



## Meditrac success story

Innovative treatment restores chronic back patient with herniated disc to recovery in record time.  
Eliminates hospitalization, drugs and surgery!

  
SMALL DEVICE, BIG RELIEF

# Overview

Almost everyone suffers from lower back pain at some stage. Some unfortunately experience acute disorders that not only cause excruciating pain, but debilitate lifestyles and careers. Iris, a 43 year old lawyer (full name protected), was no stranger to extreme back pain. For over 12 years she experienced attacks that left her in tears.

*“I couldn’t walk more than 20 meters. I couldn’t even drive. I met my clients while lying on the office floor and I was totally dependent on drugs. I moved around like a homeless, pausing and lying down on each bench in my neighborhood.”*

The condition became worse earlier in the year; Iris experienced intense pain with radiation in her left leg, forcing her to seek hospitalization and IV medical treatment at Ichilov Hospital, Tel Aviv. The treatment offered partial and temporary pain relief.

The next step, a high-risk back operation was a procedure Iris insisted on avoiding at all costs.

After failing to get help from countless doctors and clinics, friends and colleagues referred Iris to the Meditrac clinic.

## History

- Iris endured a history of severe back pain attacks with radiation to the legs for over 12 years
- **An MRI revealed a huge herniated disc on the right at L4 – L5 and a huge disc on the left at L5-S1**
- She could not stand for more than 15 minutes, could barely walk and could not sit upright in an office chair
- The bone scans produced negative results
- The Meditrac post-hospital tests revealed she had positive laseg in right of 40 degrees, weakness of EHL 3/5 from the right, positive laseg in left of 50 degrees, yet her sensation test was normal.

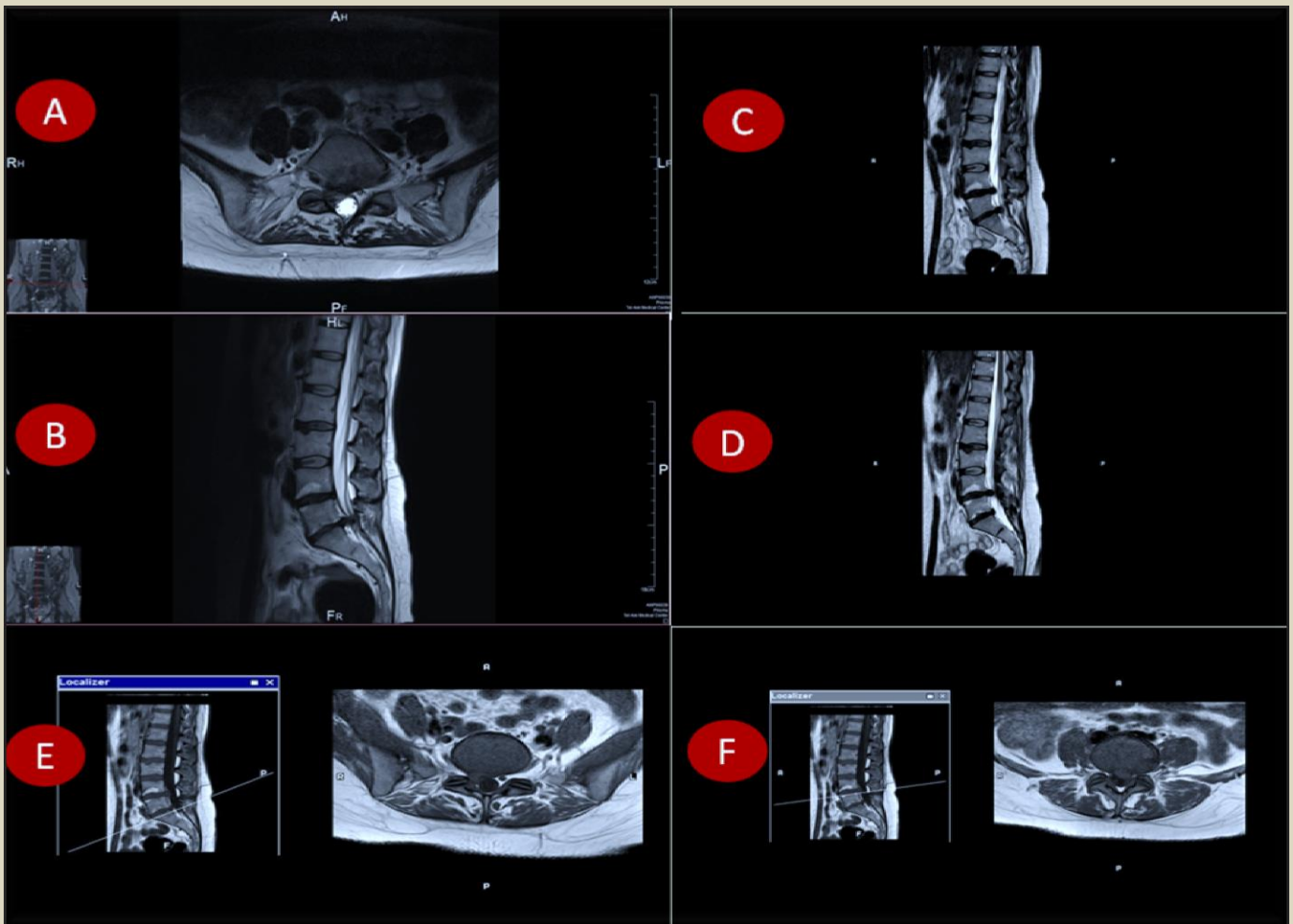
*“I couldn’t believe I returned to normal activities and could advance with my exercises within 2–to-3 weeks, without taking drugs”*



- 1st week of treatment; patient walks treadmill 15 minutes daily in traction
- Following one week, patient walks up to 30 minutes a day
- Within two weeks patient quits anti-inflammatory and morphine treatment
- In one month patient returns to full time work
- Preventative Vertetrac treatment is reduced to once a week
- A pain-free and drug free patient returns to normal day-to-day activities

# Treatment

The patient began a daily treatment which involved applying **Meditrac's Vertetrac traction** device while walking on a treadmill for 10-to-15 minutes. The traction treatment was gradually increased to 30 minutes a day. In the early stage of treatment she still needed two doses a day of morphine as well as an anti-inflammatory drug once a day.

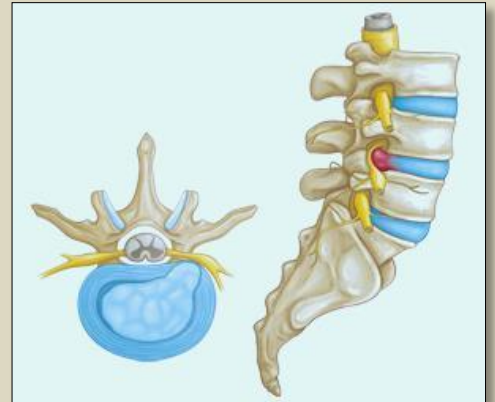


- **A**, **B** and **C** indicate huge disc in levels L5 – S1
- **D** = huge disc in levels L4 – L5
- The MRI on **E** and **F** show the disc herniation on level L4-5 is completely normal
- Level 5 S1 still shows a disc herniation to the left  
(MRI results recorded on June 19 2015)

## What do the scans mean?

A disk begins to herniate when its jelly-like nucleus pushes against its outer ring due to wear-and-tear or a sudden injury. The pressure against the outer ring can cause lower back pain. If the disk is very worn or injured, the jelly-like center can squeeze all the way through.

Once the nucleus breaks or herniates through the outer ring, pain in the lower back can improve, but leg pain can increase. It can also put pressure on sensitive spinal nerves, causing pain, numbness or weakness in both legs.



## Results

**Today the patient is pain-free and back on her feet.**

Already during initial treatment Iris was able to walk on the walking machine, enabling her to rehabilitate actively and accelerate the healing process.

Following a week of intensive multi-dimensional and asymmetrical traction treatment, Iris was able to walk continually for 30 minutes. The three-dimensional traction worked simultaneously to bring pain relief and reduced the pressure on her herniated disc. The relief was achieved by inducing negative pressure making it possible for the disc to return to its normal position.

She no longer needed anti-inflammatory medication. By the end of the second week she stopped taking her nightly morphine treatments.

Following 12-to-15 sessions she was able to reduce her Vertetrac treatment frequency to every second day.

A week later she returned to full-time office work in a sitting position and followed instructions to walk around the office every half hour.

As a preventative treatment, she also walks on the treadmill while wearing the Vertetrac device once a week, which maintains the progress and recovery.

*“Acute back pain can be physically and emotionally distressing. It can affect patient’s moods, sleep and every other part of their life. Iris’s condition was one of the worst I came across. Our unique combination of decompression and traction in motion not only restored her back to*

*normal daily life, it gave her the confidence to return to physical activities and revived her self-esteem.”*

*“To date, I have prescribed the Vertetrac treatment to hundreds of disc herniation patients with positive results. My greatest satisfaction comes from saving hundreds of patients from surgery, and helping them back to everyday life without pain and without drugs”*

Arieh Grober, MD, Ph.D. – Founder & Head of Meditrac Spinal clinic

## About Vertetrac Dynamic Traction

Vertetrac's lumbar ambulatory decompression solution offers an innovative and cost-effective approach to treating lower back pain.

It is the only back injury treatment to decompress with horizontal force and create three-dimensional compression while enabling the patient to partake in physical rehabilitation, which not only restores the patient's physical activity, but accelerates the recovery.

Vertetrac affords relief to patients suffering from lumbar spine related injuries and disorders including herniated disc, lower back pain and sciatica. The Vertetrac treatment aims to provide an alternative to surgery, body braces, or decompression table treatments.

It outperforms traditional traction by combining decompression and traction therapy from every dimension with asymmetrical traction options, while enabling patients to be completely mobile and fully active during treatment.

The Vertetrac device is compact, light-weight and portable. All Meditrac treatment devices are FDA listed and practiced by recognized medical authorities worldwide.

**For more on Meditrac Vertetrac treatment:** [www.meditrac.co.il](http://www.meditrac.co.il) or contact us at: USA Toll Free Number: 1-866-732-0170. Email: [info@meditrac.co.il](mailto:info@meditrac.co.il)

