



◦ Pain Relief Center ◦

Difficult Cases Our Specialty

Back Surgery: The Real and Hidden Costs

Is Back Surgery the BEST Solution for Back Pain
Caused by Disc Problems?

Dr. Rik Wahlrab DC

Back Pain

- Affects up to 80% of Americans at some point in their lives¹
- Lower back pain is the most common disability for people under age 45²
- Costs more than \$100 Billion annually in the USA³
- Over \$20 Billion is spent on back surgery annually⁴



1 www.arthritis.org/disease-center.php?disease_id=4

2 www.disabled-world.com/disability/types/spinal/backpain/back-pain-resources.php

3 www.news-medical.net/news/2004/04/18/621.aspx

4 www.annals.org/content/149/12/901.full.pdf+html

Back Surgery: Deadly

- Nearly 1 in 50 back surgery patients dies within 3 years of having back surgery
- The death rates are significantly higher when analgesics are involved
- The mortality rate increases nearly seven-fold when cage devices are used with analgesics

Source: “Deaths after back surgery often related to analgesics”

<http://www.thedoctorschannel.com/view/deaths-after-back-surgery-often-related-to-analgesics-2/>



Back Surgery: An Epidemic?

- More than one million Americans undergo back surgery every year
- This rate is double that of most developed countries and five times that of the United Kingdom

www.generalmedicine.suite101.com/article.cfm/the_truth_about_back_surgery



Surgical Complications May Include:

- Infection
- Nerve Damage
- Permanent Disability



Costs of Back Surgery

- \$6-\$8K...endoscopic surgery
- \$60K...spinal fusion
- \$85K...laminectomy

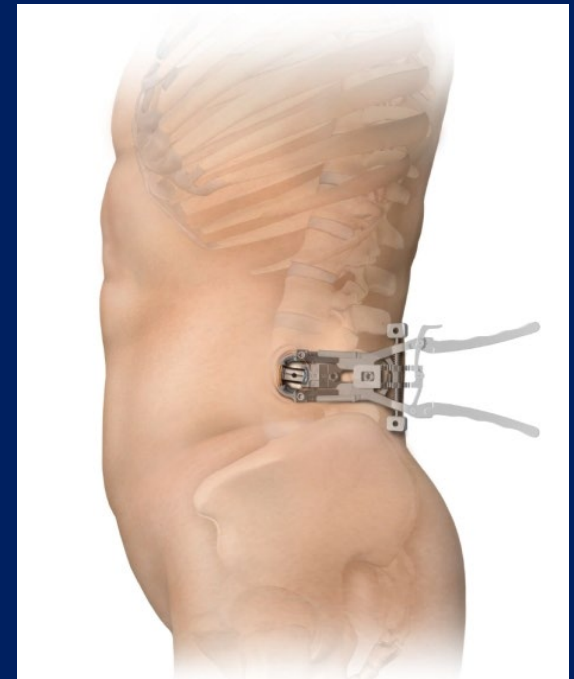
Additional costs can include:

...Physical Therapy

...Medication & Hospital Charges

...Lost Wages

...Post-surgical Complications with doctor/hospital visits



Sources: www.ehow.com/about_5643105-MUCH-BACK-SURGERY-COST_HTML#IXZZ0WekY8JmO
www.emxhealth.com/2/45/28350/unnecessary-spinal-surgery-will-waste-billions-2009.html

“But my insurance covers back surgery” ...

Well, that’s partially true...

But here’s the part that isn’t. When you factor in co-payments and additional expenses such as rehab and medication your out-of-pocket expenses are huge:

Copay	20%	30%
Actual cost of copay	\$10,000	\$15,000
Cost of Rehab	\$1000	\$1000
Cost of Medication	<u>\$500</u>	<u>\$500</u>
Total cost out-of-pocket	\$11,500	\$16,500

Back Surgery

“Back surgery—the risks are enormous. Infection, nerve injury, the failed back surgery where you have chronic pain for the rest of your life...”

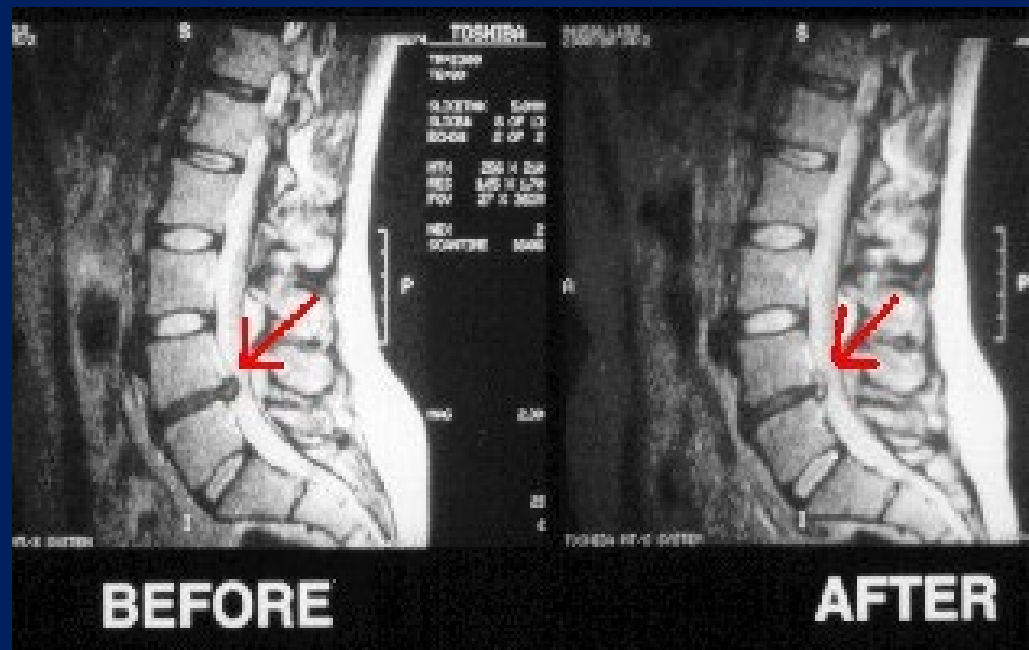


Dr. Timothy Kremchek, as seen on ESPN, HBO, USA Today and *Sports Illustrated*

“If I have a patient who comes in, I don’t care who they are, and they’ve got back pain, before I would ever recommend they had a surgery, a surgical procedure, an invasive procedure, an epidural, an injection, I would recommend disc decompression treatment because there’s no downside to this and it works”

There is an Alternative that Works!

Computerized intermittent long-axis extension of the spine...commonly referred to as “Non-surgical Spinal Decompression” has been shown to have over an 86% success rate with patients suffering with disc herniation.



Source: Journal of Neuroimaging Vol. 8/number 2 1998

Study After Study CONFIRMS the Effectiveness of Spinal Decompression Treatment

"Eighty-six percent of ruptured intervertebral disc (RID) patients achieved 'good' (50-89% improvement) to 'excellent' (90-100% improvement) results with decompression. Sciatica and back pain were relieved." "Of the FACET SYNDROME patients, 75% obtained 'good' to 'excellent' results with decompression."

C. Norman Shealy, MD, PhD, and Vera Borgmeyer, RN, MA. Decompression, Reduction, and Stabilization of the Lumbar Spine: A Cost-Effective Treatment for Lumbosacral Pain. American Journal of Pain Management Vol. 7 No. 2 April 1997.

"Results showed that 86% of the 219 patients who completed the therapy reported immediate resolution of symptoms, while 84% remained pain-free 90 days post-treatment. Physical examination findings showed improvement in 92% of the 219 patients, and remained intact in 89% of these patients 90 days after treatment."

Gionis, Thomas MD; Groteke, Eric DC. Surgical Alternatives: Spinal Decompression. Orthopedic Technology Review. 2003; 6 (5).

Spinal Decompression Therapy "...allowed imbibition and complete reduction of the visualized herniation." "Spinal decompression therapy provided an effective means of treatment for this patient's symptoms resulting from discal herniation (extrusion) with associated impingement of the adjacent nerve root."

"Decompression of the spine proved to be superior to the other forms of conservative care when applied to our patient. The patients' results were both subjectively favorable and objectively quantified."

Treatment of an L5-S1 Extruded Disc Herniation Using a DRX-9000 Spinal Decompression Unit: A Case Report. Terry R. Yochum, DC, DACBR, Fellow, ACCR, and Chad J. Maola, D.C. Chiropractic Economics, Vol 53: Issue 2



You want an EXPERIENCED Doctor to Perform Your Decompression Treatment.

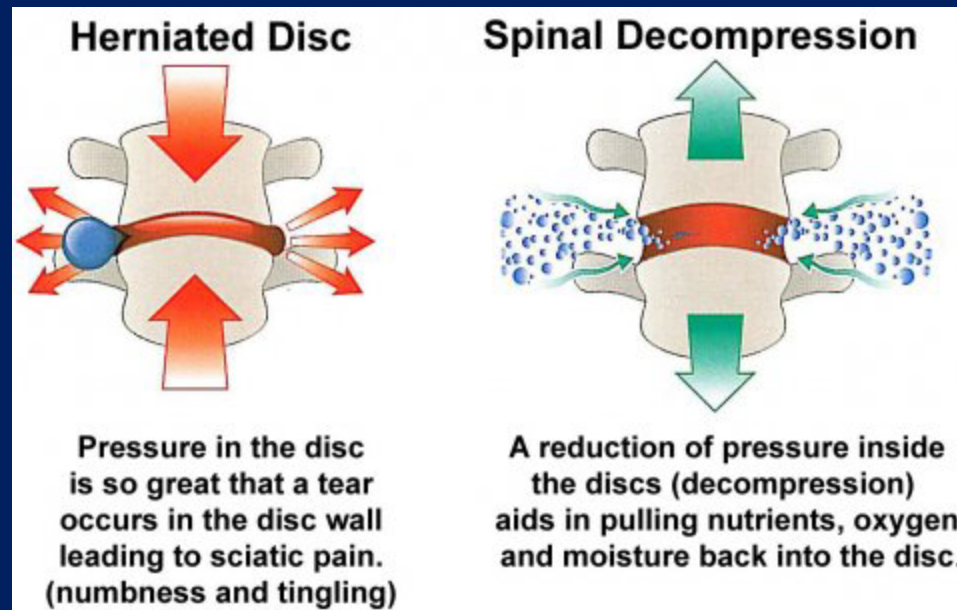
Dr. Rik Wahlrab DC is perhaps the MOST EXPERIENCED doctor in South OC in the field of Spinal Decompression.

Since 2005 Dr. Rik Wahlrab has helped HUNDREDS of patients using his specialized spinal decompression treatment. One reason for his successful management of so many difficult cases is he doesn't accept everyone for treatment, only those he sincerely believes he can help and who are good candidates for his treatment. A patient who is accepted for care has an outstanding possibility of a successful outcome.

How does Spinal Decompression work?

Spinal decompression is a form of traction...a gentle, controlled stretching of the spine. If performed on a genuine spinal decompression machine the computer monitors the force being delivered and the timing of the pulling and partial decrease of the force.

This pulling and relaxing creates a negative pressure inside the damaged disc, pulling water and nutrients back inside the disc where they belong.



Not all Decompression tables are the same, and not all decompression doctors get the same great results as Dr. Rik Wahlrab DC

Dr. Rik Wahlrab uses the Hill DT Decompression table...an FDA Cleared decompression machine which is acclaimed as the standard in today's spinal decompression field.

One reason Dr. Rik Wahlrab gets such great results is he not only follows the accepted decompression protocols, but frequently will add in spinal adjustments to augment the treatment. Everything is designed to re-hydrate the disc, pull back any herniated material back into the disc, and restore the disc to it's normal height.

Spinal Decompression treatment performed at the Pain Relief Center is truly the best decompression program available anywhere.

Call 949-207-4935 to schedule a no-charge evaluation and exam