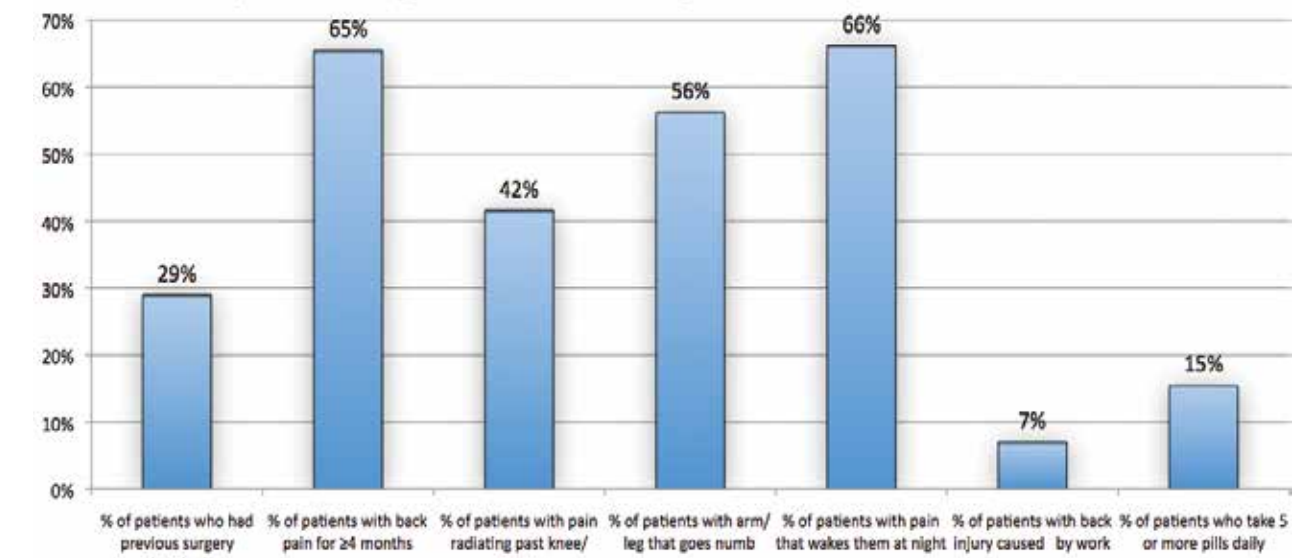


## Severity of new patients coming to the spine center



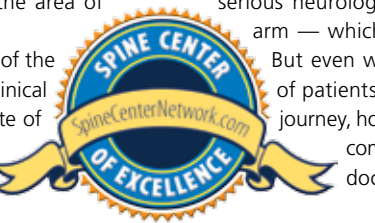
Seton Spine & Scoliosis Center is referred the most complex cases of back and neck pain from across Texas and the surrounding states. One of every three patients coming in the front door has had previous back surgery at other clinics. Additionally, 56% of new patients referred into the spine center have red flag symptoms like

numbness into a leg or arm, which implies disc-related symptoms, rather than simple acute back or neck strain. This severity of new patients presents a challenge for a spine center. Still, the spine center emphasized non-surgical options first, holding surgery as the last resort.

## Centers of Excellence represent the future of medicine for complex and expensive problems like back and neck pain

The trend in medicine is to explore non-surgical solutions to various health problems. The same trend is occurring in the area of spine care.

In 2011, Seton Spine & Scoliosis Center was one of the first spine centers in the State of Texas to publish its clinical outcomes. It is also the only spine center in the State of Texas to be included in SpineCenterNetwork.com, a national listing of credentialed spine centers of excellence.



had previous back surgery elsewhere. Half of all new patients had serious neurological symptoms like numbness in a leg or arm — which typically implies a disc-related problem. But even with the most complex patient base, 82% of patients were treated without surgery. Quality is a journey, however, rather than a destination, and we are committed to continually improving. This report documents our footprints on that journey.

New patients coming into Seton Spine & Scoliosis Center completed an intake form that measured their pain level, severity of symptoms and functional status. Three months after their first visit, an outside nurse — not associated with, or employed by the clinic — called a random sample of these patients and interviewed them for functional status, current symptoms and patient satisfaction. This is the most unbiased, statistically relevant method for outcomes.

### Clinical outcome highlights at Seton Spine & Scoliosis Center — 2014

% of patients who had therapy as part of their care.....	57%
% of patients receiving a Home Remedy Book for injury prevention.....	42%
% of patients receiving a Home Exercise Program.....	65%
% of patients who were satisfied with the time the doctor spent with them.....	95%
% of patients who recovered from symptoms WITHOUT surgery.....	82%
% of patients who would be likely to recommend the clinic to a friend.....	96%

Seton Spine & Scoliosis Center is committed to an educated health care consumer. As a free community service, the spine center mails out a 36-page Home Remedy Book. It also has an on-line spine encyclopedia at SetonSpineandScoliosis.com with exercises, symptom charts, videos and medical illustrations on back pain.



**Seton Spine: Combining multiple spine specialists, diagnostics and injection suite — all under one roof.**  
 Few physicians provide hard data that document quality. Seton Spine & Scoliosis Center is one of the first spine centers in the State of Texas to publish a Clinical Outcome Report Card and distribute it to physician referral sources, managed care and workers compensation carriers. It is also the only spine center in Texas to be included in SpineCenterNetwork.com, a national listing of credentialed spine centers that combine spine surgeons with non-surgical specialists.

SPINE SURGEONS	NON-SURGICAL SPINE CARE
<p><b>Matthew Geck, M.D.</b>                      Board Certified Orthopedic Surgeon                      Fellowship-Trained Spine Surgeon                      Co-Chief, Seton Spine &amp; Scoliosis Center</p> <p><b>John Stokes, M.D.</b>                      Board Certified Neurological Surgeon                      Fellowship-Trained Spine Surgeon                      Co-Chief, Seton Spine &amp; Scoliosis Center</p> <p><b>Eric Truumees, M.D.</b>                      Board Certified Orthopedic Surgeon                      Fellowship-Trained Spine Surgeon</p>	<p><b>George "Buddy" Tipton, M.D.</b>                      Board Certified Orthopedic Surgeon                      Specializing in spine</p> <p><b>Viet N. Tran, M.D.</b>                      Board Certified Orthopedic Surgeon                      Specializing in spine</p> <p><b>Lee Moroz, M.D.</b>                      Board Certified Physical Medicine &amp; Rehabilitation</p> <p><b>Enrique B. Pena, M.D.</b>                      Board Certified Physical Medicine &amp; Rehabilitation                      Fellowship-Trained in Interventional Spine,                      Musculoskeletal &amp; Electrodiagnostic Medicine</p> <p><b>Mark Queralt, M.D.</b>                      Board Certified Physical Medicine &amp; Rehabilitation                      &amp; Pain Medicine</p> <p><b>Esther Yaniv, M.D.</b>                      Board Certified Physical Medicine &amp; Rehabilitation                      &amp; Pain Medicine</p>



As a regional spine center, Seton Spine & Scoliosis Center distributes a free 36-page Home Remedy Book and has an on-line spine encyclopedia at SetonSpineandScoliosis.com. The Internet site has symptom charts, medical illustrations, educational videos in English and Spanish and exercises that relieve back and neck pain.

**Appointments & Referrals**  
**512.324.3580**

**Seton Spine & Scoliosis Center**  
 A program of the Seton Brain & Spine Institute  
 1600 West 38th St., Suite 200  
 Austin, Texas 78731

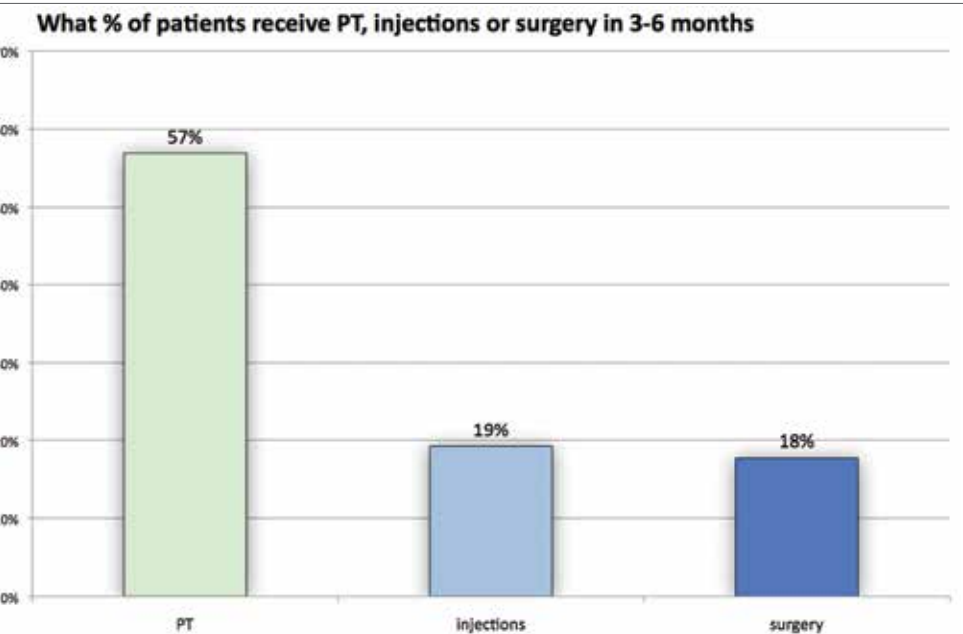
PRSR STD  
 U.S. POSTAGE  
 PAID  
 FT WORTH TX  
 PERMIT # 2069

Helping those with spine problems get back to activity with a multidisciplinary spine center approach that combines physical medicine physicians, fellowship-trained spine surgeons, spine-specialized therapists, diagnostics & injection suite — all under one roof.



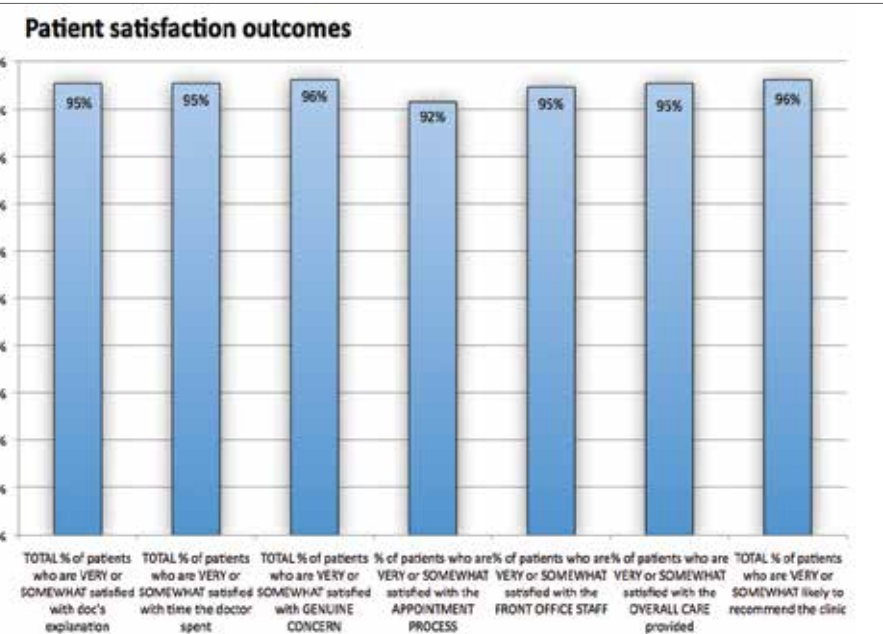
**2014**  
 CLINICAL OUTCOME REPORT CARD

Our Annual Report on: clinical outcomes | patient satisfaction | functional status | return to activity



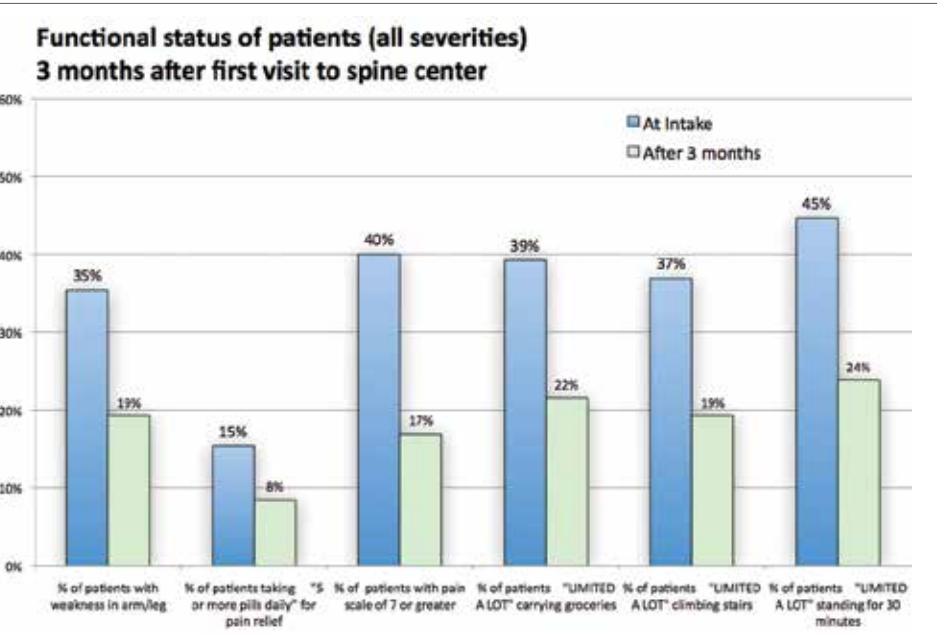
### Emphasizing conservative options first

A true multidisciplinary spine center should emphasize conservative treatment options first like therapy and pain-relieving spinal injections to lessen the need for spine surgery. Single specialty practices however are biased to either injections or surgery and the patient is funneled to one or the other. At Seton Spine & Scoliosis Center, a spine center team of physical medicine specialists, spine surgeons and spine therapists emphasized non-surgical options first, holding surgery as the last resort. Consequently, 82% of patients recovered from pain symptoms without surgery.



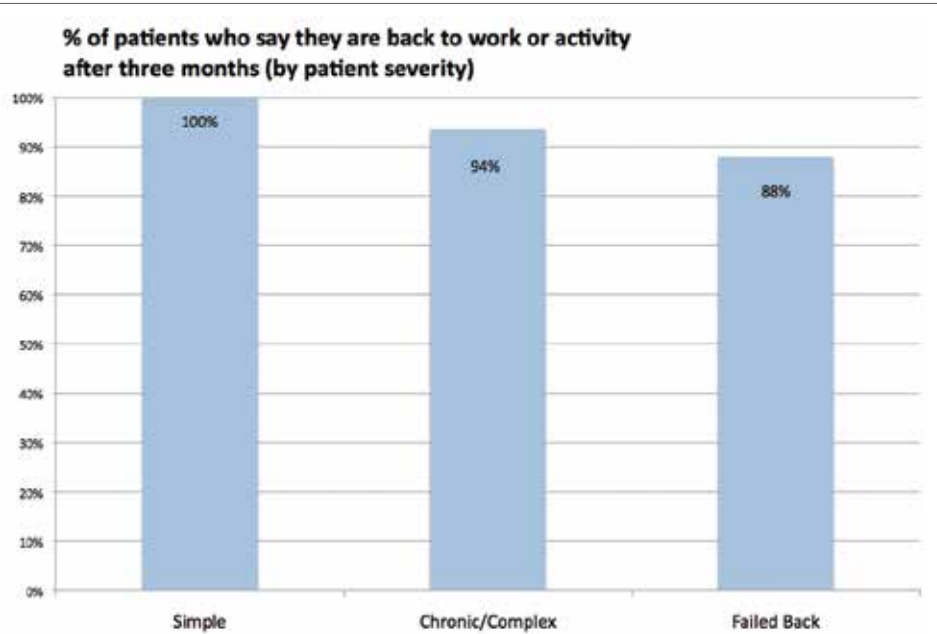
### Patient satisfaction

A phone survey is used to audit patient satisfaction — the most accurate survey method possible. That's because mail surveys have an inherent sampling bias based on those who take the time to respond. Three months after the first visit an outside RN (not affiliated or employed by the center) calls a random sample of patients at home. The nurse then interviews patients on their satisfaction with the doctor seen, the time the doctor spends with the patient, the medical explanation provided, etc. In 2014, 96% of patients said they would recommend the clinic to a friend.



### Resolving weakness & prescribing an Rx of exercise, not pills

The main reason people go to the doctor is for relief of pain. But if a spine physician focuses exclusively on pain, he can miss the target of return to function. For example, spine specialized therapists move the patient quickly into exercise, which reduced pain levels and neurological deficit symptoms. Significant improvement in functional status did not come from masking pain with pills either. At intake, 15% of new patients were taking 5 or more pills daily. After treatment, the number decreased to 8%, which correlates to the dramatic improvement in the analog pain scale scores.



### Return to work & activity

Having a more complex patient mix makes return to work more difficult than an occupational medicine clinic or primary care clinic that treats onsets of simple back pain that can go away on their own. At intake, 65% of new patients coming to Seton Spine & Scoliosis Center had back or neck pain for more than 4 months. Even so, Seton Spine & Scoliosis Center helped 94% of these chronic patients back to work or their favorite recreational activity. Of those new patients who had previous back surgery elsewhere, the spine center helped 88% back to work or activity.