

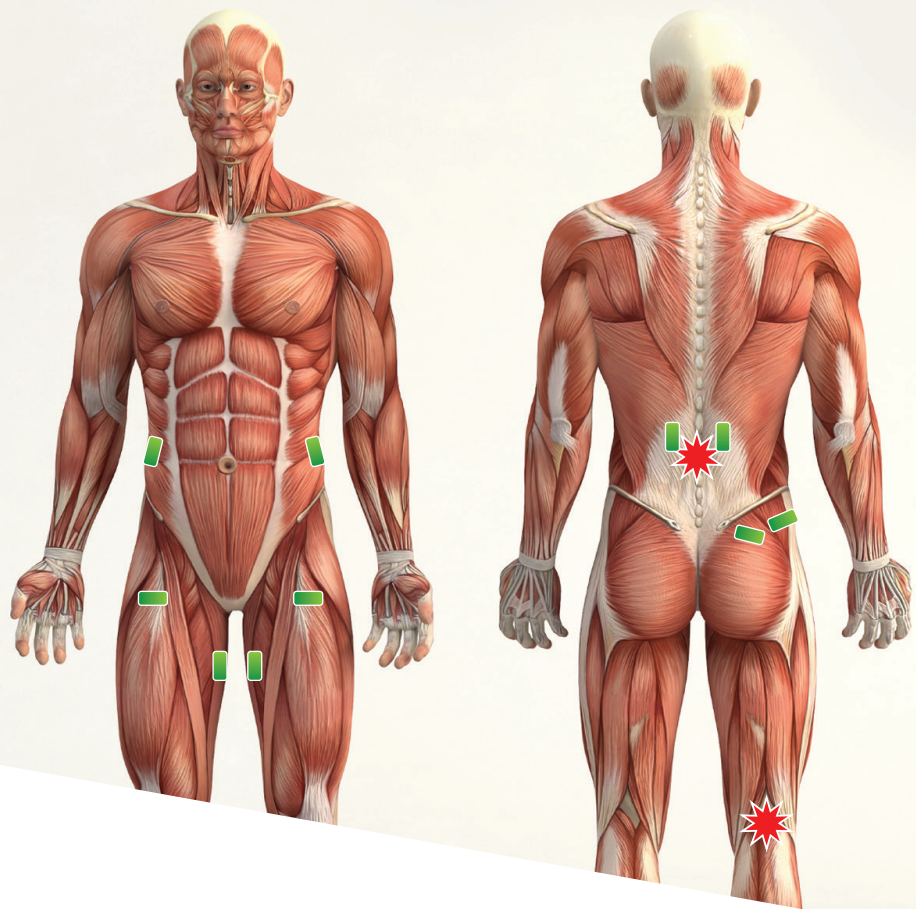
# CASE STUDY

26 Year Old NFL Tight End With 10+ Years of Lower Back Pain

*PERFORMED AT:  
Competitive Edge Physical Therapy  
in Tampa, Florida using  
the NeuFit Method.*

## DIAGNOSIS:

Patient presented with low back pain, radicular symptoms into R leg (sites of pain shown in the image below). When pain exacerbated, his posture would shift to the L. Patient had spent significant time in training room and missed games due to back pain every season since Junior year of high school, and this presentation was in line with the “episodes” of low back pain he had experienced throughout the last 10 years of his career.



## TREATMENT AND OUTCOME:

He performed 4 NeuFit sessions at Competitive Edge Physical Therapy in Tampa, FL. The treatments began with the NeuFit® Mapping Process, wherein the patient was scanned for sites of neurological dysfunction, and then those sites were treated with the Neubie® device for neuromuscular re-education. These sites of neurological dysfunction are identified by scanning an electrode across the patient’s body and observing the patient’s reaction to the unique stimulation current of the Neubie®. Where there is dysfunction, such as the hypersensitivity associated with guarding after a traumatic injury or surgery, the body will fight strongly against this electric signal and it will feel significantly different to the patient. Once these spots are found, they are stimulated in combination with various movements and corrective exercises. During the course of treatment, stimulation was given at the sites shown in green on the image above, which were identified during the mapping process. The exercises performed included simple mobilizations of the hips (supine knees-to-chest, ab/adduction and internal/external rotation),

Romanian dead lifts/hip hinge (bodyweight only), bodyweight squats, walking, and lateral shuffles. He noticed a meaningful reduction in pain with each session, such that by the end of the 4th session he was completely pain free and had normal ROM.

## **DISCUSSION:**

The patient was very pleased with how quickly he recovered from this “episode” during these 4 treatment sessions and that he was able to participate in training camp. He still had reservations that the pain would return during the season as it typically did, and made plans to return for more sessions during the team’s bye week (week 5). As the season went on, he was pleasantly surprised that his back pain did not return at all. He did not end up requiring treatment during the bye week, and for the first time in his career he went an entire season without reporting to the training room once to treat back pain. Supported by his new-found health, he went on to have his best season in terms of receptions and touchdowns scored.