

ALL ABOUT PAIN REDUCTION

Delivering clear “wins” for members with chronic pain

“I used to have to take two ibuprofen every time I babysat my grandkids. After three sessions, I can play with my grandkids pain free!”

~ Deborah, Member

“I went in on my first day with a backache and after completing the cycle (less than 20 minutes), my chronic pain was gone. This is better than a chiropractic adjustment! I just know it will make my bone leave Osteopenia and get back to normal. I am 66 years young and I’m so glad the inventor of these machines wanted to help his osteoporotic mom because weight bearing exercises has not prevented me from getting Osteopenia. I will take my bone density test in 6 months and I believe it will show much improvement!”

~ Leslee, Member

More than half of all Americans live with chronic or recurrent pain. Back pain is the most common cause of disability in men over the age of 45 and the third most common reason for surgery in the same age group. For about 40% of Americans, pain affects mood, sleep, work and, on a wider level, the ability to simply enjoy life on a day-to-day basis.

Given the prevalence of the condition in the United States, it’s not surprising that the National Institutes of Health has devoted tremendous resources to studying it. NIH findings paint a painful picture:

- Pain affects more Americans than diabetes, heart disease and cancer combined.
- Pain is cited as the most common reason Americans access the health care system. It’s a leading cause of disability and a major contributor to health care costs.
- Chronic pain contributes to an estimated \$560 billion each year in direct medical costs, lost productivity and disability programs, according to the Centers for Disease Control and Prevention.
- Pain can be a chronic disease, a barrier to cancer treatment and can occur alongside other diseases and conditions (e.g. depression, post-traumatic stress disorder, traumatic brain injury).

PAIN REDUCTION AND OSTEOSTRONG

Years of pain, often improved in just months

It’s a phenomenon our owners know well: a member’s back or knee pain goes away, and the word gets out quickly. Soon, all that member’s friends are coming to OsteoStrong, eager to achieve the same results and wipe away pain they’ve been experiencing for years.

“After two sessions, my hip pain vanished!”

~ Joyce, Member

“I used to suffer from a debilitating frozen shoulder and could barely raise my shoulder in front of me. After a single session, I can raise my arm over my head pain free!”

~ Ron, Member

Osteogenic loading sessions have an amazing track record for reducing joint and back pain. In most cases, members will see a great reduction in joint and back pain within one to four months of starting OsteoStrong sessions. This reduction is often permanent and complete.

But it's important to keep in mind that every person's pain is different. We can't guarantee results for everyone because we simply don't know what could be causing the pain.

If someone's pain is stemming from a bone-on-bone condition in which they don't have any cartilage left, that individual will always have some level of joint pain associated with that condition. When this person completes an OsteoStrong session, he or she is going to be strengthening the ligaments and tendons around that joint, which will cause the joint to separate. When that happens, it will relieve a significant amount of nerve pain. After experiencing this reduction in pain, it is highly recommended that the member continues sessions to help prevent the return of the joint and back pain. concerned, reassure them that they do not need to perform a maximum force production from the very beginning.

Here's another question you're bound to hear: "I have this knee replacement, or shoulder pain, or back pain. Is this a contraindication for using the equipment at OsteoStrong?"

The answer is no. In most cases, OsteoStrong delivers proven results for people with joint and back pain. If members are still concerned, reassure them that they do not need to perform a maximum force production from the very beginning.



⁸ <https://report.nih.gov/nihfactsheets/viewfactsheet.aspx?csid=57>

⁹ <https://www.cdc.gov/mmwr/volumes/67/wr/mm6736a2.htm>