



## Testimonial for NutraDisc®

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### INTRODUCTION

A 29 year-old electrical linesman, Mr. T, presented with left low back pain radiating down the outside of his leg down into the lateral calf. Pain had developed over the course of a few years and Mr. T had tried everything from massage to chiropractic to getting his couch stuffed with more padding. He had also tried getting a new mattress. Mr. T has a very demanding job, requiring him to climb electrical poles and also to be sitting in the truck for hours on end. The work trucks he uses have very worn-down seats. He also has two young children, ages 3 and 18 months which have him running around at home a lot. The pain was crippling at times.

### PATIENT HISTORY AND EXAM

We first saw Mr. T for this pain 3 years ago and tried chiropractic, electrical stimulation, and gua sha. Nothing seemed to alleviate his pain. When he came back in to see us, it had progressed more and he had started to see an orthopedic surgeon. His pain level was at a 8/10 some days and a 5/10 on his best days. MRIs were taken and showed a bulging disc in the L4-L5 region. The orthopedic surgeon ordered a series of steroid injections, which only alleviated the pain a little bit, making his worst days a 6/10 and his best days a 3/10. He still could not get comfortable at home.

### DIAGNOSIS AND TREATMENT

We started treating him with chiropractic and acupuncture but he only seemed to get mild relief. His left hamstring was also incredibly tight, with him only being able to get to approximately 45% on a Straight Leg Raise test. When trying to touch his toes, he was able to get to about mid-thigh level.

It was at this time we recommended he take NutraDisc®. Starting him with a loading dose of 3 capsules, 3 times per day on an empty stomach for the first week, then dropping to 3 capsules 1-2 times daily after that.

### RESPONSE TO CARE

He returned for care for a few more weeks at 1 treatment per week and then felt good enough to go back to normal life. The NutraDisc® did take a week or two to "kick in" but he has since felt a steady alleviation of symptoms. Mr. T has since gone back to playing softball weekly and reports that he has no flare up of symptoms while playing. He is also now able to touch his ankles doing a forward bend. He has some slight pain in the calf still, but it is very manageable. He is now taking his third bottle of NutraDisc® and is very happy with his results.



PRODUCT: NutraDisc®