

A Patient's Guide

to Treating Back and
Neck Pain With PNT



Reducing Pain

Restoring Function

Improving Lives

PNT

percutaneous neuromodulation therapy



Breaking The

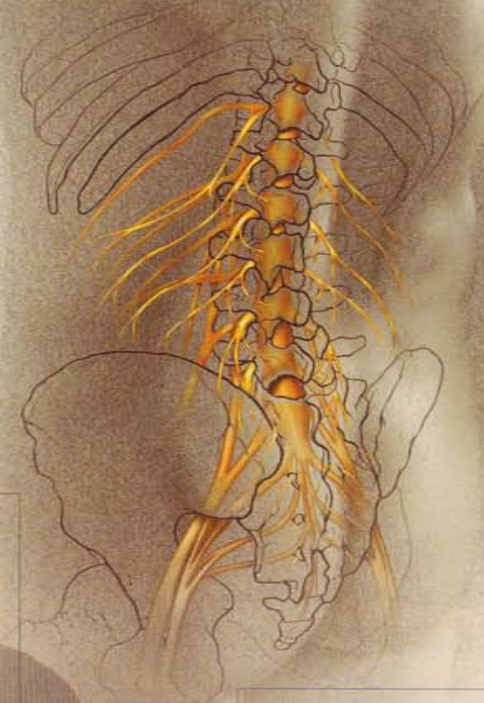
The Science Behind PNT.

Pain Cycle:

A scientific approach to managing pain. At the onset, back or neck pain is often a symptom of an injury. Many patients however continue to suffer despite a definitive diagnosis and often in the absence of ongoing tissue damage.

Scientists now know that an acute injury can trigger changes in the pain-transmitting nerve cells of the spinal cord, resulting in a hypersensitivity, which amplifies pain and prolongs suffering well beyond the initial injury. Once this occurs, normal daily activities such as reaching, walking, standing, or even sitting can result in debilitating pain that reinforces the changes in the spinal column, locking the patient into a vicious cycle.^{7,8}

Significant progress is now being made in understanding chronic pain syndromes, offering insight into new treatment approaches. Researchers believe that the stimulation delivered through deep peripheral nerves reverses the changes to nerve cells in the spinal column that are responsible for persistent pain.² For many patients, the result of a course of PNT is significant and lasting relief.



Vertis PNT delivers electrical stimulation directly to the deep tissues in order to reach the nerve pathways that can affect pain.



Vertis PNT:

What To Expect.

Your therapy session. Depending on the location of your pain, you will be asked to either lie on your stomach or side on an examination table or sit in a chair leaning forward onto a comfortable surface. Clinical studies confirm that patients derive the most benefit from the therapy when electrical stimulation is delivered to the area of the spine that relates to the patient's pain. For that reason, up to ten Safeguide™ electrodes will be applied to either the lower back or upper back and neck region in a designated pattern. Each Safeguide is designed to deploy an extremely fine electrode—a filament about three times the diameter of a human hair. For the vast majority of patients, this insertion results in little or no discomfort.

Once the electrodes are in place, your doctor will carefully adjust the stimulation, establishing a level of therapeutic benefit with minimal discomfort. Typically, the stimulation results in a deep tingling or tapping sensation in the area surrounding the electrodes. Stimulation is delivered for a period of 30 minutes during which time you will be asked to relax and remain relatively still. When the therapy session is over, the electrodes are removed and you will be able to resume your day.



The results you can expect from PNT. While a number of patients experience some level of pain relief after a single session, many require three to four treatment sessions before experiencing any noticeable benefit. For this reason, you should be ready to commit to a course of three to four sessions so that you and your doctor can fully evaluate the effectiveness of the therapy.

Based on clinical research, patients who do respond typically receive up to ten treatment sessions. While most patients experience a significant reduction in pain, there is the possibility that, for some patients, PNT will provide a minimal reduction or no reduction at all. Your physician will consult with you throughout this process to determine the appropriate course of therapy for you.

Safeguide placement maps that provide maximum patient benefit were chosen for the PNT therapy.

