

Back to Health LLC, established July, 2004

Owners: Darlene S. Wooldridge, P.T. and Kathleen M. Casey

Back to Health was established as physical therapy clinic specializing in treating patients with chronic back and neck pain. The idea came about when Kathleen was living in Colorado, where she met Bryon and Debbie Holmes. Their clinic 'MedX of Estes' uses specific protocols and specialized "state of the art" equipment to treat these types of patients. Bryon, who has his Masters degree in exercise physiology, explained that their treatment program is backed by extensive university and clinical studies demonstrating long term successful outcomes that far exceed those achieved through traditional physical therapy. These outcomes were duplicated at MedX of Estes, and Kathleen experienced them first hand after suffering months of back pain that limited her active lifestyle.

Kathleen shared this information with Darlene, who had a lot of experience in working with back and neck patients, at a time when Darlene was ready to open her own physical therapy clinic. The two joined forces and established Back to Health LLC.

Prior to opening for business the two travelled to Colorado, Minnesota and Gainesville Florida to learn from and train with some of the top experts in this type of spinal rehabilitation.

First they spent several days in Colorado with Bryon Holmes who explained the goals and methods of treatment. Bryon also provided a wealth of information on how the program was initially developed as a joint venture between the University of Florida College of Exercise Science and Arthur Jones, the renowned inventor of Nautilus equipment.

In Minnesota they spent several days learning and training at Physicians Neck and Back Clinic (PNBC). PNBC is one of the top clinics in the world specializing in treating patients with chronic neck and

back pain, using the same type of protocols and specialized "medical exercise" equipment as Mr. Holmes. The clinical studies PNBC has conducted over the course of their 20 years in business have been published in some of the most respected peer-reviewed medical journals. They have also been featured in such general circulation publications as *The Wall Street Journal* and *The New Yorker*. In three days at PNBC, Darlene and Kathleen learned about the practice through extensive interviews with the owners and staff, as well as "hands on" training.

Finally, Kathleen spent four days in Gainesville, Florida obtaining certification in the proper use and operation of the specialized medical equipment which is an integral part of the spinal rehabilitation program.

General practitioners, internists and orthopaedic physicians agree that in almost all cases of spinal related pain, including radicular or referred pain in the legs (from the back) or arms (from the neck), the most effective course of treatment is exercise based physical therapy.

Today clinics around the United States and the world that offer the type of spinal rehabilitation program we have here at Back to Health represent the "state of the art" in physical therapy treatment for people suffering from chronic neck and back pain. Indeed, a segment on back pain on the Today Show featured a woman suffering from three herniated disc in a program like ours. Using similar protocols and the same state of the art equipment that you will find here at Back to Health, she was able to, as she said, "get her life back".

In our six years of practice here in Ft. Lauderdale we have had patients referred to us for treatment from as far away as Germany and the UK. We have "self referred" patients such as a local golf pro who has found that our type of program is the only thing that keeps him playing and teaching.

We never tire of the success stories we hear from our patients, whether they tell us that they are enjoying

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golf again after years off the course or simply that they picked the newspaper off the driveway for the first time in months without even giving it a thought!

Darlene Wooldridge has been a resident of Fort Lauderdale for sixteen years. She earned her degree in physical therapy at New York University. She is married to Alan Wooldridge and they have two children, Zach, 17 and Taylor, 15. She and her family, including their two dogs, live in the Coral Ridge neighborhood of Fort Lauderdale.

Kathleen Casey grew up in Ft. Lauderdale where her dad, Alex Molchan, was a highly respected doctor of internal medicine. She attended law school at the University of Florida and practiced law for 17 years before opening Back to Health with Darlene. Kathleen, her husband Mike, their two sons, Donovan, 16 and Chris, 14, and their two dogs and cats live on Cherry Creek in Oakland Park.