

Evidence-Based Chiropractic Protocols

Applying The Science of Spinal Motion, Sensori-Motor Neurology, and Health

Spinal Health Assessment

Progress Report

Test Guy33

Mar 06, 2020

Dr. James L. Chestnut
250-381-2084

Recovery - Wellness - Prevention - Performance

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Spinal Health Assessment Progress Report

Congratulations Test on continuing to take a proactive role in your health. Your Evidence-Based Chiropractic Protocols Spinal Health Assessment Progress Report provides detailed information regarding the current status of your overall spinal health and function, your spine-related symptoms, and your spine-related quality of life and the changes that have taken place since your last assessment.

Based on evaluation of both your current status and the changes that have occurred since your last assessment, your Doctor of Chiropractic will be able to determine what types and amounts of care are most appropriate moving forward. As your recovery progresses, future reports will allow you and Dr. James L. Chestnut to continue to monitor your spinal health status in order to determine the most effective and cost-effective wellness and prevention care and lifestyle strategies to maintain your spinal health and quality of life, prevent spinal health degeneration, and promote high functional ability and activity performance.

There are five questions that form the foundation of the Evidence-Based Chiropractic Protocols Spinal Health Assessment and Report. These are:

1. What is the status of your current overall spinal health and functional abilities, spine-related symptoms, and spine-related quality of life?
2. What are the underlying causes or determining factors responsible for your current status?
3. What is your predicted future status if you do not address these underlying causes and determining factors?
4. What is required in order to recover your spinal health and functional abilities, resolve your spine-related symptoms, and restore your spine-related quality of life?
5. What wellness and prevention interventions or strategies are required to maintain your recovered spinal health and functional abilities, help prevent future spinal health degeneration, and promote future high functional ability and activity performance and quality of life?

Test your Spinal Health Assessment Report allows Dr. James L. Chestnut to answer these foundational questions for you.

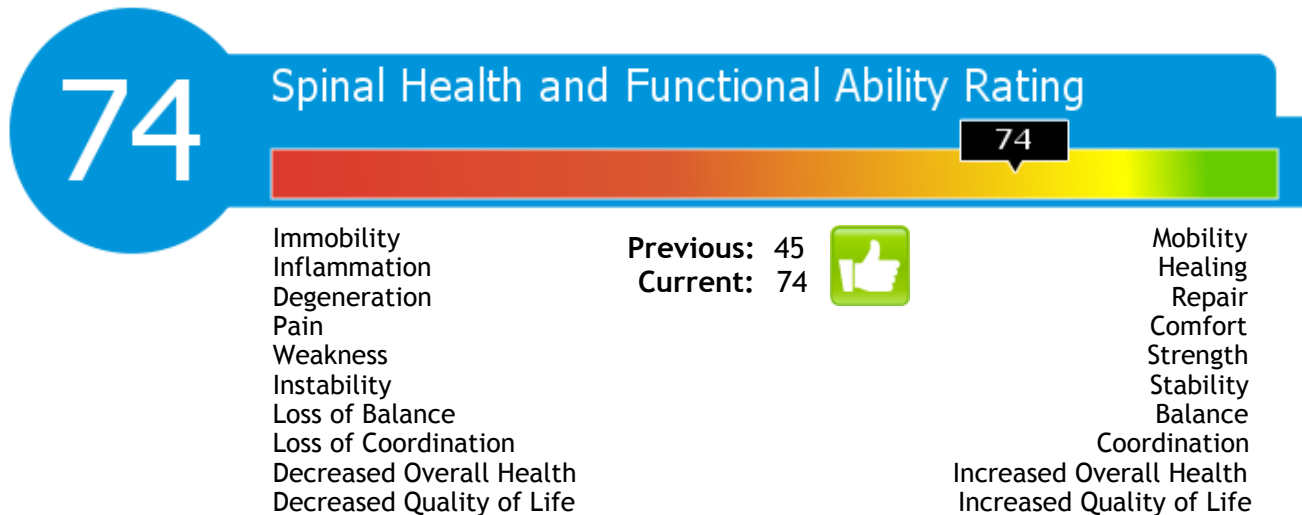
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Spinal Health and Functional Ability Rating



Your Spinal Health and Functional Ability Rating score is **MILDLY LOW**. Your current lifestyle habits and state of spinal neuromusculoskeletal health and function are putting you at risk of continued or future spinal neuromusculoskeletal health degeneration, functional disability, worsening/development of spine-related symptoms, and reduced spine-related quality of life. Your Doctor of Chiropractic will provide you with a detailed explanation and recommend an appropriate chiropractic spinal health care plan.

If you are not within the green area of the graph (a score of 90 or above) then, without active and/or passive spinal health care intervention, you are heading away from spinal health and functional ability and quality of life and toward spinal health degeneration, functional disability, loss of quality of life, and developing/worsening symptoms. The further you are away from the green area of the graph the greater your risk and the more intervention you are likely to require in order to restore and/or maintain your spinal health, functional ability, and quality of life.

Your Spinal Health and Functional Ability Rating score is based on data from your individual Spine-Related Lifestyle Stressor Load Rating, Spine-Related Pain and Functional Disability Rating, and Spinal Segmental Neuromusculoskeletal Dysfunction Rating.

Think of your individual Spinal Health and Functional Ability Rating score as a summary of where your spine-related health, functional ability, and quality of life were, and were heading, prior to your assessment. Your score represents the combination of the most significant determining factors combined into a single direct rating of your current and predicted future spine-related health, functional ability, and quality of life status.

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Your Doctor of Chiropractic will rely most heavily on your Spinal Segmental Neuromusculoskeletal Dysfunction Rating (Vertebral Subluxation Complex/Joint Dysfunction Rating) to determine the frequency and duration of your chiropractic care plan until your next assessment. This rating is the single most valid and reliable indicator of your need for chiropractic spinal adjustments/manipulations because it represents the most valid and accurate determination of your current state of spinal segmental motion deficiency (restriction) and allodynia (tenderness) which are indicators of underlying scar tissue deposition, inflammation, and neuromusculoskeletal structural and functional dysfunction and/or degeneration.

You will also require some prescribed spinal fitness exercises and, if your intake is deficient, prescribed supplementation of omega-3 fatty acids and vitamin D in order to ensure a proper physiological recovery response to your chiropractic care and to maximize your health outcomes. These exercises and essential nutrients are an integral part of the Evidence-Based Chiropractic Protocols for a good reason; research evidence indicates they are required for recovery, wellness, prevention, and performance. Your Doctor of Chiropractic will explain this to you and provide you with as much information as you need regarding the scientific evidence supporting the biological necessity and proven clinical benefit of these exercises and essential nutrients. You will also receive information regarding the importance of developing and maintaining healthy eating, exercise, and attitude habits. Research is clear, the best results are experienced by patients who adopt a healthy, optimistic attitude and healthy lifestyle habits.

As your segmental spinal motion is restored and your overall spinal health, functional ability, and quality of life improve, you will require less frequent care and be able to engage in more healthy activities. Eventually you will reach the stage where you are ready to progress from recovery care to maintenance care and then elect to move to an individualized wellness, prevention, and performance care schedule which will be determined by a combination of your Spine-Related Lifestyle Stressor Load Rating and the maximum interval between your spinal checkups that can be maintained without a worsening of your Spinal Health and Functional Ability Rating score.

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Spine-Related Lifestyle Stressor Load Rating



Previous: 30

Current: 21



Research is clear, unhealthy lifestyle habits are the most significant and most common causes of reduced spinal health, spine-related pain and disability, and loss of spine-related quality of life. As importantly, research indicates that the best results are experienced by patients who adopt healthy lifestyle habits.

Your Spine-Related Lifestyle Stressor Load Rating is a measure of the quality of your current spine-related lifestyle habits and of the associated risk from your unhealthy spine-related lifestyle habits.

Your Spine-Related Lifestyle Stressor Load Rating is **MILD**. Your current spine-related lifestyle habits are putting you at **risk** of continued or future spinal neuromusculoskeletal health degeneration, functional disability, worsening/development of spine-related symptoms, and reduced quality of life. Please review the information under the "Improving My Score" tab which is part of your Evidence-Based Chiropractic Protocols Spinal Health Assessment Report on-line resources. Your Doctor of Chiropractic will provide you with a detailed explanation and recommend an appropriate chiropractic spinal health care plan.

	Previous Value	Current Value	Target Value
Chiropractic Spinal Health Exam	Yes	Yes	At least 1 in past 12 months
Omega-3 Intake	7	7	7 serv/wk - 1.5 grams daily
Vitamin D-3 Intake	7	7	7 serv/wk - 4000 IUs daily
Spinal Conditioning/Hygiene Exercises	4	7	7 days/week
Hours Sitting /Day	3	2	less than 3 hours
Aerobic Exercise	5	6	7 days/week 30 minutes daily
Resistance Exercise	2	2	3 times per week
BMI (5ft 10in 172lbs)	25	25	<22
Emotional Stress	4	3	rating of 1 or lower
Past Unresolved Spinal Traumas/Injuries	3	3	0
Tobacco Use	0	0	0 uses/day

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Spine-Related Pain and Functional Disability Rating (Loss of Spine-Related Quality of Life)



Previous: 34

Current: 7



Congratulations! Your Spine-Related Pain and Functional Disability Rating is within the **Wellness, Prevention, and Performance Target Zone**. Your current spinal health and functional abilities are virtually free of signs of adaptive functional degeneration and disability. Your current spinal health and functional abilities are virtually free of signs of adaptive functional degeneration and disability. Your current lifestyle and spinal care habits are minimizing your risk of future spinal health degeneration, functional disability, and spine-related quality of life. Your Doctor of Chiropractic will provide you with the appropriate explanation and care recommendations to maintain this status. Keep up the great work!

On Average, Over the Past 30 Days Has Pain Limited Your Ability to:

	Previous Value	Current Value	Target Value
Conduct Personal Grooming/Self Care	Never	Never	Never
Lift Heavy Objects	Sometimes	Seldom	Never
Read	Seldom	Never	Never
Concentrate	Seldom	Never	Never
Sit	Sometimes	Seldom	Never
Stand	Never	Never	Never
Work	Never	Never	Never
Operate a Vehicle	Seldom	Never	Never
Sleep	Sometimes	Seldom	Never
Engage in Social Interaction	Never	Never	Never
Engage in Recreational Activities	Sometimes	Seldom	Never

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Spine-Related Pain and Functional Disability Rating (Loss of Spine-Related Quality of Life)

On Average, Over the Past 30 Days Has Lack of Functional Ability (Loss of Mobility, Balance, Strength) Limited Your Ability to:

	Previous Value	Current Value	Target Value
Conduct Personal Grooming/Self Care	Never	Never	Never
Lift Heavy Objects	Sometimes	Seldom	Never
Stand	Never	Never	Never
Work	Never	Never	Never
Operate a Vehicle	Seldom	Never	Never
Engage in Social Interaction	Never	Never	Never
Engage in Recreational Activities	Seldom	Never	Never

Acute Pain and Functional Disability (Current)

	Previous Value	Current Value	Target Value
Pain Medication Use	No	No	No
Typical Physical Pain Level Rating	5	2	1 or lower
Typical Functional Ability Rating	7	8	9 or higher

Chronic Pain and Overall Physical Disability (Past 30 Days)

	Previous Value	Current Value	Target Value
Pain Medication Use	0	0	0 uses/week
Daily Physical Pain Level Rating	4	2	1 or lower
Overall Functional Ability Rating	7	8	9 or higher

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Spine-Related Pain and Functional Disability Rating

Cervical Spine Range of Motion

	Prev Measurement	Prev Pain	Current Measurement	Current Pain	Normal
Flexion	55	N	60	N	60
Extension	45	Y	65	N	75
Left Lateral Flexion	40	N	45	N	45
Right Lateral Flexion	40	N	45	N	45
Left Rotation	70	N	80	N	80
Right Rotation	55	Y	70	N	80

Thoracic Spine Range of Motion

	Prev Measurement	Prev Pain	Current Measurement	Current Pain	Normal
Left Rotation	45	N	45	N	45
Right Rotation	45	N	45	N	45

Lumbo-Sacral Range of Motion

	Prev Measurement	Prev Pain	Current Measurement	Current Pain	Normal
Flexion	55	N	60	N	60
Extension	20	N	25	N	25
Left Lateral Flexion	25	N	25	N	25
Right Lateral Flexion	15	Y	25	N	25

Y Indicates patient experienced pain during active motion

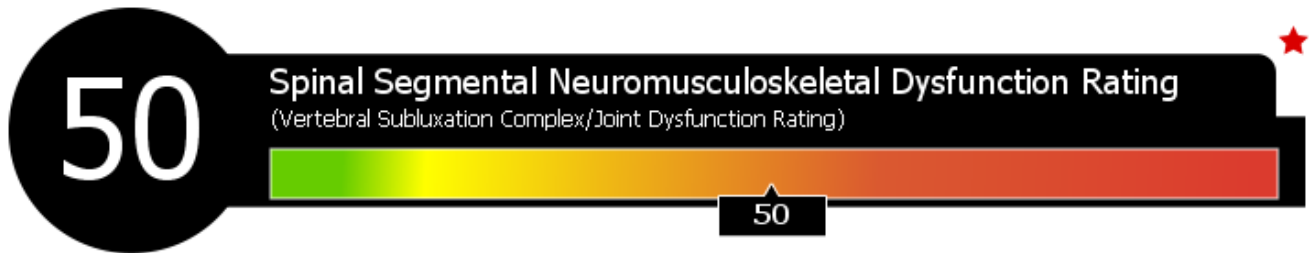
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Spinal Segmental Neuromusculoskeletal Dysfunction Rating (Vertebral Subluxation Complex/Joint Dysfunction Rating)



Previous: 110

Current: 50



Your Spinal Segmental Neuromusculoskeletal Dysfunction Rating (Vertebral Subluxation Complex/Joint Dysfunction Rating) is the main exam finding determining the frequency and duration of your chiropractic care plan until your next assessment. This rating is the single most valid and reliable indicator of your need for chiropractic spinal adjustments/manipulations because it represents the most valid and accurate determination of your current state of spinal segmental motion deficiency (restriction) and allodynia (tenderness) which are indicators of underlying scar tissue deposition, inflammation, and neuromusculoskeletal structural and functional dysfunction and/or degeneration.

Your Spinal Segmental Neuromusculoskeletal Dysfunction Rating is **MODERATE**. Your spine is showing signs of moderate segmental neuromusculoskeletal structural and functional dysfunction and/or degeneration. Your current state of spinal segmental neuromusculoskeletal health and function are putting you at **significant risk** of continued or future spinal neuromusculoskeletal health degeneration, functional disability, worsening/development of spine-related symptoms, and reduced spine-related quality of life. Your Doctor of Chiropractic will provide you with a detailed explanation and recommend an appropriate chiropractic spinal health care plan.

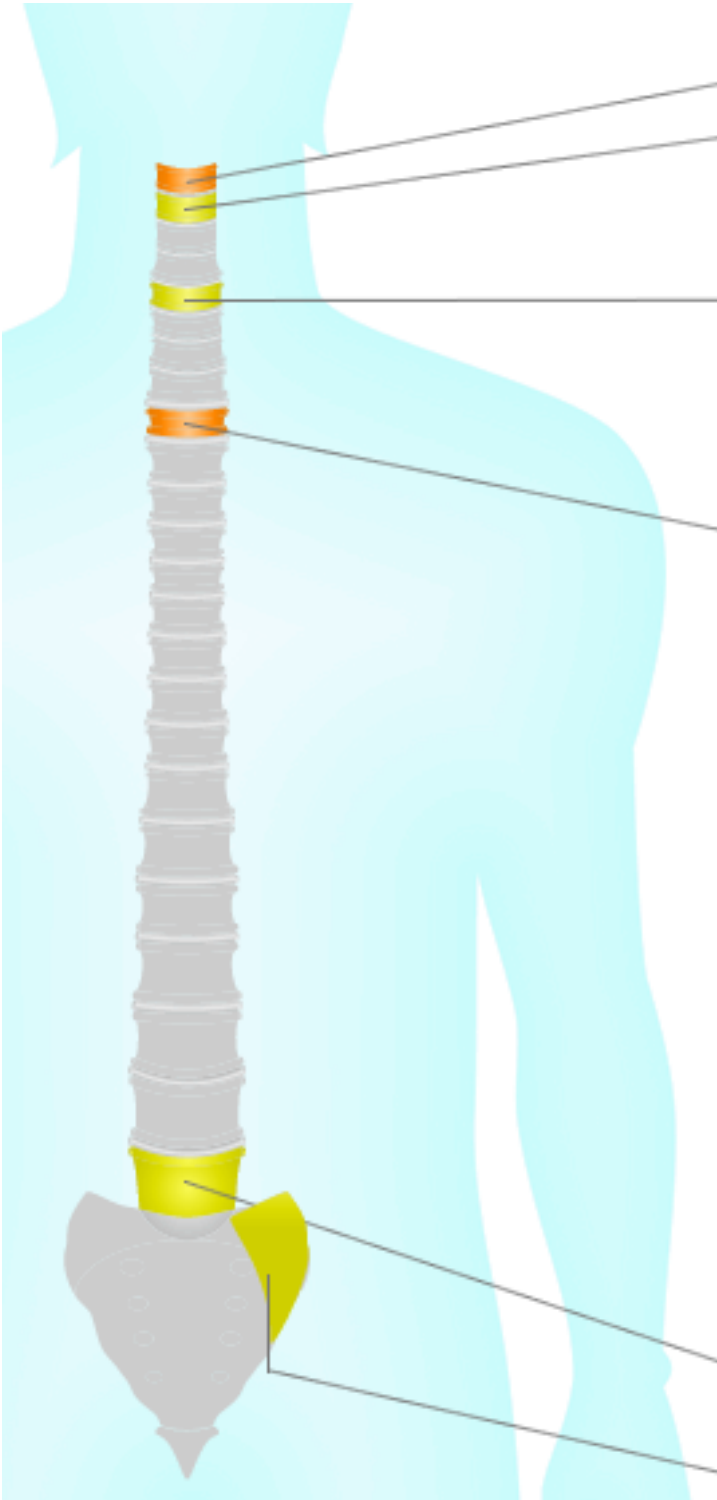
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Spinal Segmental Neuromusculoskeletal Dysfunction Rating (Vertebral Subluxation Complex/ Joint Dysfunction Rating)



Segment	Baseline	Previous	Current
C1	severe	severe	moderate
C2	severe	moderate	mild
C3			
C4			
C5	severe	mild	mild
C6			
C7			
T1			
T2	severe	severe	moderate
T3	severe	mild	
T4			
T5	moderate		
T6	moderate		
T7			
T8			
T9			
T10	moderate	mild	
T11			
T12			
L1			
L2			
L3			
L4	moderate		
L5	severe	moderate	mild
Left SI			
Right SI	severe	moderate	mild

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The Solution: How to Recover, Get Well, and Stay Well

Test there is only one way to improve and maintain a high **Spinal Health and Functional Ability Rating** score. You must minimize or reduce your Spine-Related Lifestyle Stressor Load Rating, your Spinal Segmental Neuromusculoskeletal Dysfunction Rating, and your Spine-Related Pain and Functional Disability Rating. The only way to do this is to address the underlying causes of your spinal neuromusculoskeletal health degeneration, functional disabilities, spine-related symptoms, and reduced spine-related quality of life. In other words, you must receive the necessary care and engage in the necessary active recommendations required to restore and maintain your segmental spinal health and function, your overall spinal health and functional abilities, resolve your spine-related symptoms, and recover and maintain your spine-related quality of life.

Test by following the recovery, wellness, and prevention recommendations provided by Dr. James L. Chestnut, you have the ability to recover and maintain a high **Spinal Health and Functional Ability Rating** score and to experience a healthier, more functional, more comfortable, more productive, and more fulfilling life.

The more you actively engage in the spinal fitness and healthy lifestyle recommendations provided by Dr. James L. Chestnut , and utilize the information and educational materials provided in your Evidence-Based Chiropractic Protocols Spinal Health Assessment Report on-line resources, the more you will reach your recovery and wellness and prevention potential. Following these recommendations is the best way to speed the process of recovery, to speed the transition from recovery to wellness, prevention, and performance, and to increase the interval between checkups without a worsening of your Spinal Health and Functional Ability Rating score.

The goal is to provide you with the maximum possible benefit in terms of recovery, wellness, prevention, and performance with the least possible amount of care and expense. Like all aspects of your health, your spinal health, functional ability, and quality of life will be a reflection of your decisions, your habits, and your level of commitment. The worst decision you can make is to ignore your health until it has been lost or to allow the gains you have achieved to be lost due to lack of proper maintenance. The best decision you can make is to take the necessary steps to both recover and maintain your health.

Dr. James L. Chestnut and Evidence-Based Chiropractic Protocols are committed to providing you with the highest possible quality of care and resources in order to help you reach your recovery, wellness, prevention, and performance potential. Our shared goal is singular - to provide the highest possible level of clinical excellence in order to help you achieve the best possible health outcomes.