



Back Pain Solution Clinic

Cycle of Care Treatment & Therapy Program



PROGRAM AND PROTOCOL OVERVIEW

A non-surgical, non-pharmaceutical solution.

Return to pain-free mobility.

Introduction

To follow is an overview of the essential component within the vertebrae axial decompression back program cycle of care and ancillary therapies.

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Program Benefits at a glance

- BPSC Program is a life changer
- Immediate pain reduction on first visit
- Non surgical, Non pharmaceutical solution
- 95% success rate - out of pain and complete mobility achieved
- One of only eight clinics nationwide offering this modality
- Long Term Solution
- Substantially (75%) less cost than surgery with no surgical risks
- Most insurances cover 80% of cost through GAP coverage
- We offer no interest financing while you await reimbursement

Program Overview

The program breaks down into three phases. Pain Mitigation, Damage Repair, Strengthening.

In the first phase all treatments and therapies - and homework deals with getting the patient out of acute pain as quickly as possible. It is important in this phase to go easy in therapy and at work or home. Avoid any movements that might be even slightly uncomfortable. Don't try and stretch your way through an injury. Rest, ice & heat in alteration, and do nothing to further insult the injury.

In the second phase we will start to create the solutions needed to help create damage repair, proper alignment of structure with muscle and soft tissue interaction. There will be movements and treatment the therapist will ask to be continued outside of the therapy sessions to accelerate the repair process. However, the loss of immediate pain does not return you to fully normal activity to put undue stress on the injured area. This is a time of rebuilding and realignment.

Once the first two phases are complete we will work with you to strengthen the damaged area and its surrounding support structure to help prevent future injury or damage to the area of focus.

Program Comparison

There are many programs out there that deal with back pain and injury. However, outside of a full surgical solution, ours is the only program based on clinical research with peer reviewed publications to support its empirical evidence of success experienced by over 95% of our patients.

The following chart shows a result comparison to all of the other major back program modalities, and the results provided by that course of treatment.

Modality vs. Result

MODALITY RESULT	BPSC	Saunders	Cox	McKenzie	Chiropractic	Massage	Aquatic	VAX-D	SF Pelvic Stabilization	Surgery
Immediate Pain Relief	✓					X				
Pain Relief	✓	X	X	X	X	X		X	X	X
Bio Mechanics	✓			X		X			X	X
Structural Correction	✓									X
Axial Decompression	✓									
Disk Rehydration and Reset	✓									
Reciprocal Inhibition	✓				X	X			X	
Muscle Warm Up	✓			X			X			
Muscle Memory Reset	✓									
Massage & Vibration	✓									
Multidimensional Traction	✓	X	X							
Traction	✓	X	X				X	X		
Circulation	✓			X		X	X		X	
Video Gate Analysis	✓									
Gate, Strike & Distribution Analysis	✓									
Strengthening	✓			X		X	X		X	
Flexibility	✓					X			X	
Long Term Solution	✓									X

Cost Comparison

Our program is more cost effective compared to the only other long term solution, Surgery. Typical disc surgery will range from \$20,000 with insurance and \$50,000 uninsured (*citation: <https://health.costhelper.com/2020-report>*). This does not include the pharmaceuticals (short and long term), braces, walker, or the \$2,500 in projected post-op Physical Therapy.

Also there is usually a minimum of 2 weeks downtime (7-8 days off work) followed by a 8-16 week post-op recovery time.

Our total program is five to six thousand dollars, that is usually 75% less than surgery, and is three times as effective. Our program requires no pharmaceuticals, no mechanical aids, and no down time during treatment. Total treatment time, including strength training, is usually less than 8 weeks.

What to Expect

In short, great results. The program is relatively easy, quick and provides permanent results. The cost comparison to surgery - the only other permanent solution - is very favorable as is the total recovery time, the reduced risk factor, and the results are 95% compared to surgery that has a 30% success rate. It is also worth noting that our program returns you to a pre-injury state of mobility and function which surgery seldom is able to do even with extensive physical therapy post op. We also are a non-pharmaceutical solution reducing that risk cycle as well.

Intake session to set up your treatment program

On your first visit we will take a patient history and discuss treatment options, and choose the best program plan for your treatment. We will then schedule you for an included medical evaluation with the best practitioner to meet your needs and begin your treatment. 45-60 min.

Medical Evaluation and Therapy Designation

On your second visit you will be seen by a medical practitioner who will do an in-depth evaluation of your challenges, go over past treatments, discuss injuries and review your overall physical state. A custom program will be tailored to meet three primary goals 1) short term pain relief 2) correcting the root issues 3) long term stability to keep you out of pain. 60-90 min.

Initial Pain Relief Protocols

The next series of appointments will be to work on pain relief and evaluate various protocols to provide you the most effective treatment to meet both short term and long term goals. 3 to 6 60 min treatments.

NuBack Institute Therapy Circle of Care

NuBack Institute offers a unique and highly effective approach to the treatment of back pain. It incorporates very specialized equipment and a variety of protocols that are clinically proven to be effective and long term. In concert with our multi-discipline approach that includes aspects of physical therapy, chiropractic, bio-mechanics, massage, acupuncture, infrared heat therapy, diet and lifestyle guidance, physical fitness, balance and mobility and much more.

The Basic Steps

This program represents the framework for our successful back pain solution. However every patient and every injury is unique. But we do see immediate results in pain reduction, and most patients experience permanent solutions quickly.

Chiropractic Evaluation with Posture Mapping

Defines Your Posture, Measures Postural Lean (Forward/Negative), Measures Lateral Curves, Measures Symmetry, Light Treatment and Alignment as needed.

Physical Therapist Evaluation & Testing

During your initial evaluation, your physical therapist will ask you several questions about your condition, previous level of function and how is your present condition affecting the way you live. The initial evaluation is necessary for your PT specialist to understand what you are dealing with and create the proper program within our cycle of care.



1 POSTURE MAPPING DEFINES YOUR POSTURE

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



5 BACK STRETCH CHAIR IMPROVE FLEXIBILITY, INCREASE RANGE OF MOTION

- Safely improves flexibility
- Increases range of motion

2 VIBRATION/TRACTION TABLE TREAT SPASMS, GUARDING AND SWELLING



- Improves circulation (decreases swelling)
- Minimizes guarding
- Reduces muscle spasms
- Promotes disc hydration
- Achieves unwinding of vertebra



6 BACK CHAIR EXERCISES ENGAGE & STRENGTHEN SPINE

- Isolates large muscles
- Works small spinal muscles
- Improves posture
- Stabilizes the pelvis



3 UNWEIGHTING TREADMILL EVALUATE AND CORRECT GAIT

- Removes pain
- Improves circulation
- Improves balance
- Increase muscle fiber recruitment
- Relieves hip and knee pain
- Corrects gait



7 VIBRATION EXERCISES STRENGTHEN THE CORE IMPROVE BALANCE

- Strengthens the core
- Improves balance
- Isolates muscle groups
- Improves bone density
- Enhances blood flow and circulation



4 BACK CHAIR W/UNWEIGHTING RELAX MUSCLES AND ELIMINATE PAIN

- Relaxes back muscles
- Increases range of motion
- Activates core muscles
- Corrects posture

Vibration / Traction Table

Treat Spasms, Guarding and Swelling

Improves Circulation (Decreases Swelling)

Minimizes Guarding

Reduces Muscle Spasms

Promotes Disc Hydration

Achieves Unwinding Of Vertebra

Back Chair W/Unweighting

Relax Muscles and Eliminate Pain

Relaxes Back Muscles

Increases Range of Motion

Activates Core Muscles

Corrects Posture

Unweighting Treadmill

Removes Pain

Improves Circulation

Improves Balance

Increase Muscle Fiber Recruitment

NASA Designed AlterG

Video Evaluation And Corrects Gait

Treadmill Sensor Plate Evaluates Strike

Relieves and Corrects Hip, Knee And Ankle

Reduces & Eliminates Pain

Improves Stamina & Circulation

Improves and Strengthens Balance & Mobility

Increase Muscle Fiber Recruitment

Replaces Aqua Therapy with Additional Benefits

Back Stretch Chair

Improve Flexibility

Increase Range of Motion

Safely Improves flexibility

Ceragem Massage Bed

Low Inferred Spinal Treatment

Acupressure

Spinal Alignment

Break Up Scar Tissue

Decrease Lactic Acid

Release Muscle Spasms

Increase Lymphatic Flow

Improve Range Of Motion

Improve Body Awareness

Make Recovery More Efficient and Effective

Relieve Muscle Pain

Relieve Back, Neck, Knee and Shoulder Pain

Improve Posture

Relieve Muscle Stiffness

Ease Aches Associated With Arthritis

Increase Blood Circulation

Promote Relaxation, Relieve Stress and Fatigue

Promote Deep Sleep

Boost Immune System

Overhead Off-Weighting Track

Creates Real-World Therapy Opportunity

Replaces Parallel Bars

Allows Practical Real-Life Obstacle Therapy

Increases Range of Motion

Activates Core Muscles

Improves Circulation

Improves Balance

Increase Muscle Fiber Recruitment

Stretch Cage

Improves Flexibility & Increases Range of Motion

Safely Improves flexibility

Improves Stamina & Circulation

Improves and Strengthens Balance & Mobility

Increase Muscle Fiber Recruitment

Back Chair Exercises

Engage & Strengthen Spine

Isolates Large Muscles

Works Small Spinal Muscles

Improves Posture

Stabilizes the Pelvis

Vibration Exercises

Strengthens the Core

Improves Balance

Isolates Muscle Groups

Improves Bone Density

Enhances Blood Flow & Circulation

Balance & Mobility

Improves Freedom of Movement

Protects against future injury

Strengthens Core and Independence

Health & Fitness

Addresses Life Choices

Promotes Healthy Eating

Addresses Weight Issue Options

Provides Access To Fitness Equipment & Trainer

Additional Components

These additional disciplines may be used as needed throughout the cycle of care as determined by your primary practitioner to augment and speed your recovery.

Biomechanics & Deep Tissue Release

Your muscles have a memory. Some good, and some detrimental to your recovery and progress. Often your muscle memory will fight treatment as we try and help your body relearn proper functionality. Biomechanics and deep tissue release deals directly with these issues, releasing the memory to allow for the muscles to relearn their function and place in a healthy system. This is also used to straighten and loosen fascia and break up scar tissue that may hinder recovery and proper healing.

Massage Therapy

Reduced muscle tension

Improved circulation

Stimulation of the lymphatic system

Reduction of stress hormones relaxation

Increased joint mobility and flexibility

Improved skin tone

Improved recovery of soft tissue injuries

Conclusion

This program, unlike any other physical therapy program, is based on scientific and clinical research and is a proven long term solution to back and spinal issues. It is based on published research and can be found on PUBMED at <https://pubmed.ncbi.nlm.nih.gov/27857632/>.

This research can be found under the title: *“Comparison of 2 Multimodal Interventions With and Without Whole Body Vibration Therapy Plus Traction on Pain and Disability in Patients With Nonspecific Chronic Low Back Pain” (See summary to follow)*

It is also empirically proven by the results we have achieved for our patients over the years.

Our program, if followed, will provide quick pain mitigation, proper repair - including the treatment of herniations and other debilitating injuries historically addressed with surgery - and provide a long term solution without the need for ongoing pharmaceutical support or intervention.

It is both time & cost effective with clinically proven long term results.

Back Pain ICD 10 CM Codes

Typical diagnosis codes treated with our protocol & modality

Our program successfully treats acute and chronic back pain (LBP) as represented by these 27 typical ICD 10 CM Codes. The following is not a conclusive list, but an inclusive one. Our current records indicate success

with over 125 separate and distinct ICD 10 CM diagnostic codes.

M54: Dorsalgia

M540: Panniculitis affecting regions of neck and back

M5400: Site unspecified.

M54.01: Occipito-atlanto-axial region.

M54.02: Cervical region.

M54.03: Cervicothoracic region.

M54.04: Thoracic region.

M54.05: Thoracolumbar region.

M54.06: Lumbar region.

M54.07: Lumbosacral region.

M54.08: Sacral and sacrococcygeal region.

M54.09: Panniculitis affecting regions, neck and back,
multiple sites in the spine.

M541: Radiculopathy

M54.10: Site unspecified.

M54.11: Occipito-atlanto-axial region.

M54.12: Cervical region.

M54.13: Cervicothoracic region.

M54.14: Thoracic region.

M54.15: Thoracolumbar region.

M54.16: Lumbar region.

M54.17: Lumbosacral region.

M54.18: Sacral and sacrococcygeal region

M542: Cervicalgia

M543: Sciatica

M54.30: Unspecified side.
M54.31: Right side.
M54.32: Left side.
M544: Lumbago with sciatica
M54.40: Unspecified side.
M54.41: Right side.
M54.42: Left side.
M545: Low back pain
M546: Pain in thoracic spine
M548: Other Dorsalgia
M54.81: Occipital neuralgia.
M54.82: Other dorsalgia.

How Are We Covered?

Our program is very unique. To our knowledge there are only eight clinics in the United States offering the clinically proven NuBack Technologies Axial Solution Therapy. Unlike other back programs that range from temporary relief by Physical Therapy or Chiropractic treatments, or even surgery (that has only a 38% success rate) our program has a 95% success rate at returning a patient to full mobility in around 12 weeks with no down time.

Although the fees are initially paid out of pocket by the patient, due to the unique nature and success of our therapy program, and the scarcity of clinics providing this protocol we are usually covered by your insurance's GAP exception Waiver.

A coverage gap exception is a waiver from a healthcare insurance company that allows a customer to receive medical services from an out-of-network provider at an in-network rate.

A person requesting a coverage gap exception knows the insurance company covers the requested benefits, but the consumer believes that in-network providers cannot provide those benefits. It is up to consumers to make a case for the insufficiency of the network to provide the necessary treatment. Consumers can do this by requesting a coverage gap exception waiver.

A coverage gap exception is not the same as appealing a denied claim. A gap exception is a preemptive request for known benefits. Appealing a denied claim involves a request for benefits coverage that the insurance company does not believe it should have to pay. Denied claims go through a different appeals process than the pre-emptive coverage gap exceptions.

When should I consider requesting a coverage gap exception?

The most common requests for coverage gap exceptions surround prenatal and delivery coverage (especially for midwife supervised births), specialized surgeries (such as heart surgery, etc.), and occupational or physical therapy. ***Anyone who cannot get the benefits they need from an in-network provider should apply for a coverage gap exception.***

How do I request a coverage gap exception?

Start the coverage gap exception request at least 45 days prior to a procedure to allow insurance companies enough time to grant the waiver prior to the procedure. These are the steps you should take:

- Have your general practitioner or specialist write a letter of necessity outlining the procedure being requested.

- Set your procedure appointment with the out-of-network provider (giving yourself at least 45 days if possible).
- At the time you set the appointment request all of the following:
 - CPC Codes (These are Medical Billing Codes)
 - Date of Appointment
 - Location of Appointment
 - Name of provider
 - Whether or not the operation/procedure is inpatient or outpatient.
- Have your specialist, surgeon or primary care physician call your insurance company and request a coverage gap exception waiver. They need to provide all the information that you collected in the first steps.
- Your doctor will need to request a case reference number from the insurance company regarding your coverage gap exception.
- Follow up with your doctor (or their office manager) until you receive a case reference number from the doctor.
- Call your insurance company and request to speak to a rapid resolution specialist who can follow up using your case reference number. Once your doctor makes the request, your insurance company will decide within 7-10 days.
- Request to receive the decision in writing, and be sure to clarify EXACTLY what the waiver includes. You will need all parts of the procedure to be treated as in network.

If you're seeking coverage for a home birth or birth center coverage, your approach will differ.

- Check that your insurance covers midwifery care in the same way that it covers all other prenatal/delivery/postnatal care. You may need to call your insurance company to determine this is the case.
- Call your insurance company to request the names and contact information for practicing midwives.
- Call and email in-network midwives to determine if they provide the service you are seeking (birth center or at home birth). Keep documentation for each of these emails.
- Find a midwife/birth center that has worked with insurance companies in the past and request CPC codes that are customary in their billing. You will also need their credentials, and contact information.
- Call your insurance company and request to speak to a representative to request a coverage gap exception waiver. You should be able to request the waiver over the phone.
- If the representative does not allow you to file, ask to be connected with a supervisor and insist upon filing a coverage gap exception. A case number and a coverage gap exception claim should be started before you hang up.
- Within 7-10 days your insurance company should call you back with an answer. If the appeal is denied on the basis that an in-network provider can provide the same service, ask for the name of the provider, and check it against your list.

Should I appeal if a gap exception is denied?

If your insurance company denies your coverage gap exception, they have 30 days to let you know in writing, but you can find out via phone within 7-10 days. It is worthwhile to appeal a denied coverage gap exception. Oftentimes, insurance companies deny gap exceptions based on incorrect information.

An appeal should take a written form, and it should be mailed, emailed and faxed to your insurance company. The appeal should include the letter of necessity (or a letter you write yourself in the case of a home birth request), along with documentation of efforts to find in network providers, and all the information regarding CPC codes, provider name, location, date, and time of appointments. The appeal will go to the person who denied your original request or their supervisor.

If the coverage gap exception is not granted upon appeal, read the response and include any additional information that will help your case. Additional documentation from your doctor or specialist may help in this effort.

The second appeal should also be written and should include all the information to date (including the insurance company's denial letter), along

with any updated information. The second appeal will go to a division of your insurance company that deals with coverage gap exceptions.

Insurance companies view a second appeal as a final appeal, and to pursue the matter further will require help from a patient healthcare advocate or a lawyer and possibly the Division of Insurance Enforcement in your state.

What rights do I have in the coverage gap exception process?

Insurance holders should feel confident that they can exercise these rights at any time:

- The right to receive, in writing, the insurance company's policy and process for requesting coverage gap exception waivers.
- The right to request clarity on all decisions.
- The right to receive all decisions in writing.
- The right to appeal any decision by your insurance company (up to two times).
- The right to contact your state's Division of Insurance Enforcement for further help

Who can help me?

Receiving a coverage gap exception involves phone calls, paperwork, and persistence, but you may not be on your own.

If you hold insurance through an employer sponsored health plan, then your employer may have a participant advocacy specialist with experience applying for coverage gap exceptions. Specialists offer advice targeted towards your insurance provider, and they can review your case and help you write appeals letters. Participant advocacy specialists may be your most helpful ally in the coverage gap exception process, and you may enlist them even before you've filed for a gap exception.

Insurance plans purchased through the insurance marketplace do not offer participant advocacy specialists, but Patient Advocacy Foundations may provide not for profit help in your county. These foundations specialize in denied claims, but they may help you connect with helpful resources.

Finally, every state has a Division of Insurance Enforcement. If you believe your request has been denied without merit, you may contact your state's Division of Insurance Enforcement to learn more about how this government agency can help fight for your consumer rights.

Care Credit Option

If you don't want to pay the cost directly out of your funds you can use our CareCredit program. By the time you have received your Insurance reimbursement you can pay off the CareCredit without paying anything in interest.

CareCredit provides short term financing options of 6, 12, 18 or 24 months; no interest is charged on purchases of \$200 or more when you pay the full amount due by the end of the promotional period. If you do not, interest is charged from the original purchase date.

CareCredit also extends longer-term healthcare financing for 24, 36, 48 or 60-month periods with Reduced APR and Fixed Monthly Payments Required Until Paid in Full. Purchases of \$1,000 or more may be eligible for a 24 months offer with a 14.90% APR, a 36 months offer with a 15.90% APR or a 48 months offer with a 16.90% APR. Purchases of \$2,500 or more may be eligible for a 60 months offer with a 17.90% APR.

WE can assist you in finding out which promotion is right for you. You do not need to select a promotion before you apply.

Clinic Study Summary

1: Maddalozzo GF, Kuo B, Maddalozzo WA, Maddalozzo CD, Galver JW.

Comparison of 2 Multimodal Interventions With and Without Whole Body Vibration Therapy Plus Traction on Pain and Disability in Patients With Nonspecific Chronic Low Back Pain. *J Chiropr Med*. 2016 Dec;15(4):243-251. doi: 10.1016/j.jcm.2016.07.001.

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OBJECTIVE: The purpose of this secondary data analysis was to compare the effect of 2 multimodal exercise-based physical therapy interventions (one with and one without whole-body vibration [WBV] therapy plus traction) on pain and disability in patients with nonspecific chronic low back pain (NSCLBP).

METHODS: We conducted a secondary analysis of data from 2 distinct samples. One sample was from the Focus on Therapeutic Outcomes Inc. (FOTO) group (n = 55, age 55.1 ± 19.0 years), and the other was the Illinois Back Institute (IBI) (n = 70, age 47.5 ± 13.4 years). Both groups of patients had NSCLBP for more than 3 months and a pain numeric rating scale (NRS) score of ≥7. Both groups received treatment consisting of flexibility or stretching exercises, core stability training, functional training, and postural exercises and strengthening exercises. However, the IBI group also received WBV plus traction. NSCLBP was measured before and after therapeutic trials using the NRS for pain and Oswestry Disability Index (ODI).

RESULTS: The NRS scores were significantly improved in both groups, decreasing by 2 points in the FOTO group and by 5 points in the IBI group. The ODI scores were significantly improved in both groups; the FOTO group score improved by 9 points and the IBI group improved by 22 points. CONCLUSIONS: The results of this preliminary study suggest that NPS and ODI scores statistically improved for both NSCLBP groups receiving multimodal care. However, the group that included WBV therapy plus traction in combination with multimodal care had greater clinical results. This study had several limitations making it difficult to generalize the results from this study sample to the entire population.

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PMCID: PMC5106425

PMID: 27857632

Review the actual study at the National Library of Medicine or PubMed.

<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC5106425/>

<https://pubmed.ncbi.nlm.nih.gov/27857632/>

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The Back Pain Solution Clinic provides long term solutions for back pain. Non-pharma & non-surgical treatments that provide quick pain reduction and long term solutions. Utilizing world class leading spine and back therapy incorporating technologies developed by NASA, and using NuBack Institute's proven treatment protocols, you can end your pain.



No Surgery, No Pain, Just results.

