



PRECISION

SPINAL CARE

**EFFECTIVE AND ACCURATE
DIAGNOSIS AND TREATMENT**

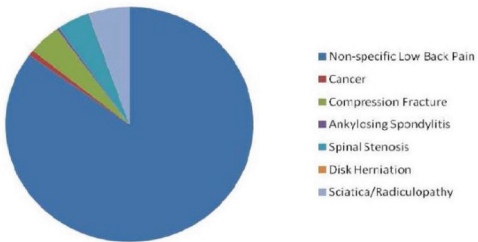
- **NECK PAIN**
- **BACK PAIN**
- **HEADACHES**
- **AUTO ACCIDENT INJURIES**

*To Stop Pain, Relieve Muscle Spasms
and Help You Move Fully.*

WHY AM I STILL IN PAIN?

- 75% of acute and chronic spinal related pain is not clearly diagnosed. Most often a patient is given a generic diagnosis of non-specific mechanical pain or sprain/strain and simply given anti-inflammatory or pain medication.

Non Specific = Altered Biomechanics = Specific



- The Insurance Research Council states 87% of people who are injured in an auto accident have a spinal ligament tear.
- The main cause of acute or chronic headache, neck or back pain among patients we see in our office is determined to be a spinal ligament tear.



Spinal ligament tears can create joint, nerve and disc pressure which lead to inflammation, pain and scar tissue formation.

HEALTHY LIGAMENT

TORN LIGAMENT

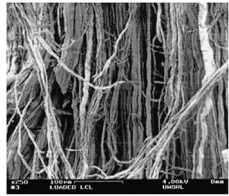
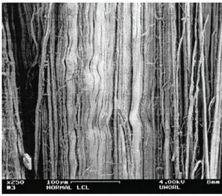


Fig. 2. Scanning electron micrograph of normal (left) and damaged (right) mature ligament at time 0 (after the initial stretch). In the subfailure stretched tissue, collagen fiber damage was distributed along the length of the tissue.

When a ligament tears it forms scar tissue that has 4 negative effects:

1. More nerve endings
2. Nerve endings are more sensitive
3. Tissue is weaker
4. Tissue is stiffer

Thus, normal activities of daily living become much more painful:

- Work
- Sleep
- Bathing/Showering/Getting Dressed
- Cooking/Cleaning/Laundry
- Yardwork/Gardening

Pain, muscle spasm and decreased mobility become a part of everyday life.

Scar tissue over the years hardens and becomes osteoarthritis which is the number one disability in the U.S.

Spinal related problems are best revealed by the following tests:

- MRI – disc herniations, pinched nerves, spinal canal size (stenosis).
- CT scans - cross section to help identify tumors, cancers, organ injuries, blood vessel problems.
- Static x-rays – tumors, fractures and degenerative changes.

For SPINAL LIGAMENT INJURIES the recommended AMA imaging test is a digital x-ray and the use of a process called CRMA (computerized radiographic mensuration analysis). This test pinpoints the exact location and severity of your injury.

The foremost guidebook to consult for spinal ligament damage is the *AMA Guides to the Evaluation of Permanent Impairment, 5th Edition*



This Book Tells Us That When Spinal Ligaments Are Compromised there is “Loss of Motion Segment Integrity”

These are the Specs:

- Translation is defined as anterior-posterior motion of one vertebra over another that is:
 - >3.5 mm in cervical spine
 - >2.5 mm in thoracic spine
 - >4.5 mm in lumbar spine
- Angular motion difference of two adjacent segments
 - >11 deg Cervical spine
 - >15 deg at L1-L2, L2-L3 & L3-L4
 - >20 deg at L4-L5
 - >25 deg at L5-S1

We are the only office in the Hampton Roads area that performs this specialized test. Our doctors clinically correlate image findings to your orthopedic examination results to determine the cause of your pain.

Common Scenario:

- Patient has acute or chronic headache, neck or back pain and/or been involved in an auto accident.
- Typical medical imaging tests and exams are negative.
- Patient is told to manage the pain with medication.
- Patient is commonly sent to physical therapy, which does not target the spinal ligaments and may aggravate the ligament tear.
- Long-term use of anti-inflammatories inhibits collagen synthesis (repair of the ligament tear) and leads to a greater likelihood of permanent injury.

Scenario at Precision Spinal Care:

- Detailed history of your chief complaint.
- Comprehensive medical history review.
- Orthopedic measurements, exams, nerve and muscle tests to accurately diagnose the cause of your pain.
- State of the art digital x-rays which follow AMA guidelines to measure the exact location and severity of ligament damage.
- Use of NUCCA care to reduce nerve and joint pressure as measured on the x-rays. NUCCA is a specialty field of chiropractic that is **gentle** and involves **no manipulation** of the head, neck or back. NUCCA has been an accepted practice since 1966 and its effectiveness is documented in medical journals.

- Use of **gentle** specialized therapy that heals ligament tears. Stretching on your own or traditional physical therapy does not isolate and treat the spinal ligaments.
- Regular re-exams to objectively evaluate if the care is effective and you are healing.
- Track record of helping our patients significantly reduce pain, muscle spasms, increase mobility and ability to enjoy activities of daily living without major restrictions or limitations.



PRECISION

SPINAL CARE

We make it easy to see if you have a spinal ligament injury:

- We open as early as 8am and stay as late as 6pm so you don't have to miss work for an appointment.
- You will see the doctor as quickly as possible, no long wait times.
- We will perform all of these tests including the x-rays for your specialist co-pay regardless of your insurance.
- If you don't have health insurance the cost of the exam is only \$20 and if x-rays are needed they are only \$50.
- If you were involved in an auto accident recently there are NO out of pocket costs.



Dr. David Packer

- ◉ Owns and operates Precision Spinal Care since 2002.
- ◉ Board Certified NUCCA doctor.
- ◉ Serves on NUCCA Board of Directors as co-chair of Education Committee.
- ◉ Teaches at NUCCA conferences and at Life University in Atlanta, Georgia, training many doctors and students every year.
- ◉ Frequent speaker to medical and legal groups on spinal ligament injuries.
- ◉ BA and MBA from UNLV, DC degree from Palmer College in Davenport, Iowa.
- ◉ Served in US Navy and participates with community outreach programs for veterans in the Hampton Roads.
- ◉ Serves as expert witness for auto injury patients in court.
- ◉ Dr. Packer has extensive post graduate credentials through the Academy of Chiropractic and the University of Buffalo Jacob School of Medicine in:
 - MRI Spine Interpretation
 - Spinal Biomechanical Engineering
 - Orthopedic Testing
 - Stroke Evaluation Protocols
 - Spinal Trauma and Pathology
 - Impairment Rating
- ◉ Dr. Packer is also trauma team and hospital qualified. He is also in a fellowship in spinal trauma and biomechanics doing rotations in:
 - Interventional Pain Management
 - Orthopedic Surgery - Extremity and Spine
 - Neurosurgery
 - Vascular Neurology
 - MRI
 - Internal Medicine
 - Primary Care
- ◉ For personal injury Dr. Packer has credentials in:
 - Crash Dynamics
 - Accident Reconstruction
 - Medical - Legal Documentation
 - Trauma Injury - Triage and Treatment Protocols
 - Neuro-diagnostic Testing

**To learn more visit our website at
nuccaspinalcare.com**

We have numerous patient reviews on our website or simply google "*Precision Spinal Care, Chesapeake, VA*" and take a look at our online reviews.

**Call 382-5555
to make an appointment**

You don't have to live with pain, muscle spasms or limited mobility with restrictions to everyday activities. Don't wait and risk living with a permanent injury.



**1305 Executive Blvd., Suite 170
Chesapeake, VA 23320
Phone: 757.382.5555 • Fax: 757.382.5556
nuccaspinalcare.com**