

FACT SHEET

SpineOne delivers a whole-person rehabilitation approach for individuals experiencing neck and back pain. At SpineOne, that means we *speak and do* in Spanish. Because serving the whole person is just that . . . the **WHOLE PERSON.**

SpineOne helps individuals *get back*. Regrese a la *movilidad*. Regrese a *funcionar*. ¡Regrese a la **VIDA!**

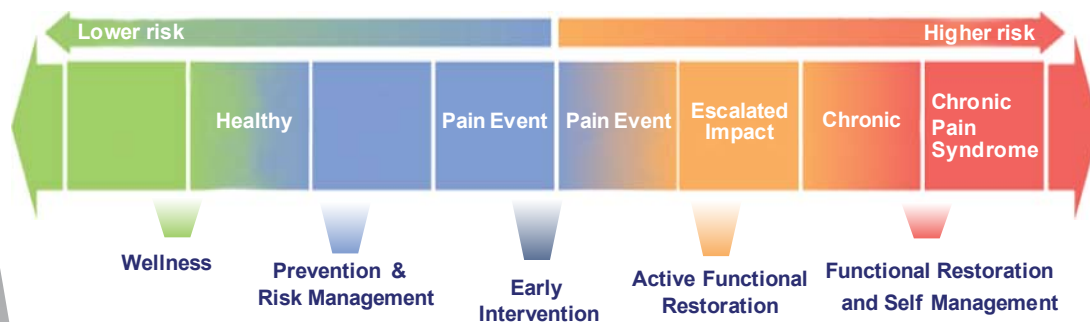
SpineOne Combines Evidence-Based Practices with an Interdisciplinary Approach

Helping individuals with back and neck pain achieve optimized function is the purpose of SpineOne. It's what we do. SpineOne delivers a continuum of solutions to address the unique needs and challenges experienced by those living with neck and back pain. 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. SpineOne's combination of medically-directed, evidence-based protocols, coupled with an interdisciplinary team that incorporates both language and culture to address the physical, psychological and vocational needs of those we serve, is key to our clients' success. Our *whole-person* point of view helps us deliver practical outcomes that are sustainable.

Increased mobility  Decreased pain  Improved function

Rehabilitation Shouldn't Get Lost in Translation

Individuals need different types of solutions depending both on the type of neck or back pain they are experiencing, as well as the length of time that has occurred since the onset of the pain. SpineOne understands this and has developed a continuum of solutions specific to the needs. The language and cultural sensitivities should not get *lost in translation*. In addition to delivering the appropriate intervention, it is important that the treatment team both *speak and do* in Spanish.

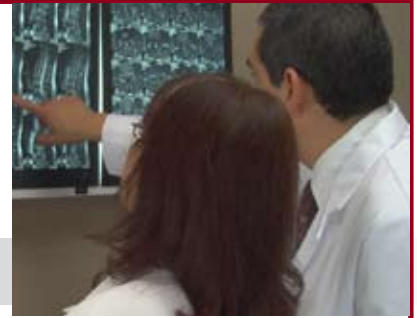


By delivering a continuum of solutions, SpineOne is able to provide more personalized interventions that make both clinical and financial sense. We are able to deliver the *right* intervention to the *right* person at the *right* time. And we deliver these interventions with a sensitivity to both culture and language.



PROGRAM BENEFITS

- Deliver interventions with bilingual staff to improve overall function
- Effective pain management and education strategies that are culturally sensitive
- Bilingual Vocational Specialist to support both vocational goals and community re-entry
- Team conferences include clinical team members, case managers, PCP and others invested in the clinical outcome of the participant
- Post-discharge follow-up – BackOnTRACK



Comprehensive Rehabilitation Español *continued*

SpineOne's Comprehensive Rehabilitation Español includes:

- Bilingual medically-supervised interdisciplinary treatment team
- Physical activity, behavioral and pain education, vocational support and outcome accountability
- One-to-one sessions as well as group lectures and education in Español
- *Whole-person* point of view in providing treatment and delivering outcomes

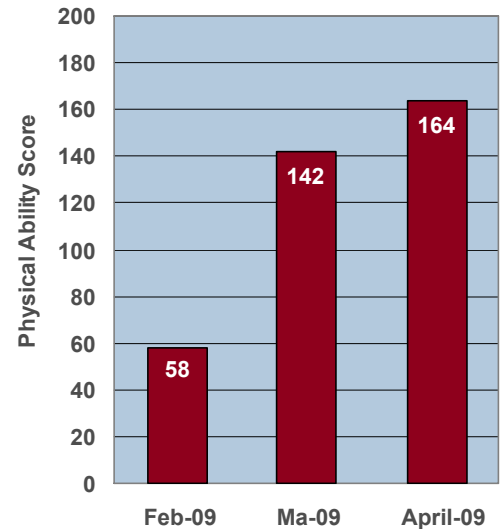
Making a Shift

SpineOne's clinical pathways are based upon research and proven outcomes. The program is designed to restore individuals to an improved level of function by utilizing exercise, behavioral changes and education. In addition to these critical clinical elements, we include cultural sensitivity. At SpineOne, we work with clients to support them in taking an active role in their rehabilitation process. We help them shift from a "disability" perspective to an "ability" focus. This shift, in conjunction with strategies to regain strength and overall function while assuming responsibility for their own outcome and improved health, support delivering sustainable results that are life-changing.

A Personalized Clinical Approach

Getting individuals *back to life* – that's what we do at SpineOne. Active participants are able to improve function and return to many normal activities. It is the bringing together of a personalized approach with evidence-based practices that helps us deliver these results.

¡Soluciones para el dolor de cuello y espalda!



LEARN MORE ABOUT US!

SpineOne

13980 Blossom Hill Road, Suite D
 Los Gatos, CA 95032
 1-877-377-4631 info@spineonemed.com

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.

