

## FACT SHEET

SpineOne delivers a whole-person rehabilitation approach for individuals experiencing neck and back pain.

By partnering with DBC (Documentation Base Care), we are able to combine high-level technology and best science solutions with the strong clinical skills of our interdisciplinary treatment team.

### Smart Technology Partners: SpineOne and Documentation Based Care (DBC)

SpineOne is a leader in non-operative spine care focused on delivering both clinical and financial outcomes. Helping individuals with back and neck pain achieve optimized function is the purpose of SpineOne. It's what we do. Every year, many individuals do not recover from back or neck problems despite the best efforts of their health care professionals. As spine rehabilitation specialists, we understand that traditional approaches work for most, but not all. That is why SpineOne has leveraged the depth of evidence-based practice provided by Documentation Based Care (DBC) and considers them one of our *smart partners*. DBC's state of the art technology helps our clients achieve the outcomes we mutually want them to achieve — and that they deserve.

**Improved** function.

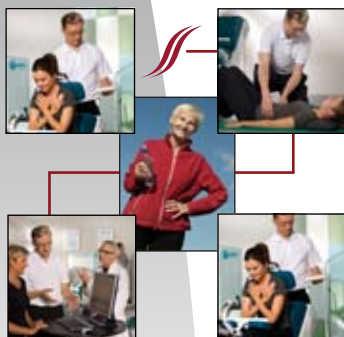
**Decreased** pain.

**Increased** mobility.

SpineOne helps individuals *get back*. Get back to *moving*. Get back to *working*. Get back to *LIFE!*

### Hi Tech // High Touch // High Satisfaction

By incorporating DBC as a core offering within our spine rehabilitation programs, we are able to be *spine-specific*. Because DBC can be spine-specific, their technology targets the appropriate dysfunctional areas of the spine following an injury or surgery. This ability to target a specific location results in the ability to restore muscular functioning back to normal. SpineOne's non-operative and post-operative rehabilitation is unmatched. This commitment to accountable rehabilitation outcomes, on the part of SpineOne, enhances the overall outcomes achieved by our referring partners. Traditional exercise approaches cannot equal this level of success.



## PROGRAM BENEFITS

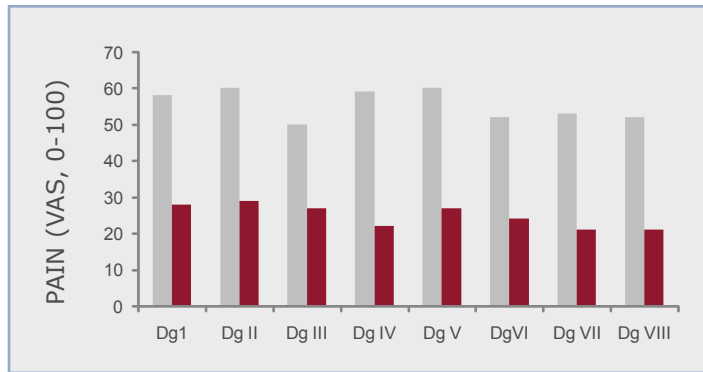
- Effective pain management and education strategies
- Continuum of functional restoration solutions
- Spine-specific exercise targets muscular problem areas
- Achieves results unmatched by traditional exercise methods
- Referring parties leverage consistent outcomes for their patients through SpineOne



HI TECH MEETS HIGH TOUCH: Delivering Quality Outcomes *continued*

### Consistent Results for all Spine Patient Diagnoses

SpineOne has chosen DBC because of the organization’s proven success with treating back pain. Over 65,000 individuals have been successfully treated through DBC in over 100 countries. More information about DBC and the good work that they deliver can be found at [www.dbc.fi](http://www.dbc.fi). In evaluating DBC’s results, similar results have been achieved in all facilities and across different diagnostic patterns of back pain. These results are also consistent with DBC’s published data in peer reviewed literature. The graph below is a snapshot of the types of outcomes achieved when leveraging DBC’s evidence-based approach.



n=59,846

■ baseline  
■ outcome

I=Inflammatory, II=Post-traumatic, III=Postoperative, IV=Nerve root compression, V=Stenosis, VI=Pelvic and LBP, VII=Spondylolisthesis and -lysis, VIII=Non-specific pain

### Average Pain Reduction for all Diagnostic Pain Patterns

For the majority of individuals (over 85%), a 50% reduction in pain can be expected on average. Results are consistent among diagnostic patterns of pain including post-operative patients. Through SpineOne’s partnership with DBC, active participants are able to improve function and return to many normal activities. As a leader and innovator in functional restoration programs, SpineOne is able to offer state of the art technology with compassionate, collaborative care. The result? High levels of client satisfaction (93% expressed satisfaction with the program) and sustainable outcomes.

To learn more, call **1-877-377-4631** or log onto [www.spineonemed.com](http://www.spineonemed.com).

#### References

- 1) Kankaanpää et al: The efficacy of active rehabilitation in chronic low back pain: effect on pain intensity, self-experienced disability, and lumbar fatigability. Spine 1999.
- 2) Taimela et al: Exercise in the treatment of chronic neck trouble: a prospective, randomized intervention study. Spine 2000.
- 3) Taimela et al: The role of exercise and inactivity on pain recurrence: a follow-up study after active outpatient rehabilitation for recurrent-chronic LBP. Spine 2000.

#### DBC-DRIVEN OUTCOMES

- High participant satisfaction - 93%
- Average pain reduction for most individuals is 50%
- Non-operative and post-operative individuals both benefit similarly
- Results are sustainable for those that continue to exercise at a two year follow-up