

Recovery & Resolution

A LEGAL NEWSLETTER FOR
HEALTH CARE PROFESSIONALS



Graham Lundberg & Peschel *Founded 1979*

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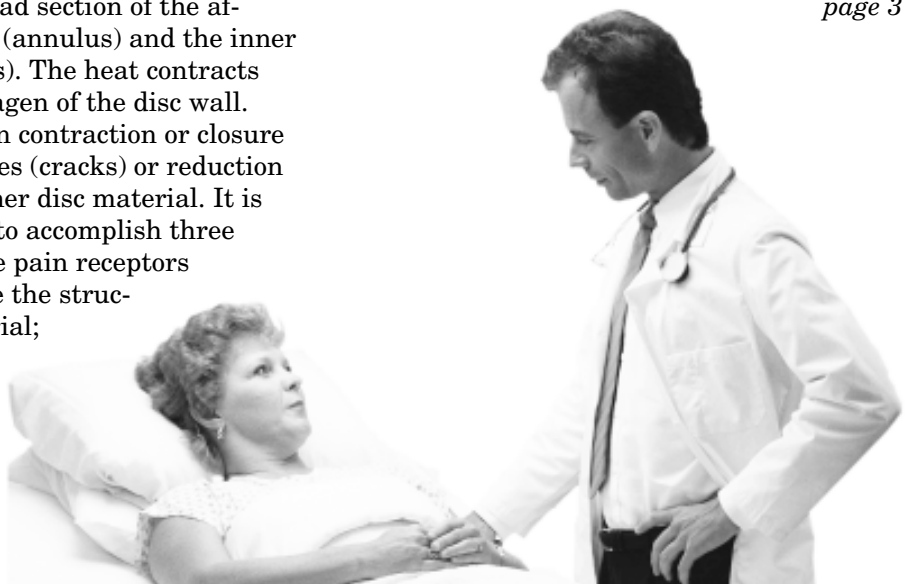
New Advancements in Treating Discogenic Pain

**New Minimally Invasive Medical Procedure to Help
Low Back Pain Gains Acceptance in Washington**

There are many new minimally invasive treatment procedures designed to assist patients with discogenic pain. One new outpatient therapy, commonly known by the acronym IDET (Intradiscal Electrothermal Therapy) was developed for pain as a result of the disc degeneration process. IDET can provide relief for prolonged and severe low back. IDET therapy is a minimally invasive treatment in which the physician applies controlled levels of thermal energy (heat) to a broad section of the affected outer disc wall (annulus) and the inner disc contents (nucleus). The heat contracts and thickens the collagen of the disc wall. Therapy may result in contraction or closure of the disc wall fissures (cracks) or reduction of the bulge of the inner disc material. It is specifically designed to accomplish three things: (1) destroy the pain receptors in the disc; (2) change the structure of the disc material; and (3) cauterize the new pain receptor nerve fibers and blood vessels that have grown into the degenerated disc.

The procedure itself is simple. A steerable spine catheter is passed through a needle and into the disc. Once it is in the appropriate position, the temperature of the heating section of the catheter will be gradually increased, raising the disc wall temperature. Once the therapy is completed, the catheter and needle are removed and the patient is sent home with a Band-Aid over the needle insertion site. The healing process can take

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FREE Educational Seminars coming this Fall...

Understanding and Interpreting Spinal Injuries

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What We Look For In Your Chart Notes

Like everyone else, we look for the usual SOAP notes. We want to know what you found and how you handled it. We are looking for the rate of progress, exacerbations, changing diagnoses and prognoses.

But we also need to know how all this affected your patient's normal life. We refer to this as Activities of Daily Living. These are a good measure of the severity of the injuries. Did your patient miss work? Did they have to forego recreational and social activities? Were they unable to pick up their kids and hug them like they used to?

And what about the future? Will they recover fully? If not, what will life be like for them? What about vocational implications?

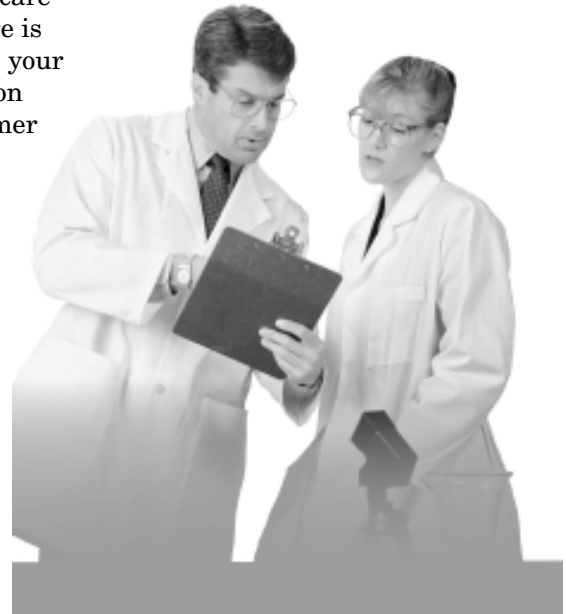
All these factors determine how the insurance company views your patient's injuries. Your chart notes

are the best source of information. They show the relationship between the injuries and your patient's altered lifestyle.

The patient needs validation. Insurance companies do not care much about pain unless there is some function deficit. Maybe your patient cannot play softball on the company team this summer because of the injuries. The insurance company needs to know about this. What better place to read it than in your chart notes.

Your notes are dated accounts of the patient's progress and setbacks. They are written the day it happened. There is no script. If you note the details on a regular basis, we get a complete picture of the injuries' effects on your patient.

Detailed chart notes that discuss the effects on a client's Activities of Daily Living also substantiate the need for continued care.



Loss of Essential Services: "The lost PIP benefit"

If you have a patient that has Personal Injury Protection coverage and they are unable to perform essential services such as mowing the lawn, cutting wood, washing dishes, or other household functions, they are entitled to daily reimbursement,



through their PIP coverage, if they have to hire someone to perform these duties for them (family and friends do not qualify). Every policy and insurance company has different restrictions

and amounts they will pay, so have your patient verify their Loss of Essential Services benefits with their insurance adjuster.

To receive this benefit, the patient must have a note from their primary health provider that indicates their restrictions and limitations and a receipt must be submitted with the reimbursement request.



New Advancements, continued from page 1

up to 12 to 16 weeks, but patients usually begin to experience relief from their low back pain symptoms, a reduction or elimination of any medication use, and an increase in their functional abilities almost immediately.

We recently had a client, a 23 year old woman from Kennewick, that had sustained what at first seemed like a routine soft tissue injury to her neck and lower back as a result of a rather severe rear end automobile collision. Our client underwent conservative chiropractic care, massage therapy, physical therapy, and facet steroid injections over the first twelve months after the collision, without significant relief of symptoms. She was unfortunately involved in a second, more minor, rear end automobile collision toward the end of the year after the first accident that exacerbated the low back pain. Treatment continued with a chiropractor for several more months, again with continued low back pain. Our client's chiropractor realized that she might have sustained more than soft tissue injury and he referred her to a medical doctor specializing in IDET.

The IDET doctor performed a five level provocative lumbar discogram. The discogram revealed severe back pain elicited with pressurization, specifically at L4-L5, L3-L4 and L2-L3. The doctor recommended IDET and performed the procedure just a few weeks later. Two days after the procedure our client called to say she was up and about at home and feeling great. Within a month she began conservative physical therapy and reported that she was feeling better than she had at any time since the first accident. She was pleased that she had no visible

scarring, that her pain was largely gone, and that she was able to resume most of her normal daily activities at home and work.

The IDET procedure was paid for under several PIP coverages available to our client. We were able to make a successful recovery of her third party claims stemming from both accidents and our client continues to feel great.

In the past year we have had four other clients that underwent IDET after being referred by their chiropractor when conservative care failed to provide complete relief. Two of these cases have been settled, with good result and

acceptance of IDET by all involved insurance carriers. Most importantly, however, those clients were happy that their chiropractor directed their care and found them a minimally

invasive procedure to allow for a complete recovery. The two cases that have not resolved are in litigation, but good results are expected and PIP and health insurance have paid most of the IDET charges.

We have had success in getting most major PIP and also health insurance plans to pay for IDET and related procedures. IDET is no longer new and no longer misunderstood. There are now several well respected medical doctors in Western Washington that perform IDET.

If any of your patients suffer from low back pain that does not involve nerve roots or spinal joints, IDET may provide relief after conservative care has failed. Feel free to contact our office for further information and the names of health care practitioners providing this innovative procedure.

PIP and health insurance have paid most of the IDET charges.

FREE SEMINARS

Graham Lundberg & Peschel welcomes you and your office staff to attend a **FREE** Educational Seminar.

What You Need To Know About...

Using the AMA Guidelines...

to rate the permanency of your patients' injuries.

Thursday, **September 5**
Everett – Howard Johnson Hotel

Thursday, **September 12**
Bellevue – Best Western's Bellevue Inn

Wednesday, **September 18**
Tacoma – Cliff House Restaurant

Thursday, **September 19**
Federal Way – Best Western Executel

Thursday, **September 26**
Port Orchard – Tweten's Lighthouse

Thursday, **October 3**
Tukwila – Best Western of Southcenter

Wednesday, **October 9**
Puyallup – Best Western's Park Plaza

Wednesday, **October 13**
Lakewood – Lakewold Gardens

Mark a date on your calendar now and we will offer sign-up forms in our August newsletter.

- All Seminars: 12:30 - 2 pm
- Complimentary Lunch Will Be Served!
- This Seminar is for Doctors, Therapists and their Staff!
- Potential to Earn Continuing Education credit





Attorneys at Law

We are a team of legal professionals working together to advocate for the injured while being recognized in the community for providing the highest level of service.

Our Attorneys

- John Graham
- Scott F. Lundberg
- Brian J. Peschel
- Kenneth B. Golden
- Cyndey Campbell Webster
- Kenneth Barry Dore
- John Webber
- *John Williams
- Rodney G. Zerr
- Angela DeWig – Intern
- Tara Eubanks – Intern
- *admitted in Ohio only

Our Paralegals

- Patricia Clanton
- Patti Cryder
- Kimberly Cutting
- Johnnie Dano
- Kathleen Gottlieb
- Judy Hanson
- Lora Harris
- Grace Stephens
- Heather Webb

Our Administration

- Arlene Bolger
- Tamara Briggie
- Diane Daniel
- Thelma James
- Brian Jones
- Hue Le
- Debbie Lee
- Becky Moilanen
- Tanya Ossont
- Lucinda Pieczatkowski
- Tom Reger
- April Stonebreaker
- Celine Vogler

CONVENIENTLY LOCATED

For the convenience of your personal injury patients, we offer several meeting locations throughout Puget Sound and Peninsula communities. Attorney consultations are encouraged and always free.

- Auburn 253-931-1111
- Bellevue 425-827-1111
- Burien 206-241-1708
- Everett 425-252-1111
- Federal Way . . 253-946-1111
- Gig Harbor . . . 253-853-5005
- Lakewood 253-274-1111
- Lynnwood 425-775-1111
- Marysville 360-658-1111
- Port Orchard . 360-876-5005
- Puyallup 253-845-1112
- Renton 425-235-1111
- Seattle 206-448-1992
- Tacoma 253-627-7701

Or Call Toll Free

North Puget Sound area including King & Snohomish Counties
800-422-4610

South Puget Sound area including Pierce, Kitsap & Thurston Counties
800-273-5005

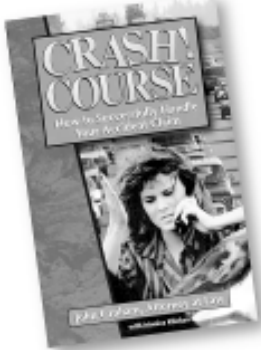
or visit us online...
www.glpattorneys.com

Are Your Patients Asking Questions About Their Recent Accident And You Don't Know Where To Turn For Help?

YOUR PATIENTS NEED...

Crash! Course

By John Graham
How to Successfully Handle Your Accident Claim



Call our office for your complimentary copy at (800) 422-4610



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