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November 3, 2016

To: Florida Joint & Spine

Re: Platelet Rich Plasma Therapy Injection September 28, 2016

Testimonial

Treatment sites: Right and Left Shoulder Joints prior to injections September 28, 2016

Right shoulder before treatment: Bone on bone. Moderate pain in certain positions and weight bearing or carrying, no loss of ability to perform normal daily living tasks. Some restriction moving arm behind my back. Overall average pain level — 4-5 of 10 (most severe).

Left shoulder before treatment: Bone on bone and severely torn rotator cuff. (The technician who did my MRI said it was the worst damage she had ever seen.) Surgery including joint replacement not recommended, in fact it might exacerbate the pain.

Before treatment: I could not raise my arm past a line even with my navel, I could not reach to my right farther than the midline of my body. I could not put on my glasses, wash the right side of my body or the left side of my head, nor could I dress without help or tie my shoes. I could not reach and connect my seatbelt with my left hand nor could I lift or carry any load. I could not use it to push up out of my chair. Getting in and out of bed was very painful. When forcing articulation of my shoulder, which sometimes required help from my right hand and arm, I could hear the ball grinding against its socket and the pain would be almost unbearable (8-9 of 10). Overall, my left arm was functionally useless.

November 3, 2016 — six weeks after injections

Right shoulder: I can rotate my arm 360 degrees and reach across to my left side front and back, raise my arm above my head and touch my toes with little discomfort — 1-2 of 10. I hear very little grinding when I articulate my shoulder. There has been definite improvement of function without pain that began within two days after my injection. I have full use of my shoulder, arm and hand.

Left shoulder: Considering the condition of my rotator cuff and the severity of the arthritis before treatment, the results are amazing. I still have pain many times during articulation of the joint but no pain above a 5 of 10. I can raise my arm above my head, reach across my body to my right shoulder and arm, and touch my toes. I can easily push up from sitting, use my seatbelt, dress myself, tie my shoes. I now have full use of my left arm for lifting and carrying with minimal discomfort — 4 of 10 — that feels more like stiffness than the actual pain I experienced beforehand. During articulation, my joint is quieter. I still feel healing almost on a daily basis. PRP has given me back my life.

My knees, bone on bone since first diagnosed in 1998, are next.

Sincerely,


Ben F. Oswald (DOB 9-2-34)