

## FACT SHEET

SpineOne delivers a whole-person rehabilitation approach for individuals experiencing neck and back pain. By offering a continuum of functional solutions, we are able to deliver the *right* intervention to the *right* person at the *right* time.

- ✓ Predict
- ✓ Prevent
- ✓ Empower

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

Get back to *LIFE!*

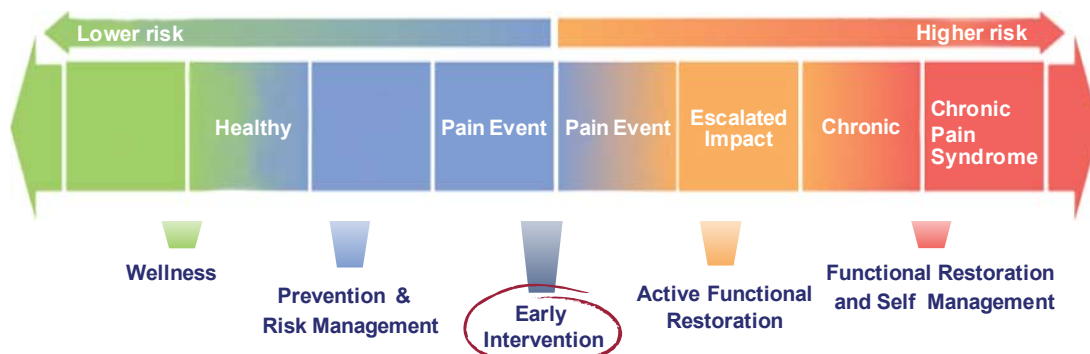
### A Continuum of Solutions - Early Intervention Program

Helping individuals with back and neck pain achieve optimized function is the purpose of SpineOne. An Early Intervention Program (EIP) is an important part of the continuum of solutions. Research supports that when an EIP is in place, chronic pain and disability can be prevented. By responding with interventions early, clinical and financial outcomes can be improved significantly.

Early Intervention Programs are designed to prevent immediate and acute problems from developing into more costly and difficult to treat chronic problems. Proven early identification methods for individuals at risk for delayed recovery, can guide treatment decisions and improve overall rehabilitation. When individuals are appropriately classified and managed into an EIP, there can be an impact on key metrics such as pain, return to work, lost time from work, medication reduction and decreased health care utilization.

### Early Intervention Can Prevent Chronic Pain

There is increasing evidence that preventing individuals from developing chronic pain and disability is possible. An "intervention window" exists. To leverage that window, there needs to be a shift from diagnosis and symptom-focused treatment to prevention and management strategies. Functional restoration is the smart choice!



By intervening early in the process and utilizing proven predictive risk assessment algorithms, SpineOne's team is able to impact the cycle of chronic pain. The tools utilized by SpineOne can predict with 90% accuracy those at risk for developing chronic pain.



### PROGRAM BENEFITS

- Proven predictive algorithm to support providing the right intervention at the right time
- Evidence-based early treatment model: from symptom-focus to rehabilitation-focus
- Behavioral changes from disability to ability perspective
- Individualized treatment planning to overcome barriers to recovery
- Focus on life and work re-integration



Early Intervention Program *continued*

**SpineOne's Early Intervention Program includes:**

- Proprietary Predictive Risk Assessment Screening – algorithm for predicting individuals with low back pain at risk for chronic pain and disability
- Low Risk and High Risk programs – different programs to address different needs
- Medical oversight of interdisciplinary team (exercise, pain education and vocational support)
- *Whole-person* point of view in providing treatment and delivering outcomes

**Timing is Everything!**

SpineOne's Early Intervention Program can have a direct impact on preventing acute-oriented problems from developing into chronic conditions. By avoiding more difficult to treat chronic problems, Early Intervention Programs can save both money and time. By preventing unnecessary disability and promoting wellness types of behaviors, better clinical and financial outcomes are achieved.

**Early Intervention Can Make a Difference**

By leveraging a quality Early Intervention Program, chronic pain and disability can be prevented. By preventing the chronic phase, overall outcomes can be improved, individuals can return to work – or remain at work—and overall cost savings can be realized.

Getting individuals *back to life*—that's the priority at SpineOne. Active participants are able to improve function and return to many normal activities. An Early Intervention Program is a key component in a full Functional Restoration Program. It is the combination of a personalized approach, predictive models and our evidence-based practices that helps us deliver such strong results.

**Randomized Clinical Trial:  
Early Intervention (EI) with High-Risk ALBP**  
Patients: One-Year Outcomes

	EI	Non-EI
RTW	91%	69%
Health Care Visits Related to LBP	17.0	27.3
Disability Days	38.0	102.4
Self-rated Pain (0-100)	46.4	67.3
Currently on Narcotic Analgesics	27.3%	43.8%
Average Cost/patient (including disability days/lost wages) <sup>1</sup>	\$12,721	\$21,843

\* All Differences Statistically Significant

Gatchel, R.J., Polatin, P.B., Noe, C., Gardea, M., Pulliam, C. & Thompson, J. Treatment- and Cost-Effectiveness of Early Intervention for Acute Low Back Pain Patients: A One-Year Prospective Study. *Journal of Occupational Rehabilitation*, 2003, 13: 1-9.

LEARN MORE ABOUT US!

**SpineOne**

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As a leader and innovator in functional restoration programs, SpineOne offers a continuum of solutions for individuals living with neck and back pain. We focus on delivering the *right* intervention for the *right* person at the *right* time. This clinically-focused, *whole-person* approach supports individuals in achieving the greatest possible outcome. Through our partnership with DBC – Documentation Based Care – we are able to offer state of the art technology with compassionate, collaborative care. The results include high levels of client satisfaction and sustainable outcomes.

