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### BUYER BEWARE! QUESTIONS FROM OUR WEBSITE



Galen Danielson, PT, DPT

**Question:** "I've seen a lot of advertising for a particular device called the DRS on TV, in the newspaper and I've also heard some radio ads. The ads all claim it is highly scientific and can help all kinds of different back problems. It sounds a bit "too good to be true", what do you think?"

**Answer:** We have had this question asked dozens of times in the past few weeks. Let me try to answer your question in a couple of different ways.

**Common sense, does this pass the smell test?** Let's first take a basic common sense approach. Your thoughts of "it sounds too good to be true" are probably right on. Trust your instincts. There are thousands of treatments for back problems. For one device or one method to claim they have all the answers for all different kinds of back problems is ridiculous.

This is the first warning sign that should cause you to be skeptical when you see this kind of advertising. There is no magic bullet out there that solves all kinds of back pain.

**Is there really any science behind this thing?** The DRS is a traction machine plain and simple. Now it may be a unique form of traction but it is still traction nonetheless. When evaluating a particular method of treatment for any medical problem, and back pain is no exception, we need to look at the scientific evidence available to us. The ads claim this device is "highly scientific" and a "breakthrough" now available to Treasure Valley residents. The truth is the DRS system is not new. There have been numerous devices that are very similar: Vax-D, DRX9000, DTS and Lordex. All of these devices have made their way through the Treasure Valley in the past 10 years and all of them have failed.

But the real question remains, is there any science supporting the DRS? The real answer is no. There have been hundreds of studies on traction over the years and none that support its use except in a very small percentage of people. On the DRS website there is one scientific study done in 1997 and it is a very poorly designed study. A search through national scientific databases reveals no additional studies done to support the use of this device. Don't be deceived by claims that Stanford University, the Mayo Clinic and John Hopkins experts support its use.

If you do a web search for additional information regarding DRS treatment there is an abundance of information on abuse, misuse and legal proceedings resulting from its use. This information is public record and all available on the FDA's website. Here are some examples of the abuse that has occurred with these devices: *(Cont. on following page)*

*Trust your instincts.*

Your thoughts of "it sounds too good to be true" are probably right on.

### Patient Success Stories



#### ROB ADAMS

"My experience here at RehabAuthority has been great. The staff is very friendly and helpful. Every visit they pushed me to work harder and allowed me to move at a pace that was suitable for me. I feel like each person took a personal interest in my recovery. Thanks for all the help; I would definitely recommend RehabAuthority to anyone that needs physical therapy. The main reason is because I know they would be taken care of."

Have you visited our updated website?  
Go to [www.RehabAuthority.com](http://www.RehabAuthority.com)  
to learn more about us and how we can  
SOLVE your back or neck problem.



(Cont. from page 1) In 2006, two chiropractors were sentenced to prison for using CPT Code 64722 to improperly collect nearly \$2 million from Blue Cross and Blue Shield of Georgia. Both were sentenced to serve 34 months in a federal prison [42].

In 2007, an orthopedic surgeon and four chiropractors in Georgia were charged with carrying out similar schemes. [In one case](#), orthopedist Howard Berkowitz, M.D. and chiropractors Arthur Hargraves and Daniel Puffenberger allegedly used CPT Code 64722 for VAX-D treatments administered at back-pain clinics that the trio owned and operated. Berkowitz, Hargraves, and Puffenberger were accused of improperly generating bills to BlueCross BlueShield of Georgia for more than \$3 million for VAX-D treatments, for which they collected more than \$2.4 million. In March 2007, [Berkowitz pleaded guilty and agreed to pay \\$2,450,364 for restitution](#). In July 2008, a federal court jury found Hargraves and Puffenberger guilty of health care fraud. During the trial former employees testified that they had been instructed not to refer to procedures as VAX-D when dealing with insurers because insurers would not cover it [43]. In November 2008, all three were sentenced to prison, Berkowitz for 18 months and the others for 41 months.

[In the other case](#), chiropractors William Stearns and Steven Levine allegedly used false codes to bill for more than \$1.8 million for VAX-D, for which they received more than \$1 million. They also billed improperly for more than \$1.5 million and collected about \$817,000 for use of a Hako-Med device. (Hako-Med devices are alleged to provide pain relief by administering electrical impulses to the skin.) The indictment stated that after Stearns and Levine began using VAX-D, they typically applied Hako-Med after each VAX-D treatment. In 2008, [Levine pled guilty to one count of health care fraud](#) related to VAX-D billings and Stearns was tried and convicted of 18 charges of health care fraud and five charges of money laundering.

**Give me the bottom line. Can the DRS help people with back pain?** Traction can help a small percentage of people with back problems. However it is far from a cure. A simple phone call placed to the company offering DRS treatments here in the Treasure Valley revealed an up front cost of \$3,000 to receive this treatment. If you choose to pay cash for this type of treatment buyer beware. The truth is there are significantly better ways to solve back problems that are far less costly and an educated consumer should be able to see through the smoke and mirrors of advertising and get to the truth.

### REHABAUTHORITY BUSINESS OF THE MONTH

Beachbody is a premier fitness company that shows people how to get extraordinary results from working out at home. I am a Beachbody Coach and am here to help you find a workout solution that works for you.

You may have seen our programs on TV like P90X, Turbo Jam, Slim in 6, Hip Hop Abs, and Insanity just to name a few. They are designed for everyone from the stay at home mom all the way up to the elite athlete. We have also simplified nutrition for you with our brand new drink called, Shakeology...everything you need in one simple drink.

When you purchase an exercise program I will be your Coach to help you reach your goals. We offer customized meal planning along with tips from trainers on nutrition and fitness. Our online super gym WOWY (work out with you) helps you keep track of your workouts and keeps you on track throughout your transformation process. You can also win money simply for working out!

With me as your Coach along with easy to follow workouts on DVD, proven nutritional supplements, a community of support, and a chance to win money simply for getting healthy I believe this is your year to get in the best shape of your life.



**Lance Tvinnereim**

Independent  
Beachbody Coach

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[www.getxfit.com](http://www.getxfit.com)  
[www.getyourshake.com](http://www.getyourshake.com)

### Lance's Success Story

In high school I severely sprained my left ankle playing softball. After 20 years of wear and tear I finally reached the point where I needed surgery. My peroneal tendon on the left side of my ankle continued to pop back and forth making it difficult to enjoy certain activities. The first and only choice for me was RehabAuthority based on their excellent reputation.

I made the decision to have surgery with a well respected doctor. It went very well but the interesting point to me was him saying I wouldn't need any type of rehab. I informed him I would be going to RehabAuthority and am extremely happy that I made that choice.

I went through my therapy with Chuck from the Overland clinic and was glad I did so. He is very professional and showed me what to do every step along the way. He showed me the exercises I needed to focus on to regain the strength and flexibility in my ankle. After a couple of months of being in the clinic and working with a great group of friendly people I felt much better.

I really can't imagine at this point not having gone to RehabAuthority. Chuck helped me to work hard, focus on getting better, and progress to the point where I enjoy the activities I participate in. I highly recommend RehabAuthority to anyone I meet.

Thank you!





### BOOT CAMP WORKOUTS KICK FITNESS UP - SAFETY ALSO ESSENTIAL



Boot camp workout regimens have long been associated with military physical fitness, but throughout the past five years they have gained more exposure to mainstream America. They are featured in prime-time weight-loss television shows and are now an alternative to traditional exercise programs. They have become popular due to the amount of calories that can be burned in a short time and can be made as challenging and unique as the instructor and participant cares to make them. These classes can help solve the common complaint of workout boredom.

Performed either indoors or outside, boot camp workouts typically blend military-style and athletic-performance drills. The workout is

straightforward and intense. The challenge is to take your body to its limit, moving from one exercise to the next without the benefit of much rest. It can involve the use of calisthenics, free weights, and objects and tasks not normally employed in a typical workout.

As with any athletic workout, injuries may occur. Common injuries associated with boot camp programs include sprains, strains, low back pain, foot pain, stress reactions, fractures, scrapes, cuts, bruises, dehydration, and heat-related illnesses. Warning signs of an injury include joint pain, swelling, loss of motion, dizziness, nausea, and constant fatigue. Any of these conditions should be taken seriously and evaluated by a licensed physician before continuing the program.

Due to the intensity involved, understanding what is involved in a class and how to prevent injury is critical:

- Assess your abilities and know your limitations and restrictions
- Modify moves to adjust intensity levels
- Discuss any pre-existing conditions with your doctor prior to participating or beginning any new fitness program; a fitness assessment should be performed to gauge the level of training that is appropriate.
- Choose an instructor that has a national personal training and/or group fitness certification along with CPR and first aid
- Get instructions about unique pieces of equipment and unfamiliar activities
- Instructors should be willing to answer all your questions and focus on your workout, while avoiding the promotion of supplements, vitamins, or other moneymaking ventures Keeping these tips in mind, boot camp workouts can be a fun, challenging, and effective workout to help you safely achieve your health and fitness goals.

*articles on this page from:*  
The American Orthopaedic Society for Sports Medicine  
by Andree Leddy, J.D., ACE, CGFI / Michael J. Leddy, III, MD

### ENERGY BARS SOURCE OF NUTRIENTS BUT NOT MEAL REPLACEMENT

by Rachel Holmes

These days it seems like we're always running from one activity to the next—making it hard to consume a healthy snack or sit down to a well balanced meal. You may be thinking an energy bar is a perfect supplement or meal replacement for after your workout or as you drive home, but before you peel back the wrapper, you might want to learn a bit more.

#### Types of Energy Bars

Energy bars take our three sources of energy, carbohydrates, protein, and fat, and mold them into one conveniently sized snack bar. What isn't so simple is the ratio of each of these sources in any given bar. It's this ratio that dictates what type of energy bar it is, its purpose, and who should consume it. It's important to remember that energy bars don't contain all the nutrients you're going to find in a healthy meal. However, they are a good source of fiber, something most people do not get enough of, and are usually healthier than a candy bar from the vending machine. Whenever possible, opt for fruits and vegetables which will fill you up and give you energy with fewer calories. Pair fruits and veggies with some protein and you can create a perfect snack.

#### Energy Bars and When to Eat

Bar	Consumer	When
Hi-Carb Low Fat	High intensity athletes	Best consumed after strenuous exercise/activity, such as running or biking for an hour or more
40-30-30	Average individual	On the run
High Protein	Body Builders	Before or after a workout
Supplemental	Women	On the run



### NEW PHYSICAL ACTIVITY GUIDELINES ANNOUNCED FOR AMERICANS

New physical activity guidelines from the U.S. Department of Health & Human Services further highlight the benefits of exercise for people of all ages and physical conditions. According to the recent report released in October 2008, adults gain substantial health benefits from two-and-a-half hours a week of moderate aerobic physical activity, and children benefit from an hour or more of physical activity a day.

AOSSM staff participated in a series of meetings to help market and deliver the guidelines in conjunction with other nonprofit organizations, including the American Heart Association, National Athletic Trainers' Association, and the American College of Sports Medicine. The guidelines are designed so people can easily fit physical activity into their daily routines. "It's important for all Americans to be active, and the guidelines are a roadmap to include physical activity easily," says U.S. Department of Health & Human Services Secretary Mike Leavitt. "The evidence is clear — regular physical activity over months and years produces longterm health benefits and reduces the risk of many diseases. The more physically active you are, the more health benefits you gain."



#### The new guidelines suggest the following benefits:

- Improved fitness and bone health, and reduced symptoms of depression in children and adolescents.
- Lower risk for coronary heart disease, stroke, high blood pressure, type 2 diabetes, colon and breast cancer, and reduced depression in adults.
- Less falls and better cognitive abilities in older adults.
- Improved pain management, function, and quality of life for people with arthritis or other rheumatic conditions affecting the joints.

Some physical activity is better than none – the more physically active you are, the more benefits you reap. Additional health benefits occur as the intensity, frequency, and duration of physical activity increases. Children and adolescents should participate in one hour or more of moderate

or vigorous aerobic physical activity per day. They should participate in vigorous physical activity and muscle-strengthening activities, such as push-ups, sit-ups, and tug-of-war, three days a week. In addition, children should incorporate bone strengthening activities, such as jumping rope, hopping, or running, at least three days a week.

Adults gain substantial health benefits from two-and-a-half hours a week of moderate aerobic physical activity or an hour and 15 minutes of vigorous physical activity. Aerobic activity, such as brisk walking, water aerobics, ballroom dancing, jogging, and jumping rope, should be performed in episodes of at least 10 minutes. Increasing moderate activity to five hours a week or increasing vigorous activity to two-and-a-half hours a week results in more extensive health benefits. Adults should do muscle strengthening activities, such as weight training, push-ups, sit-ups, carrying heavy loads, and heavy gardening, at least two days a week. Older adults generally should follow the guidelines for adults. If chronic conditions limit their ability to do two-and-a-half hours a week of moderate aerobic activity, they should be as physically active as their abilities and conditions allow.

The Physical Activity Guidelines for Americans are the most comprehensive of their kind. They are based on the first thorough review of scientific research about physical activity and health in more than a decade. A 13-member advisory committee appointed in April 2007 by Secretary Leavitt reviewed research and produced an extensive report.

article from:  
The American  
Orthopaedic Society  
for Sports Medicine



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### DO YOU DRINK ENOUGH WATER WHEN YOU EXERCISE? TEST YOUR KNOWLEDGE!

1. During physical activity, people lose about four cups of fluid an hour..... **True / False**
2. People only need to drink fluids before exercising..... **True / False**
3. Drinking when you're thirsty will prevent dehydration..... **True / False**

#### How Did You Do?

1. **True.** Dehydration results if that fluid is not replaced.
2. **False.** It's important to drink fluids before, during, and after exercise:  
**Before:** Drink at least two cups of fluid two hours before exercise. About 5 to 15 min. before you begin, drink another two cups.  
**During:** Drink one-half to one cup every 15 to 20 minutes.  
**After:** Drink two cups for every pound of water you lose through physical activity and continue to drink throughout the day.
3. **False.** By the time you feel thirsty, you're already becoming dehydrated. Other warning signs of dehydration include headache, appetite loss, dry mouth and eyes, fatigue, and lightheadedness.





### KEVIN'S CORNER - A MESSAGE FROM OUR CEO



Kevin Hulsey, PT, DPT, CEO

#### 8 WAYS TO KEEP YOUR WEIGHT LOSS RESOLUTIONS

By Debra Pivko

Each year, so many of us make New Year's resolutions to lose weight and get healthy. Now that the holiday treats have stopped miraculously showing up at our doors and desks, there's no excuse not to get in health mode to look and feel better. Wanting to lose weight is a start. But it's better to break this daunting task down into achievable behaviors that get the job done. Even if you can't leave your house to work out or dine out, you can still set yourself up for weight loss success by following these 8 simple tips.

**1. Start each morning with something healthy.** By starting off your day with a healthy breakfast you're already ahead of the game each day. Pick out a cereal high in protein and fiber and low in calories and sugar. This will keep you full on few calories so you don't eat the wrong foods at lunch. It's an easy way to start the day off healthy without the guesswork and get closer to your weight loss goals each day.

Plus, if you take a daily vitamin with your breakfast, you know you'll ensure you get the nutrients you need each day to fuel your body and your workouts without even thinking about it.

**2. Look before you eat.** Ordering in takeout or even visiting fast food restaurants doesn't mean you have to pack on the pounds. Look up the calorie count of meals at your favorite restaurants and pick one that's under 500 calories. Check out [www.dietfacts.com](http://www.dietfacts.com) to look up the calorie count of foods at popular restaurants.

**3. Pre-portion your snacks.** I don't know about you but if I have a bag of chips with me in front of the TV, I'll chow through the whole thing by the end of the show. It's important not only to stock your house with healthy snacks but also to pre-portion them out into baggies when you buy them so you stick to eating one serving whether you're in front of the TV or at work. Most foods are healthy in moderation but overeating can make the pounds creep up. You can also prepare healthy foods such as sliced-up cucumbers or red peppers to munch on or dip in balsamic vinegar. You're more likely to reach for those—since they are ready—rather than high-calorie, easy-access foods like chips or a quick frozen quesadilla.

**4. Socialize health-consciously.** Hanging out doesn't have to mean eating out. Instead of going out for dinner or drinks to catch up with friends, go on a hike or walk to catch up. It's a great way to get a workout in while catching up with friendly conversation. Plus, you save money and calories. Or host a health-conscious potluck where everyone makes their favorite healthy treat and prints out the recipes so you get an arsenal of healthy treats to make in the future and enjoy. If you're feeling daring, try hosting an activity party where you pop in a Beachbody workout, play Nintendo Wii®, or go ice skating so you know you'll burn off those extra calories.

**5. Top your foods on the down low.** Of calories, that is. The calories in creamy sauces and dressings can really add up. Stock up on low- to no-calorie toppings like pico de gallo, hot sauce, mustard, pepper, 1-calorie-a-spray salad dressings from your local market, and even parmesan cheese in moderation. You'll be surprised at how quickly the weight will come off without sacrificing taste.

**6. Commit to workout times.** Make sure to set the times in your schedule to work out and stick to them. Plan other obligations around those times. Working out is important to your health and your life and making it and yourself a priority will not only help you meet your weight loss goals but help you live a better life. Use a calendar from the workout programs or set up a time to work out with a friend—whatever it takes. I like to set the time in my phone calendar so an alarm goes off that beeps and says "time to workout!" <http://teambeachbody.com/shop/-/shopping/P90X>

**7. Lay out your workout clothes the night before.** This can make a big difference not only in saving time but also making sure you commit to actually doing the workout. I like to get my workout clothes ready the night before for motivation but also so I can snooze through the extra time before working out. If you don't work out at home, then pack your gym bag the day before and always have it ready in your car or at work, so there's no excuse not to work out.

**8. Drink the healthiest meal of the day.** Replacing one meal a day, even a snack with a protein shake is the simplest way to lose weight and get the nutrients you need for optimal health. Protein shakes can provide a multifaceted approach to help you keep full, shed fat, reduce food cravings, improve digestion, lower cholesterol, and have more natural energy—all through a delicious low calorie shake. You can drink them every day as an afternoon snack or after working out. Everyone makes them a little differently to craft their favorite concoctions. Some people use water; others use milk, or even add a teaspoon of peanut butter or mint. They can be delicious! <http://teambeachbody.com/shop/-/shopping/MDSUSH311G>

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