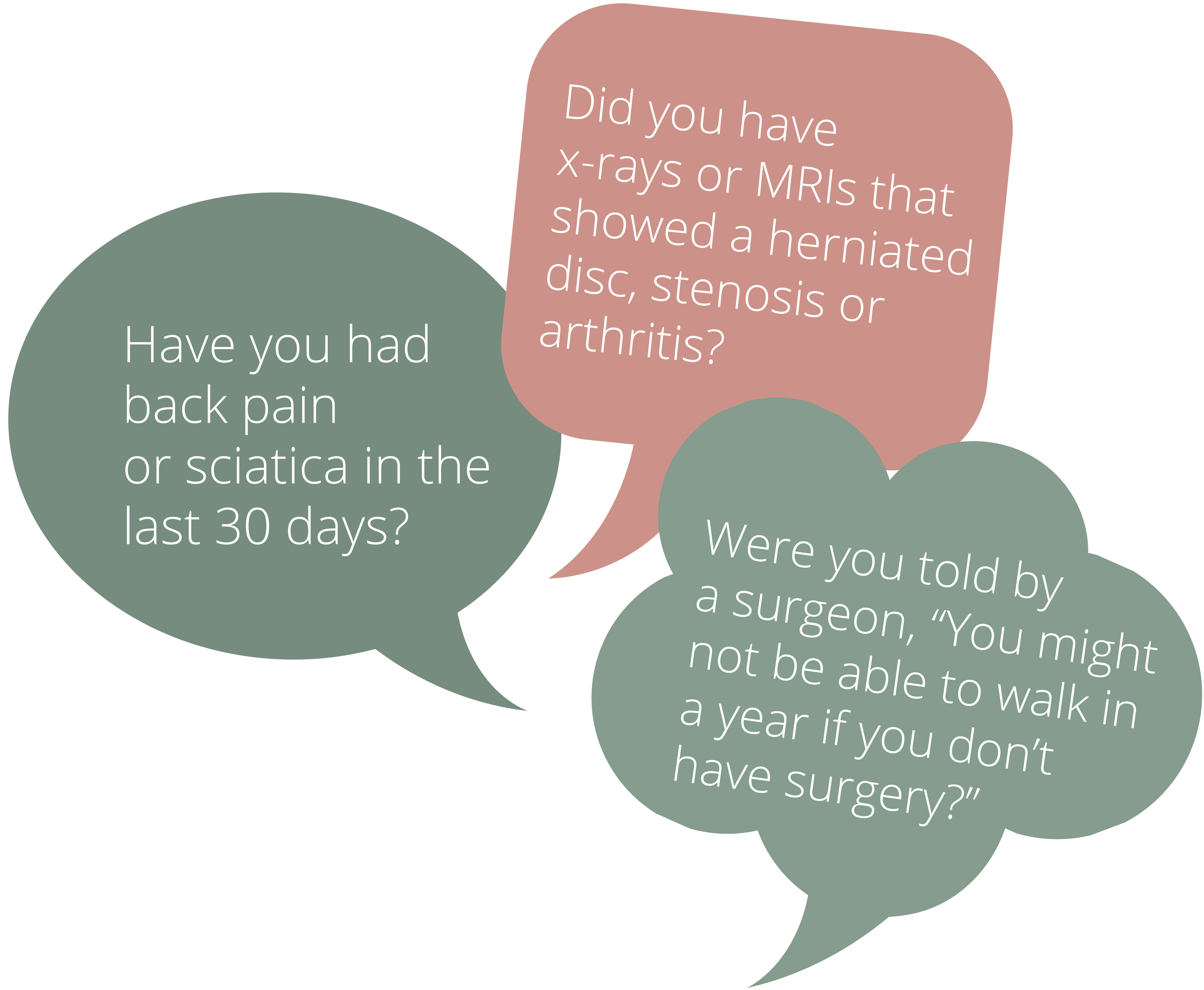




REVEALED: 5 SECRETS TO AVOID BACK SURGERY.

By: **Dr. Stacey Raybuck Schatz**

Professional Physical Therapy & Sports Medicine, Inc.



Have you had back pain or sciatica in the last 30 days?

Did you have x-rays or MRIs that showed a herniated disc, stenosis or arthritis?

Were you told by a surgeon, "You might not be able to walk in a year if you don't have surgery?"

If this sounds like you, then I'm sharing with you the **5 secrets** that we have found in our research of back pain and sciatica sufferers who heal naturally and avoid surgery...

1

THEY DON'T LIKE TAKING MEDICATIONS.

Medications alter the body.

In the end, medications don't correct the problem. They simply change how we sense it.

For example, if you have a stone in your shoe which can cause pain, inflammation or even an infection, you could take Advil, Aleve or an antibiotic...which, in turn, could cause other problems which you might end up taking medications for as well.

In the end, you still have a stone in your shoe and the cause of pain and inflammation.

The general story of back pain and sciatica sufferers who resort to surgery is this: Number 1, **medication**. Number 2, **injections**. Number 3, **Surgery**.



Medications are the gateway drug to surgery.

People who avoid surgery first realize this and then aim to get off medications ASAP.

2

THEY REALIZE THE SHORTFALLS OF X-RAYS AND MRIs.

X-rays and MRIs are used to help see what is causing pain, numbness or tingling.

They are limited though.

If you are 50 years of age or older and American, what is the likelihood of stenosis, arthritis, or degenerative disc disease showing up on your x-ray or MRI? It is 95%.

Now 95% of Americans over the age of 50 do not have back pain or sciatica.

So what's the story?

Well, x-rays and MRIs are a picture of what is going on in the back... usually taken while we are laying down on our back.

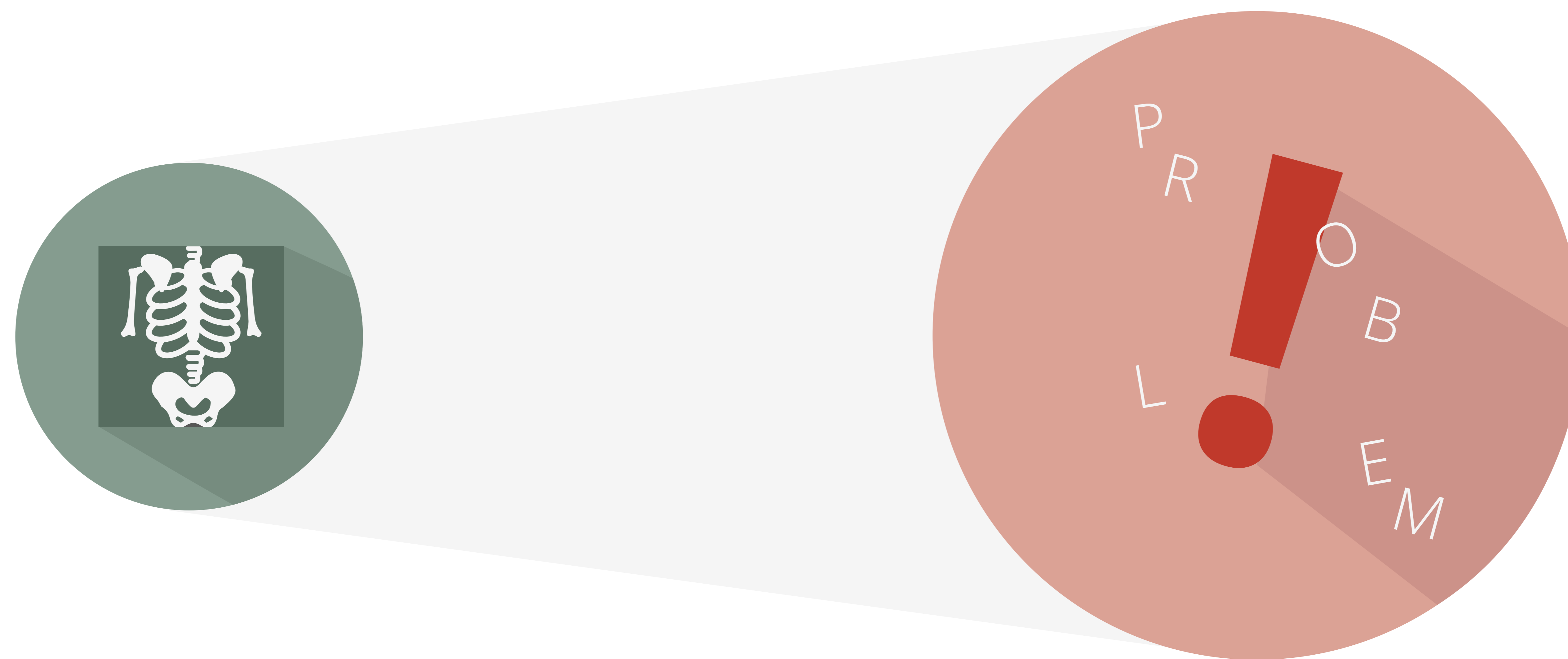
When does your back pain or sciatica bother you the most?

When you are standing, walking, sitting, driving - not lying on your back like the MRI or x-ray, right?

It would be great if we could do MRIs and x-rays in the position people are in when they have pain. But **we can't**.

Most people have a problem on an MRI or x-ray even if they don't have pain.

People who avoid surgery and heal naturally realize the limitations of x-rays and MRIs and they don't rush into surgery based on what their x-ray or MRI shows.



3

THEY FIND THE BEST SPECIALIST FOR HEALING WITHOUT MEDICATIONS, INJECTIONS OR SURGERY.

Quick confession, I'm a Physical Therapist.

Second part of confession, having worked for local surgeons in the past, I have seen how the system works.

I want to give you a glimpse here.

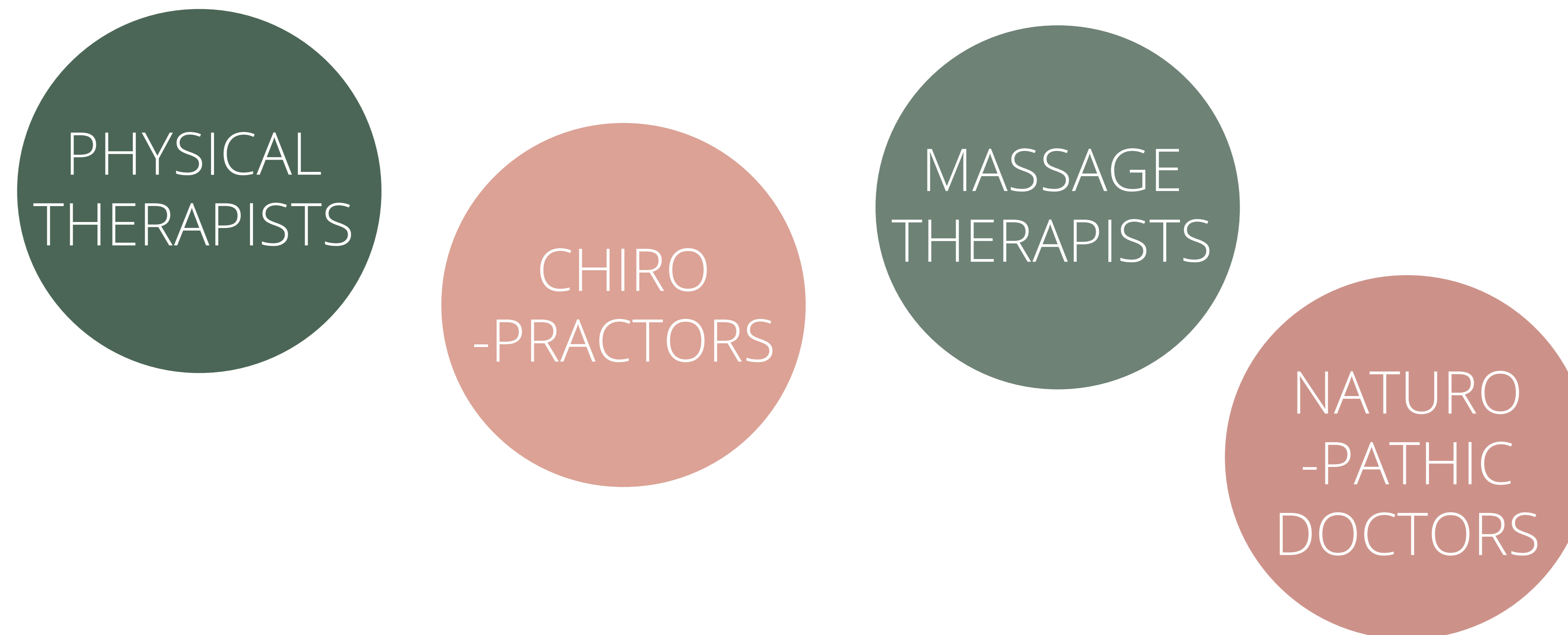
A good friend and surgeon and I were talking about physical therapy and surgery. I was stressing the importance of physical therapy after surgery to help people recover best and showing new research how people were actually getting better without surgery.

His response was, "Look, I'm a surgeon and surgeons think like this: if I have a hammer, then everything is a nail."

Surgeons know surgery (It is highly specialized.)

That knowledge does NOT include the best ways and treatments to avoid surgery.

Certainly some people need surgery. But people who avoid surgery recognize this. There are



who have more knowledge and better knowledge on how to avoid surgery.

Here at Professional Physical Therapy & Sports Medicine, Inc., our back pain and sciatica specialists have a track record of helping even the toughest cases.

People who avoid surgery seek out the best experts in non-surgical care.

4

THEY TAKE CARE OF THEIR BODY.

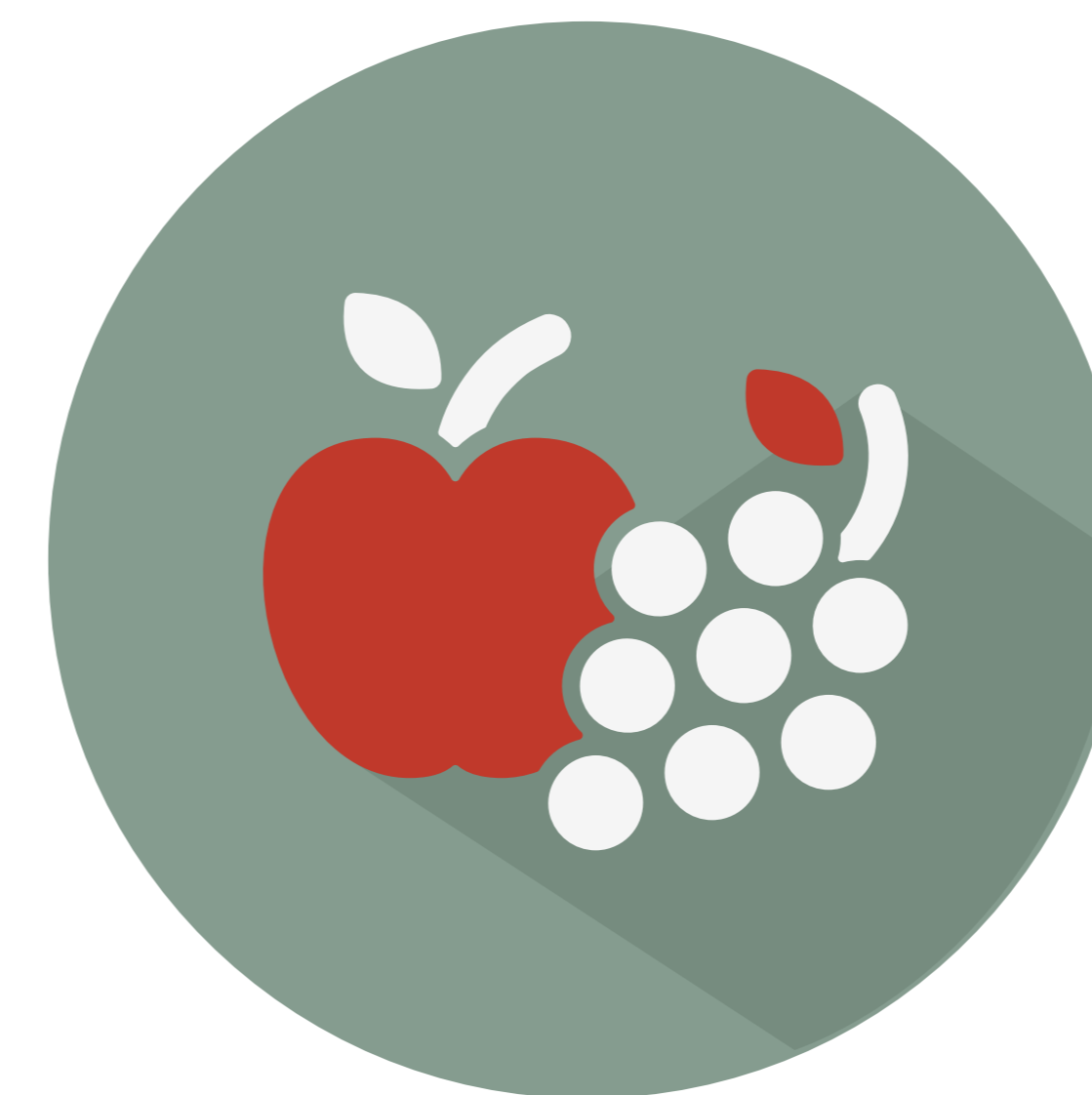
People who avoid surgery make the time to take care of their body. It is a top priority.

Work, housework, business, yard work, family activities and even television can make us busy. It is up to us to take care of the most important things.

Most people rate their own health as a top priority, yet as a country we have more sickness, obesity and chronic illness than ever before...

And more television and smartphone usage (thank you, Facebook) than ever before.

People who avoid surgery, focus on their health and do these 4 things: Number 1, they **get plenty of rest** (at least 7 ½ hours a day). Number 2, they **minimize stress**. Number 3, they **eat healthy**. Number 4, they **get regular exercise** (and avoid long periods of sitting).



5

THEY DON'T WAIT.

People who avoid surgery search for answers. If several surgeons tell them they need surgery, they keep looking for answers.

They read.

They watch videos.

They find others who have avoided surgery and do what they did.

They don't wait and blindly listen to the surgeon like the rest of the herd...like blind cattle.

They act now.

Professional Physical Therapy & Sports Medicine has had the privilege for twenty five years to help thousands of back pain sufferers and many are memorable like Regina Chambers.

"Seeing an ad in the newspaper for a free back pain workshop and free screening and taking action to call and make an appointment with Dr. Raybuck was life changing. After living with back pain for over year and missing my triathlon training I was skeptical I would be pain free. With Dr. Raybuck's expertise and knowledge I am back to training regularly and working as an occupational therapist in the school system, PAIN FREE! I can now complete long bike rides, hike, and play golf."

-Regina Chambers.

"I returned to Professional Physical Therapy because I was unable to move without severe lower back pain. After being examined by Dr. Raybuck a stretching and exercise program was set up to deal with my sciatica. During my months of physical therapy this program was adjusted to aid in my recovery (the pictures really helped). With the encouragement and guidance of Dr. Raybuck I am now pain free and enjoying life again. I plan on continuing the exercising at home and look forward to long walks on the beach this summer. Thank you all for making this possible!"

-David Wolf

If you want to share your story or have questions about your back pain and sciatica, send me an email at drraybuck@proptinc.com.