



PRESS RELEASE
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**Palladian’s Distinguished Clinicians Present at APTA’s National CSM
Convention in San Diego on ‘Evidenced Informed Management of
Chronic Low Back Pain without Surgery.’**

March 10, 2010: Palladian Health, LLC, Chief Scientific Officer, Simon Dagenais, DC, PhD and members of Palladian’s Clinical Advisory Board, including Chairperson, Scott Haldeman, DC, MD, PhD, and John Mayer, DC, PhD, along with William Quillen, PT, PhD, FACSM, Director of the School of Physical Therapy and Rehabilitation Sciences at the University of South Florida, were prominent participants at the American Physical Therapy Association (APTA) Combined Sections Meeting (CMS) held in San Diego February 17 – 20, 2010, and led a scientific session on ‘Evidenced Informed Management of Chronic Low Back Pain Without Surgery’.

This team of experts in management of muscular skeletal disease presented the evidence supporting each of the major treatment categories that are widely used for chronic low back pain, including supervised exercise, physical modalities, manual therapies, medications, injections, and surgery. Dr. Dagenais, a leading musculoskeletal epidemiologist emphasized that “no one single approach has yet to demonstrate definitive superiority to the alternatives available for chronic low back pain.” The result, he pointed out, makes it very challenging for clinicians, policy makers, insurers, and patients to make truly informed decisions as to the most effective, safest, and least costly treatment option. The primary goal of that session was to bring scientific evidence to the forefront of the discussion to ensure that decision makers are informed about its current strengths and limitations.

Drs. Dagenais, Haldeman, and Mayer have previously given similar presentations on this topic to other professional groups with an interest in managing low back pain, including the American Back Society, Florida Chiropractic Association, North American Spine Society, American Association of Physical Medicine and Rehabilitation, and the Association of Chiropractic Colleges Research Agenda Conference, to help reduce some of the existing barriers that may exist between the many professions involved in caring for patients with spinal conditions. The presenters took a moment to acknowledge the many contributions of Dr. Vert Mooney, an orthopedic spine surgeon from the University of California at San Diego, who was instrumental to developing multidisciplinary rehabilitation of spinal disorders, including chronic low back pain. Dr. Mooney passed away in 2009.

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About Palladian Health, LLC

Palladian is a comprehensive muscular skeletal health care company that integrates physical therapy, chiropractic, health and fitness with patient care advocacy to improve clinical and economic outcomes. Palladian's coordinated model delivers clinically-proven, technologically innovative solutions establishing the most cost effective treatment protocols to maximize patient outcomes. Palladian's integrated clinical approach is patient and physician centric, resulting in high levels of satisfaction and cost savings for patients and purchasers. Palladian currently serves more than 5 million members nationwide.

About Palladian's Clinical Advisory Board

Palladian Clinical Advisory Board, which includes experts from many disciplines, has developed a unique approach to address the often confusing and costly care dilemma of muscular skeletal conditions such as back pain. The members of the Advisory Board include: Dr. Scott Haldeman (Chair), Dr. Frank Apgar, Dr. Paul Bluestein, Dr. Lawrence Bone, Dr. Roger Chou, Dr. Richard Derby, Dr. Robert Forster, Dr. Robert Gatchel, Dr. Richard Guyer, Dr. Alan David Kaye, Dr. John Mayer, Dr. Margareta Nordin, and Dr. Sam Toney.

About APTA

Founded in 1921, the American Physical Therapy Association (APTA) represents more than 74,000 physical therapists, physical therapist assistants, and students of physical therapy nationwide. Its purpose is to improve the health and quality of life of individuals through the advancement of physical therapist practice, education, and research. For more information about APTA visit www.apta.org. Join us on [Twitter](#) (@APTAtweets) and [Facebook](#).

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