate	Houston	TX
Legend Healthcare	Clear Lake	TX
Mountain Land Rehab - Murray	Murray	UT
Mountain Land Rehabilitation-Corporate	Kaysville	UT
Mountain View Physical Therapy	Great Falls	MT
Optimum Health Center	Colorado Springs	CO
Pisgah Physical Therapy	Hendersonville	NC
Pittsburgh Chiropractic an Sports Therapy	Pittsburgh	PA
PneuThera Rehabilitation	Sandpoint	ID
Precision Healthcare Center	Aurora	IL
Revita Rehab North	Spokane	WA



**Jay Ellis PT, DPT, CSCS**, is the Educational director of Pneumex, Co-Owner and P.T. at the **PneuThera Spine and Sport Clinic**. PT for 29 yrs.



**Cheryl Crandall-Williams PT, DPT, CSCS**, lead PT a licensed professional in the health and fitness industry for 20+ yrs.



**Preston Lasley ATC**  
A degree in Athletic Training and is currently the Athletic Trainer at Sandpoint High School 435-773-8901



**Steve Tyson CMT, NASM Certified**  
PneuBack Program Technician, massage therapist, NASM Personal Trainer, F.A.S.T. Certified 208-866-0611



**Lisa Paul**  
Certified Program Trainer, Personal Trainer, and F.A.S.T. Certified 208-290-7996



**Karin Cook, Co-Owner**  
**Gerry Cook, Co-Owner**  
Creator of Pneumex's patented equipment and PneuThera's program protocols. 208-610-1120

**PNEUthera**  
SPINE and SPORT

Sandpoint  
Clinic

treat. restore. thrive.

## PneuThera Treats the Whole Person

### PneuBack Neck Shoulder Program

- \*Disc Herniations
- \*Sciatica
- \*Shoulder pain/problems
- \*Neck Pain
- \*Headaches/Migraines

### PneuGait and Balance Program

- \*Strokes
- \*Neurological
- \*Abilities
- \*Orthopedic

### PneuDiabetic Neuropathy Program

- \*Diabetes
- \*Neuropathy

### PneuFitness and Sports Program

- \*Performance training
- \*Fitness training for all



## You Have Options

Finally, there is a program to relieve back pain that is a viable, safe, non-invasive alternative to pain medication and surgery.

Our programs are designed to break the pain cycle, strengthen and correct the original cause of the problem.

Thousands of patients have been treated at the **PneuThera Spine and Sport Clinics** and have benefited from the effectiveness of the protocols. In most cases surgery has been prevented.

## SUCCESSFUL TREATMENT



Pre PneuBack

Post PneuBack

*"I was having **Back Pain** that prevented me from going about my daily activities. I was looking at the possibility of surgery. PneuThera Spine and Sport gave me another option and took the pain away immediately.*

*I now have a long term plan and feel that we have treated the cause and not just the symptoms. Thank you!" **John Knowles.***

## Commitment

Our strong devotion to helping patients is reflected in our **PneuThera Spine and Sport Clinic** which is fully equipped with the latest cutting-edge Pneumex equipment. It is at this facility in North Idaho that the newest PneuThera treatment protocols are used and evaluated.

Each patient is extended the highest quality of care by outstanding health professionals dedicated to helping you achieve your wellness objectives. Their combined skills, expertise and experience span the entire physical therapy, chiropractic, rehabilitation and fitness spectrum.

***We are committed to bringing you better health and a better way of life.***

*"I have struggled with significant **Knee Pain** since July of 2005. I have followed any suggestions and tried multiple treatment approaches with minimal relief. After applying the PneuGait Foot Strap procedure to my ankles. Within a few minutes my knee pain began to decrease and within 3 days I had no pain at all. It is like a miracle." **Mrs. Hurst***

Back pain affects 80% of Americans at some time in their lives. It comes in many forms, from lower back pain, middle back pain, or upper back pain to low back pain with sciatica.

Common back pain causes include nerve and muscular problems, degenerative disc disease, and arthritis. Many people find relief from symptoms of back pain with pain medication. The **PneuThera Spine and Sport Clinic** works on relieving back pain at the source without depending on pain killers. If you are experience constant back pain it may be more than just a simple problem.

## Pneumex Equipment

### PneuMap

Defines your posture

- Measures postural lean (forward/negative)
- Measures lateral curves
- Measures symmetry



### PneuVibro Trac Table

Treatment

- Improves circulation
- Minimizes guarding
- Reduces muscle spasms
- Reduce inflammation



### Unweighting Treadmill

Eliminates pain

- Relaxes back muscles
- Increases range of motion
- Improves Posture



### PneuBack Chair Unweighted

Eliminates pain

- Relaxes back muscles
- Increases range of motion
- Improves Posture



### PneuVibe Platforms

Muscle recruitment

- Strengthens the core
- Improves balance
- Isolates muscle groups

