

# What to expect with your PneuBack treatment

## 1 PneuMap

### Defines your posture

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



You will be mapped with the PneuMAP on your first session and right after your first treatment on the PneuBack Chair.

Follow up mapping will occur as needed approx. The 7th, 13th and 24th visits

Goal: To educate you on your posture, to help determine treatment procedures and to establish a baseline for treatment results.

## 2 PneuVibro Trac Table

### Treatment

- Improves circulation (decreases swelling)
- Minimizes guarding
- Reduces muscle spasms
- Reduce inflammation
- Opens disc spacing



You will take advantage of the VibroTrac Table on every visit.

Phase 1: Goal: relax muscles and break up edema, elimination of radiating pain.

Phase 2: Goal: begin to reabsorb disc bulge, recruit and relax abdominal muscles

Genuine Pneumex Equipment

## 3 PneuWeight Treadmill

### Evaluate and correct gait



- Removes pain
- Improves circulation
- Improves balance
- Muscle recruitment
- Specific activation
- PneuGait foot Straps

You will walk forward, sideways and backwards Unweighted on a Treadmill using the PneuGait Foot Straps to retrain gait. Because of the partial weight bearing this will be pain free/ pain tolerable with no risk of falling.

Goal: To begin to reactivate important core muscles you may have forgotten how to use, improve balance and retrain your muscles in proper function.

## 4 PneuBack Chair with Unweighting

### Eliminates pain

- Relaxes back muscles
- Increases range of motion
- Activates core muscles
- Opens disc spacing



You will use the Unweighted PneuBack Chair at every visit.

Goal: With 50% of body weight relieved your muscles begin to retrain to correct your posture.

## 5 Back Stretch Chair

### Flexibility and range of motion

- Safely improves an increase in flexibility

You will begin to use the stretch chair on about 5th visit.

Goal: Flexibility for a wider range of motion



## 6 PneuBack Chair

### Activates and strengthens the spine

- Isolates large muscles
- Works small spinal muscles
- Improves posture

On your 12th visit you will use the PneuBack Chair to strengthen and reinforce the changes in your posture and help to maintain the corrections you have achieved.



## 7 PneuBack Exercise

### Muscle recruitment

- Strengthens the core
- Improves balance
- Isolates muscle groups

By the 6th visit you will start to use the Band Exercise System.

Goal: Strengthening to maintain improvements



## You Have Options

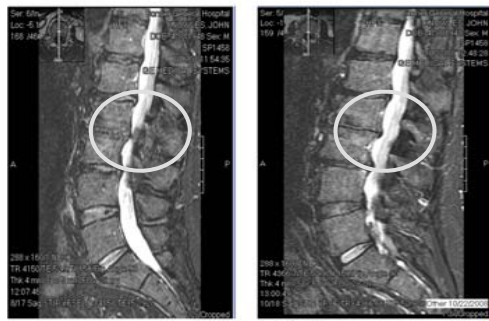
Finally, a back program that is a viable, safe, non-invasive alternative to pain medication and back surgery.

The **PneuBack Program** is a 24 -visit, 7 -step program developed to address chronic low back pain associated with sciatica, radiculopathy, herniated discs and other conditions of the back and neck. The program is designed to break the pain cycle, strengthen backs, and correct the original cause of the problem.

Thousands of patients have been treated with the **PneuBack Program** and have benefited from the effectiveness of the protocols. In most cases surgery has been prevented.

Post MRIs have shown rehydration and disc height increase. The **PneuBack Program** is currently undergoing an independent clinical trial. Our mission is to help as many individuals with back issues as we can. We offer **hope and healing**.

### SUCCESSFUL TREATMENT



Pre PneuBack

Post PneuBack

*"When I came to the clinic, I was having back pain that prevented me from going about my daily activities. I was looking at the possibility of surgery. The **PneuBack Program** 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 PneuBack team!" **John Knowles***

The PneuThera Spine and Sport in Sandpoint, ID is a research and development educational center where clinicians from all over the world gather to receive instruction in cutting edge procedures utilizing revolutionary equipment.

Our clinics receive intensive training and are certified in the latest protocols before being listed as a PneuBack Program Clinic. This assures that you will receive the very best care available in your area.

#### PneuBack 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
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
Mountain Land Rehab - Murray	Murray	UT
Mountain Land Rehabilitation-Corporate	Kaysville	UT
Mountain View Physical Therapy	Great Falls	MT
Optimun Health Center	Colorado Springs	CO
Pisgah Physical Therapy	Hendersonville	NC
Pittsburgh Chiropractic and Sports Therapy	Pittsburgh	PA
PneuThera Rehabilitation	Sandpoint	ID
PneuThera Rehabilitation PURE	Nampa	ID
Precision Healthcare Center	Aurora	IL
Revita Rehab	Spokane	WA



**Karin and Gerry Cook**  
Owners and creators of PneuThera's patented equipment and exclusive treatment protocols.  
CEO'S



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



**Cheryl Crandall-Williams**  
A certified professional in the health and fitness industry for over 15 years.  
PT, DPT, CSCS

## PneuBack Program™

### Patients What to Expect During Treatment



**Back Pain Does Not  
have to be a fact of life!**

#### We Also Treat

Sciatica	Headaches
Herniated Disc	Cervical
Strain-Sprain	Shoulder
Radiculopathy	Hips
Knees	Ankles

**PNEU**thera  
SPINE and SPORT

treat. restore. thrive.