


Manheim Family Health Center

 Lancaster General Medical Group

Compliment

X

September 6, 2002

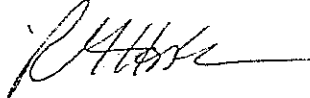
Nelson Hendler, M.D., M.S.
Mensana Clinic
1718 Greenspring Valley Road
Stevenson, MD 21153-9999

RE: Mary Lou R [REDACTED] DOB: 11/ [REDACTED]

Dear Doctor Hendler:

I am writing to thank you for the excellent care you provided my patient, Mary Lou R [REDACTED]. She is now completely pain free, has returned to work and is tapering off her antidepressants. Thank you again for your excellent care.

Sincerely,



R. Gary Hopkins, M.D.

RGH/ljs

Eugene K. Engle, MD

Terrence H. Jones, MD

R. Gary Hopkins, MD

William D. L. Hunt, MD

Jill M. Herr, MD

130 South Penn Street

Manheim, PA 17545

(717) 665-2496

Fax (717) 665-6345

www.LancasterGeneral.org

CASE SUMMARIES FROM MENSANA CLINIC

Case Summary

Patient Name: Mary Lou R---

Ms. R. is a 39 year old white female, who had pain in the base of the head, top of the head, traps, and between the shoulder blades, following an auto accident March 2000. She stopped working after the accident, with a loss of income of \$300 per week. Prior to being seen at Mensana Clinic in 2002, she was diagnosed with cervical sprain, and had 25 physician visits, X-rays, MRI, but no nerve blocks. Total expenses prior to Mensana Clinic were \$ 9,000, or about \$4,500/year. She was seen at Mensana Clinic for 2 visits, in Jan. 2002. While at Mensana Clinic, Dr. Hendler found that she did not have a cervical sprain, but that her pain was caused by occipital neuralgia, and a C3-4 disc with instability. Dr. Hendler gave her occipital nerve blocks and she had 100% relief of her pain on a temporary basis. She was referred for an occipital neurectomy, which she had.

Ms. R. was discharged from care on Feb. 27, 2002. Total charges for care provided by Mensana Clinic were \$ 1,166. The patient was sent for vascular flow studies, 3D-CT, flexion-extension X-rays, MRI, and EMG/NCV. Occipital neurectomies cost \$ 4,500. The patient has now returned to work, per her referring physician. Had she not been accurately diagnosed and treated, ongoing expenses would have been about \$4,500/year for another 20 years, or \$90,000.

Referral Diagnosis	Cervical sprain
Mensana Clinic Diagnoses	Occipital neuralgia, post-concussion syndrome – resolving, C3-4 disc and instability

Pre-Mensana Expense:	\$ 9,000
Projected Future Costs x 20 years without Mensana intervention:	\$ 90,000
Projected lost income x 20 years	\$ 300,000
Total expenses without Mensana:	<u>\$ 399,000</u>

Cost of Mensana Clinic:	\$ 1,166
Costs of outside tests:	\$ 8,000
Costs of outside treatment, recommended by Mensana:	\$ 4,500
Total Mensana expenses:	<u>\$ 13,666</u>

Total projected savings:	<u>\$ 385,333</u>
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Mensana Clinic, 1718 Greenspring Valley Rd., Stevenson, MD, USA, 21153: 410-653-2403
#37 New Eval #7 Mary Lou R. 2/27/02 Met with husband Tony for 24 min. to review tests
ID 39 WF (neck dx, C2 dx,)

CC: Still pain at base of head, to top of head, skull, both trap, between the shoulder blades.
Husband said after accident wife was moody, and now less so. Headaches were every day, and
now 2X/week. Has intermittent pain. Achy burning pain, stabbing. No click in jaw, no ringing in
ears. Never wakes up with arm asleep. Fingers may swell.

HPI: Hit from rear and then side. March 25th '00. Had on chest belt, and no air bag. Car totaled.
No ops. Cough/Sneezing 0, EX of head, no change, FLEX no change in pain, TURN: no change
in pain, LEAN: pain in neck, and traps. No leg pain. WORSE: noise, bright lights, stress. Lifting
over head. BETTER: lay down, lean against wall. Theracane, between blades, BRACE: 0, TFA:
? why 2/7, Awake: pain 2/7

CHART REVIEW: MRI of neck WNL, C spine X-ray with some straightening, PT too.

PAST HX: ops: T&A, CTS R, appendix, Mono 0, VD 0, TB 0, Hepatitis 0, CVS 0, Asthma 0,
Ca. 0, RH/F 0, diabetes 0, ulcer 0, Arthritis 0, Psych 0,

FAMILY HX: TB 0, CVS mother, EtOH 0, Ca. gm X 2, Arthritis 0, thyroid 0, Diabetes mother,
father, sister, RH/F 0

SOCIAL HX: Was a Twisler factory worker. Stopped work March 00, income now 0, no LTD,
before took home \$300/week, Hobbies before NASCAR, roller coaster, now gardening, church
Sex A 2/week, now: same, Married 7 years, son previous marriage, husband works at printing
co.

PE: 5'4" wt. 185 B.P. 124/86 pulse 80 and reg: headache pain 5-6/10, EOM wnl, PEARLA,. No
goiter, no kyphosis, no lordosis, nor scoliosis, + Spurling into neck, between blades, - LaSague, -
neg. Roos, scalenes not tender, traps tender, gait and station WNL, no cyanosis nor clubbing, nor
edema of fingers, -- EtOH drop at top of palm of hand, - swipe, no signs of RSD, no allodynia.
C2 not tender, however occipital area very tender and reproduced pain, SCM not tender, no
click in jaw, - tinel in elbow, - tinel wrists, - Phalens bilat, - radial groove, bilat DTR 1+ knees,
0+ ankle, 1+ biceps, 1+ BR, C and L paraspinous tender. No pain with abduction of arms, not
tender in AC and SS tendon, bicipital tendon, no pain with rotation arms, SI not tender,

MSE: Alert oriented X 3 WF, MAA no suicide ideas, no plans, no attempts, Psych A 0, 3 wishes
1) get rid of pain 2) go back to work 3) win lottery

MEDS: Zoloft 75mg HS, Serzone 100mg 2 HS, Nortriptyline 10mg 2 HS, Naprosyn 500mg Bid

TESTS: Flex-Ex X rays, with obliques of C2-C7 and odontoid views WNL. 3D-CT with
flexion, of C2-C7 WNL. To me, NFS at C3-4 C/W symptoms.

NB X 2: Bilat occipital N., with 1/2 cc/site of .5% Marcaine for occipital neuralgia with 100%
relief.

DIAGNOSIS: occipital neuralgia, post concussion syndrome -resolving, R/O C3-4 disc and
instability, NFS.

PLAN: occipital N. blocks, facet blocks C2-4, root blocks C1-2, C2-3, C3-4, C4-5, provocative
discogram C2-C5, 2 poster brace, PET scan of brain and neuropsych testing with Dr. Levin, Dr.
Reggie Davis for occipital neurectomy, letter sent. Nelson Hendler, MD

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GIEG AND GIEG
ATTORNEYS AT LAW
401 N. LOGAN BOULEVARD
ALTOONA, PENNSYLVANIA 16602
(814) 946-1606
FAX (814) 942-5169
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FREDERICK B. GIEG, JR.

ASSOCIATE:

CATHERINE T. MILLER

June 27, 2005

FRED B. GIEG
(1915-2000)

Dr. Nelson Hendler
Mensana Clinic
1718 Greenspring Valley Road
Stevenson, MD 21153

In Re: Richard R [REDACTED]

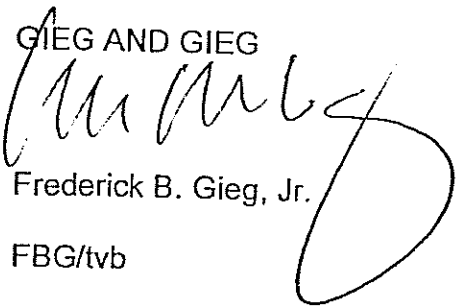
Dear Dr. Hendler:

Please be advised that I represent Richard R [REDACTED] who was involved in a motor vehicle accident where he was rear ended on September 15, 2003. As you know he had pain in his neck, head area and other areas since the accident. As you also know he consulted with you in April of 2005 and then spent three weeks at the Clinic in May of 2005. My client informs me after much testing and use of certain nerve blocks he underwent a cervical rhizotomy (denervation) which was done June 10, 2005 and this surgery was done by Dr. Sharif Melika at Johns Hopkins Hospital. Much to my client's delight and my delight he informs me as a result of the procedure the pain he experienced has all subsided and disappeared. Could you please indicate within a reasonable degree of medical certainty as to what your diagnosis of my client was, what procedures were necessary to address this condition and whether you can state within a reasonable degree of medical certainty the diagnosis and condition of my client were causally related to his automobile accident of September 15, 2003. Lastly, if you would indicate within a reasonable degree of medical certainty whether my client will need additional treatment procedures in the future to address his condition. I enclose a medical authorization for release of this information.

I want to thank you sincerely for the wonderful care you provided to my client.

Sincerely yours,

GIEG AND GIEG


Frederick B. Gieg, Jr.

FBG/tvb

enc.

c: Richard Rush

Case Summary

Patient Name: Richard R---. real estate agent and day care center manager,

Richard R. a 53 year old, was involved in a motor vehicle accident Sept 2003. He had trigger point injections between his shoulder blades, physical therapy, over 45 chiropractic visits, CT of the neck, and repair of two fractured molars from the accident, at a cost of \$ 34,843 including follow-up care. He had not been able to work full-time for two years. He first saw Dr. Nelson Hendler May of 2005 His long term disability payments were \$ 2,000/month. While at Mensana Clinic the patient received a series of facet blocks and root blocks as well as provocative discometry, 3D-CT, flexion-extension X-rays, EMG/NCV, and trigger point injections. He saw a thoracic surgeon, a neurosurgeon, and an oral surgeon. Total charges for care provided by Dr. Hendler were \$13,725. Outside consultations and testing cost \$ 10,860. Treatment costs were \$12,300.

Referral Diagnosis: Cervical sprain

Mensana Clinic Diagnoses C4-7 facet syndrome, C2-4 disc, with instability, C5-6 disc and radiculopathy, thoracic outlet syndrome, tempo-mandibular joint syndrome

Pre-Mensana Expense:	\$ 34,843
Projected Future Disability Costs, without Mensana intervention:	\$ 288,000
Projected medical costs x 12 yrs.	\$ 142,000
total expenses without Mensana:	<u>\$ 459,843</u>

Cost of Mensana Clinic:	\$ 13,725
Costs of tests and consults:	\$ 21,560
Costs of facet denervations, recommended by Mensana:	\$ 5,300
Total Mensana expenses:	<u>\$ 40,585</u>

Total projected savings: \$ 419,258

Mensana Clinic, 1718 Greenspring Valley Rd, Stevenson, MD, USA, 21153 /410-653-2403
1710 Richard R 10/28/05

ID 53 yo WM

COURSE: Had facet rhizotomies with Dr. Meleka with 100% relief of neck pain from June until just about last week.

CC: Return of constant pain in back of head, top of head, forehead, back of neck, between shoulder blades. No numbness. Headache OK in AM but then worse in PM or after riding. Headaches in same location, with throbbing, lasting days once or 2x/week. Low back pain in past.

HPI: Car accident Sept 15, '03. Hit from rear. Hit R side of face and head on seat. Had on chest belt. Went to ER. Had TPI between blades, with 2 weeks of relief. Last two fractured molars on bottom removed, from accident. No ops since then. Coughing-sneezing: no neck pain, EX: No change in neck pain, FLEX: no change in neck pain, TURN: pain in neck, LEAN: pain in neck, Worse: chewing, driving, Better: meds, heat, massage, Bracing: 0, TFA: pain 7/7, Awake: sometimes pain.

PAST HX: accidents: 20 years ago, op 0, Mono 16, VD 0, TB 0, Hepatitis 0, CVS 0, Asthma 0, Ca 0, thyroid 0, diabetes 0, ulcer 0, GERD has this, Arthritis 0, Alcoholism; 0, Psych: depression

MEDS: (D/C Celebrex) Vicodan 5/500mg 1-2 tabs q 4-6 hrs #120 til 6/3, Wellbutrin 300mg bid, Skelaxin 400mg bid, Flexeril 10mg HS, Flonase .05%, Midrin prn

FAMILY HX: EtOH father, CVS 0, Diabetes 0, TB 0, Ca 0, Arthritis 0, thyroid 0, Psychiatric mother is schizophrenic

RECORD REVIEW: 4 inches of records to review.

SOCIAL HX: mother lived with family for 7 years, married 28 years, married X 1, 1 child, Realtor still works. Used to make \$600/week, now \$2,000/yr, and does finances for daughter's day care center, Hobbies A- horses, Now can't do, Sex A: 1/month, now 1/month

PE: 6'0", 200 lb, BP 140/84, pulse 76 and reg, neck pain 7/10, PEARLA, EOM WNL, no goiter, + Spurling to neck, point tender C2, C3, C4, tender in SCM, click in TMJ, C2 R>L tender, occipital tender, DTS 1+ in knees, 1+ elbow, -BR, 0 ankle, - Roos bilat, scalenes not tender, Neg. LaSague, - tinel ulnar, - tinel median, - tinel radial, - Phalen, SI not tender, no pain in lumbar and cervical paraspinous, No kyphosis, scoliosis, lordosis, no clubbing edema, nor cyanosis of fingers, no lymphedema - EtOH drop/swipe palm, no thermal no mechanical allodynia, no signs of RSD, Gait and station WNL, no pain with abduction of arm, AC and SS not tender, bicipital tendon not tender, rotation of arm no clicking nor pain,

MSE: Alert oriented X3 WM, college grad, MAA not depressed, No suicidal plans, no ideas, no attempts, No thought disorder, Psych 0, 3 wishes 1) no pain 2) be was I was, 3) world peace

TPI X 2: Bilat. C2 with .5% Marcaine 1/2 cc/site for headache.

TESTS: Flex-Ex X-ray C5 on C6 retrolysthesia and spur, 3D-CT + NFS C5-6, Facet block C2-4 80% relief, C4-7 facet blocks 100% relief. Bone scan + dental problem, neurometer + C2, C3 and C6, C1-2 root block 80% relief, Root block C2-3 100% relief, EMG/NCV + C5-6 radiculopathy, C3-4 root block 100% relief, C4-5 root block 90% relief, C5-6 50% relief. vascular flow ++ TOS, C6-7 root block no effect, C7-T1 root block 60% relief.

DX: C4-7 facet syndrome, C2-4 disc, instability, and radiculopathy, C5-6 disc and radiculopathy with referred pain, TMJ, TOS,

PLANS: ADMIT: 2 poster brace, repeat facet rhizotomies C4-7 with Dr. Meleka, letter sent, cine MRI of TMJ with jaw open and shut, Root blocks C1-2, C2-3, C3-4, provocative discogram C2-7, Dr. Davis, Dr. Karas, Dr. Buxbaum, Dr. Fried, Nelson Hendler, M.D.

X

X

XXXXXXXXXXXXX

Paul N. Manson, M.D.
Professor and Chief


Plastic, Reconstructive and
Maxillofacial Surgery
601 N. Caroline Street
McElderry 8152F
Baltimore, MD 21287-0981
410-955-9469 T
410-955-9470 T
410-614-1296 Fax



JOHNS HOPKINS
MEDICINE
DEPARTMENT OF SURGERY

June 19, 2005

Nelson Hendler, M.D.
1718 Greenspring Valley Road
Stephenson, MD 21153

RE:  MARGARITA
JHH# 3628781

Dear Nelson:

I am writing to you regarding the patient whom you saw preoperatively for me. After performing a revision and sectioning the palatal nerve, she is pain-free.

Her postoperative course was not straightforward, and that she continued to have for temporary period some pain in her teeth, and was convinced that her nose was shifting.

Now, she seems to be fine.

Thank you again for you advice and support.

Sincerely,

A handwritten signature in cursive script that reads "Paul N. Manson".

Paul N. Manson, MD

Case Summary

Patient Name: Margarita C---Ph.D. psychologist

Margarita C. a 44 year old, had sinus surgery in 2001, and subsequently developed pain in her nose, cheek, forehead and temple. She had subsequent surgical evaluations, and 2 more instrumentations. She finally was "diagnosed" with RSD (CRPS I). She continued to work despite her pain. Estimated medical cost prior to her visits to Mensana Clinic were \$34,500. She was evaluated by Paul Manson, professor and chairman of plastic surgery at Johns Hopkins Hospital, and referred for consultation. She first saw Dr. Nelson Hendler August of 2003. While at Mensana Clinic the patient received an evaluation and neurometer testing. She was referred back to Dr. Manson for surgery. Total charges for care provided by Dr. Hendler were \$ 1,200. Surgery costs were \$ 12,000.

Referral Diagnosis: Complex Regional Pain Syndrome Type I (CRPS I)
(formerly called Reflex Sympathetic Dystrophy (RSD))

Mensana Clinic Diagnoses Entrapment of sensory branch of Vii (palatal branch of trigeminal nerve)

Pre-Mensana Expense:	\$ 34,500
Projected medical costs x 20 yrs.	\$ 60,000
total expenses without Mensana:	<u>\$ 104,500</u>

Cost of Mensana Clinic:	\$ 1,200
Costs of surgery	
recommended by Mensana:	\$ 12,000
Total Mensana expenses:	<u>\$ 13,200</u>

Total projected savings: \$ 91,300

Washington Psychological Services

INDEPENDENT PRACTITIONERS

Samuel A. B. [REDACTED] Ph.D.

NJ PSYCHOLOGIST #1624

Steven B. Master, Ph.D.

NJ PSYCHOLOGIST #2536

Anne Carter, Ph.D.

NJ PSYCHOLOGIST #2636

Illuminado C. Ortáñez, M.D.

DIPLOMATE AMERICAN BOARD OF
PSYCHIATRY AND NEUROLOGY

June 29, 2005

Dear Dr. Hendler,

My wife had her surgery 3 weeks ago. She had a wonderful result. There was no pain, her symptoms are resolving. Dr. Vasquez was very pleased with the results at her checkup yesterday.

Thank you for your advice + good wishes.

Sam B. [REDACTED]

HERITAGE VALLEY PROFESSIONAL CENTER

100 [REDACTED] ROAD, SUITE ONE

[REDACTED], NJ 08012

PHONE: (856) 589-[REDACTED] FAX: (856) 589-[REDACTED]

Case Summary

Patient Name: June B... housewife

June B. was a 46 year old female, who had surgery to remove what is commonly called a "plantar's wart." Within hours of this surgery, she developed swelling in her foot, and pain in the big toe and top of foot. She had a release of her deep peroneal N., without benefit, and she was then diagnosed with RSD and received lumbar sympathetic blocks, without benefit. She had a bone scan, which was normal and was referred to Mensana Clinic. She was seen one time and diagnosed with distal branch of the saphenous nerve entrapment. She was referred to surgery, where the re-exploration of the area of the previous surgery found the continued nerve entrapment, of the distal branch of the saphenous nerve. After surgery she was pain free.

Referral Diagnosis: Complex Regional Pain Syndrome Type I (CRPS I)
(formerly called Reflex Sympathetic Dystrophy (RSD))
Deep peroneal nerve entrapment.

Mensana Clinic Diagnoses Entrapment of the distal branch of the saphenous nerve

Pre-Mensana Expense:	\$ 27,500
Projected medical costs x 25 yrs.	\$ 125,000
Lost wage for 15 years	\$ 0
total expenses without Mensana:	<u>\$ 152,500</u>
Cost of Mensana Clinic:	\$ 800
Costs of tests and surgery recommended by Mensana:	\$ 7,500
Total Mensana expenses:	<u>\$ 8,300</u>
Total projected savings:	<u>\$ 144,200</u>

Mensana Clinic, 1718 Greenspring Valley Rd, Stevenson, MD, USA, 21153 /410-653-2403
1536 June B [REDACTED] 3/3/05 EVALUATION referred from Mike Downey DPM.,
ID 48 yo WF

CC: Pain in top of L foot, big toe, 2nd toe, outside and back of calf. Knee cap pain.

HPI: Originally had plantar fibroma surgery Jan 15th, '03, with surgery on midline sole of foot. Within hours post-op, pain in big toe, which then spread to top of foot and 2nd toe. Got swelling on top of L foot. Then numbness and pain developed. Dr. Downey did blocks then deep peroneal nerve release. Had lumbar sympathetic blocks, with warmth, but not relief of pain. Burning was better. Had swelling at top of foot, Worse: pressure on top of foot, cold, heat, walking, standing, Better: elevation of foot. TFA: pain 7/7, Awake: pain 7/7

PAST HX: accidents: car accident in past, op T&A, lump in breast, hysterectomy, Mono 0, VD 0, TB 0, Hepatitis 0, CVS HBP, Asthma 0, Ca 0, thyroid 0, diabetes 0, ulcer 0, GERD 0, Arthritis slight, Alcoholism; 0, Psych: 0, Migraine

MEDS: (D/C Neurontin) Maxide 37.5mg, Divan 80mg, Topamax 200mg, Dilaudid 4mg prn, Clomera .05mg

FAMILY HX: EtOH brother, CVS 0, Diabetes father, mother, TB 0, Ca 0, Arthritis 0, thyroid 0, Psychiatric 0

RECORD REVIEW: to be done.

SOCIAL HX: married 27 years, married X 1, 1 child, pt doesn't work, husband is psychologist, Hobbies A- garden, sewing, Now 0, Sex A: 2/week, now 1 in 6 months.

PE: 5'9", 276 lb, BP 134/84, pulse 76 and reg, foot pain 7/10, PEARLA, EOM WNL, no goiter, - Spurling, not tender in SCM, no click in TMJ, C2 not tender, occipital not tender, DTS 1+ in knees, 1+ elbow, -BR, 0 ankle, - Roos bilat, scalenes not tender, Neg. LaSague, - tinel ulnar, - tinel median, - tinel radial, - Phalen, SI not tender, no pain in lumbar and cervical paraspinous, No kyphosis, scoliosis, lordosis, no clubbing, edema, nor cyanosis of toes, no lymphedema -- EtOH drop/swipe top of foot, no thermal no mechanical allodynia, no signs of RSD, Gait and station antalgic, pressure in superficial peroneal N. on lateral foot gave localized pain. Pressure on distal branch of saphenous nerve reproduced pain in toes, deep peroneal N pressure no pain.

MSE: Alert oriented X3 WF, college grad, MAA anxious, No suicidal plans, some ideas, no attempts, No thought disorder, Psych 3 wishes 1) life back 2) be was I was, 3)

DX: Entrapment of distal branch of saphenous.

PLANS: block distal saphenous N. taper off Topamax since it makes her sick. Return to Dr. Downey or his associate Dr. Vaccaro for re-exploration of distal saphenous.

Nelson Hendler, M.D.

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WATSON CLINIC LLP

12/05/2003

Nelson Hendler, MD
Mensana Clinic
1718 Green Spring Valley Road
Stevenson, Maryland 21153-9999

In re: [REDACTED] LINDA KAY
Watson Clinic # [REDACTED]

Dear Doctor Hendler:

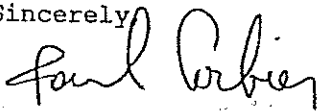
I am writing to inform you that it was a real pleasure to see Linda H [REDACTED] when she came back to Florida. I could hardly believe that she was practically pain-free in her left lower extremity. She did walk unassisted in my office. I was particularly impressed with the accurate diagnosis that was made. She seemed to have greatly benefitted from the decompression of the affected nerves. I am sure that she will greatly benefit from the remaining surgeries. We are managing her blood pressure here, and she has enrolled in physical therapy.

I am sure that there are a few other patients here who would greatly benefit from the excellent care that you have provided in the Mensana Clinic.

I will keep you informed of Linda's progress. We will be repeating her doppler flow study of the leg. She is already off of coumadin.

Thank you again for providing such excellent care.

Sincerely



Paul A. Corbier, M.D.
Internal Medicine

DD: 12/05/2003
DT: jlf/12/05/2003 10:17:23
001 1800785/2069570
WC# 58 [REDACTED]
H [REDACTED] LINDA KAY 12/05/2003 1 Page(s)

HS

Mensana Clinic, 1718 Greenspring Valley Rd., Stevenson, MD., USA, 21153 /410-653-2403
1181 Linda H. 2/3/06 ID 58 yo WF Allergic: Penicillin, sulfa, morphine, B blockers.

COURSE: Angry about being sent to Florida. R shoulder now taped with some relief. Dr. Delanois and Dr. Leadbetter referred her to Mark Mighell, MD in Tampa, in Florida Orthopedic Institute, for shoulder op.

OPS: Rotator cuff- Dr. Etienne, R TOS - Dr. Karas 7/04, Sural and peroneal nerve decompression with Dr Brodie, Dr. Marion L thumb 10/04, Knee replacement, 1/05, C1-3 posterior fusion 3/1/05, with Dr. Long/ Dr Garonzik , L TOS 6/6/05. Knee removal 9/05, para-thyroidectomy 9/05, R knee replacement 12/05

CC: Not sleeping. Less R knee pain. Pain in L biceps, volar forearm, thumb, index and palm. R shoulder pain severe due to shoulder dislocation. No strength for abduction of R shoulder. R shoulder still weak.

HPI: Car accident March 13 '99. Hit from rear by construction truck. Seat belt on. L total knee replacement, with 2 revisions. After injury was on cane, wheelchair, and crutches. Spinal cord DCS '02. Coughing-sneezing: no neck pain, EX: no neck pain, FLEX: Worse neck and trap and arms pain, TURN: pain in neck, and arms, LEAN: pain in neck and arm, -LaSague, Cough-Sneezing: no back or leg pain. EX: some back pain, FLEX: pain in back, TWIST: pain in back, LEAN: back pain, Worse: lifting, standing, Better: lay flat, elevate legs, heat or cold. Bracing: none, TFA: pain 7/7, Awake: pain 7/7. EKG + ant. MI PE: 5'2", 161 lb lost from 216, BP 140/90, pulse 80 and reg, shoulder pain 2/10, Temp 98.3 PEARLA, EOM WNL, no goiter, + Spurling to neck, traps, tender SCM, click TMJ, ringing in ears, C2 R>L tender, point tender at C2-3, C3-4, occipital not tender, DTS 1+ in knees, 1+ elbow, -BR, 0 ankle, + Roos bilat, scalenes arm pain, pectoralis tender, - LaSague, + tinel bilat ulnar, + bilat. tinel median, + R tinel radial, + Phalen, SI tender, pain lumbar and cervical paraspinous, No kyphosis, scoliosis, lordosis, less mottled skin, - EtOH drop L hand fingers, no thermal no mechanical allodynia, no signs of RSD, Gait/station waddling gait. R>L AC and SS tender, R>L bicipital tendon tender, L tibial N. and superficial peroneal N. pressure no pain on L foot. + L Phalen. R calf 14" versus 13 1/2" in polio calf after use of machine. Pick line clear.

MSE: Alert oriented X3 WF, college grad. Histrionic, MAA depressed, No suicidal plans, no ideas, no attempts, Psych pain 3 wishes 1) no pain 2) be was I was, 3) memory back, loss of auditory comprehension.

TESTS: L tibial 75% relief, R radial N. 100% relief thumb and forearm. Neurometer of arms + C3-4, Legs + tibial and L2-3. R superficial peroneal, at 4th metatarsal 100% relief big toe. 3D-CT NFS L5-S1, Nodule R lung, 2 cm mass L kidney, CT shoulders + AC narrowing, 3D-CT + C4-7 facet arthropathy, C4-5 disc, 3D-CT + L4-S1 facet, Flex-Ex X-ray + C4-5 NFS, + L4-S1 NFS, R common peroneal N block, 100% relief of foot pain, EMG/NCV arms/legs + sensory-motor peripheral neuropathy. ENG/BAER WNL, tibial block 60% relief, BUN up, EKG + anterior infarct, bone scan ?? SPECT of brain WNL, alk phos, WBC, sed rate, CRP up. ultrasound kidney + renal cysts, Chest CT + granulomatous nodule, EEG WNL, PET brain WNL, vascular flow, ??, Discogram L1-L5 WNL, Discogram C2-C7 WNL. BUN, K+ and Ca++ elevated, stress tests equivocal, Indium WNL, thyroid scan ??, saphenous and common peroneal N. block 100% relief knee pain. CT /ultrasound GB/abdomen WNL. Doppler X 2 no DVT, neuropsych ??, L radial block 100% relief. CT arthrogram + tear rotator cuff, repeat CT of abdomen ??, Angiotensin II converting enzyme elevated. ? renal hypertension on scan. Bone scan + R shoulder, R tibial plateau, medial compartment, and mid femoral shaft. Pick line, sed rate up. C2-4 facet block 90% relief, Root block C1-2 50% relief, Root block C2-3 100% relief, Root block C3-4 70% relief. C4-5 root block 100% relief. C5-6 root block no effect. Facet block C4-7 no effect. MRI + ACL/medial meniscus tear, Mammogram WNL, EMG/NCV + CTS, Doppler of R knee WNL, Neurometer + C3 and C6, gallium + infection R knee, 3D-CT + effusion R knee, post-op WBC, sed rate, alk phos all elevated, Indium 111 post-op reactive marrow, marrow test + due to implant. TPI X 4 R bicipital, AC, SS, trap and post scalene, with .5% Marcaine 1/2 cc/site for shoulder pain, MEDS (D/C Klonapin, Cipro) Aldactone 25mg qid, Nexium 40mg, Fosamax 70mg, (Percocet 10mg qid from Dr. Leadbetter) Lasix 20mg, Skelaxin 800mg, Wellbutrin 150mg, Coumadin 5 mg, Topamax 25 tid

DX: TMJ, Post-op R rotator cuff tear, subluxation, labral tear, post-op TOS bilat, C4-7 facet syndrome, L3-S1 facet syndrome, C2-3, C3-4, C5-6, and L5-S1 instability with radiculopathy, post-concussion syndrome, brain stem lesion, angina, post-op decompression of L tibial, superficial peroneal N. distal branch of saphenous, Radial N, ulnar N. CTS, renal mass, lung nodule ? etiology. Labile/renal hypertension, post -traumatic stress syndrome, hiatal hernia, osteomyelitis resolving, post-op parathyroid nodule, Tenosynovitis L wrist. Spinal accessory N. or plexus injury, Shoulder dislocation.

PLANS: Dr Kremens for DVT, PT/PTT/ INR, CBC with diff. Dr. Leadbetter for F/U knee, R shoulder repair, Root blocks C6-7, C7-T1, Dr. Malov -facet rhizotomy, Dr. Buxbaum, Dr. Gehris, Dr. Asadi, Nelson Hendler, M.D. XXXXX

Case Summary

Patient Name: Linda H. - high school teacher

Linda H.'s car was crushed by a dump truck in 1999, with resulting severe injuries. She was told she had RSD (reflex sympathetic dystrophy) of the legs, arthritis of the knees and cervical sprain. She was treated symptomatically for 3 years and her condition deteriorated to the point that she was using crutches and a wheel chair to ambulate. She had spent over \$175,000 in accident related medical expenses, at a clinic in Florida, for medical tests, and epidural blocks, but she never received sympathetic blocks, even though she was diagnosed with RSD. She saw Dr. Hendler in 2003. At Mensana Clinic, she received trigger point injections, nerve blocks, neurometer studies of the arms and legs, at a cost of \$3,400, medications and was sent for outside testing, which cost \$5,500 for the EMG/nerve conduction velocity studies of the arms and legs, \$ 5,400 for MRIs of the shoulders, hips and knees, lumbar sympathetic blocks for \$4,500, vascular flow studies for \$1,548, provocative discograms were \$6,750, and a bone scan for \$1,954. She eventually had 12 surgeries as the result of her accident, including 2 total knee replacements, nerve decompressions, thoracic outlet surgery, and C1-3 posterior fusion. Total cost for her stay, treatment and diagnosis at Mensana Clinic was \$124,783. At Mensana Clinic, the patient was diagnosed with nerve entrapment of the tibial, sural and common peroneal nerve, torn ligaments in the knees, rotator cuff tear, C1-3 instability, ulnar nerve entrapment, and thoracic outlet syndrome. The total charges for diagnostic testing, consultations and surgeries completed at Dr. Hendler's request were \$ 234,897. After completing the diagnostic testing and surgeries recommended by Dr. Hendler, she is walking without crutches.

Referral Diagnosis RSD (reflex sympathetic dystrophy) of the legs, arthritis of the knees and cervical sprain.

Mensana Clinic Diagnoses Nerve entrapment of the sural, common peroneal, tibial, median, radial, and ulnar nerves, hallicus longus tendon tear, thoracic outlet syndrome, C1-3 instability, torn ligaments, knees, rotator cuff tear

Pre-Mensana Expense:	-	\$ 175,000
Projected Future Medical Costs, without Mensana intervention:	\$	900,000
Projected lost earnings for 10 years	\$	600,000
total expenses without Mensana:	<u>\$</u>	<u>1,675,000</u>

Cost of Mensana Clinic:	\$	124,783
Costs of outside treatment, recommended by Mensana:	\$	234,897
Total Mensana expenses:	<u>\$</u>	<u>359,680</u>

Total projected savings: \$ 1,315,320

Clar [redacted] Hendler
12 [redacted] [redacted] Rd.
P [redacted], Md, 21 [redacted]

5-20-05

Dear Dr. Hendler,

I can't believe I'm not going to see you anymore. When I came to you, I didn't think I was ever going to get well. None of the other doctors believed me. Now, after all these surgeries, I am doing just fine. Thanks for believing me, and getting me to the right doctors. I don't have any pain and I am back at work. Thanks for everything.

Sincerely,

Clar [redacted] Hendler

Clar [redacted] Hendler

Case Summary

Patient Name: Clarence H ---, ambulance driver

Mr. H. is a 28 year old white male, who was involved in an auto accident, in 2003. He initially had numbness in his legs, and arms. He was hospitalized for 6 days, then discharged. He had an MRI of the neck, showing a C5-6 disc herniation, but his symptoms were not compatible with a disc at this level, and his neurosurgery very astutely did not operate on this disc. His arms continued to go numb, and he had to stop work as an ambulance driver. Participation in hobbies and sexual activity were reduced. Other than an MRI of the neck, no other tests were performed. He was sent for physical therapy, at a cost of \$270/week for 40 weeks, for a cost of \$10,800. Expenses prior to being seen at Mensana Clinic were \$7,500 for the hospital stay, \$1,500 for consultations with the neurosurgeon, and \$1,800 for the MRI of the neck. Loss wages of \$600/week were paid for 100 weeks. Total expenses were \$89,600. At Mensana Clinic, the patient was diagnosed with thoracic outlet syndrome and cervical facet syndrome. He received trigger point injections, neurometer studies, and medications and was sent for outside testing. He had vascular flow studies, 3D-CT, flexion-extension X-rays, provocative discometry, which was negative, facet blocks, root blocks, and EMG/NCV. Subsequently, he had bilateral thoracic outlet surgery, at a cost of \$12,000 each side. Within 8 weeks, the patient was back to work full time.

Referral Diagnosis Cervical sprain, C5-6 disc herniation

Mensana Clinic Diagnoses Thoracic outlet syndrome, bilaterally, C2-4 facet syndrome, C4-7 facet syndrome

Pre-Mensana Expense:	\$ 89,600
Projected Future Costs x 30 years without Mensana intervention:	\$ 90,000
Projected lost income x 30 years	\$ 900,000
Total expenses without Mensana:	<u>\$ 1,079,600</u>

Cost of Mensana Clinic:	\$ 3,456
Costs of outside tests:	\$ 12,100
Costs of outside treatment, recommended by Mensana:	\$ 29,000
Total Mensana expenses:	<u>\$ 39,556</u>

Total projected savings: \$ 1,035,044

Mensana Clinic, 1718 Greenspring Valley Rd., Stevenson, MD., USA, 21153 /410-653-2403

1500 Clarence H 5/6/05 Discharged in excellent condition

ID 28 yo WM

COURSE: Both TOS surgery completed by Dr. Karas and he feels great. Dr. Benalcazar recommended C2-4 facet denervation. C2-4 facet blocks with good relief. TPI helped. Dr. Meleka did C4-C7 facet blocks with more pain. My TPI help.

CC: Totally pain free.

HPI: Auto accident: lady backed into front of ambulance. Went to ER, not even X-rayed. The day afterwards, he had pins and needles in legs and they gave out. No ops since then. Just DC and PT. Was in hospital for 6 days with meds. Coughing-sneezing: no neck pain, EX: No neck pain, FLEX: tight neck, TURN: no pain in neck, LEAN: no pain, Neg. LaSague, Cough-Sneezing: no back pain. EX: no back pain, FLEX: no pain in back, TWIST: no pain in back, LEAN: no back pain, Worse: driving, lifting, standing, Better: lie down, on side with pillow between legs, Bracing: 0, TFA: 0/7, Awake: 0/7

PAST HX: accidents: 0, op appendix, Mono 0, VD 0, TB 0, Hepatitis 0, CVS 0, Asthma 0, Ca 0, thyroid 0, diabetes 0, ulcer 0, GERD has this, Arthritis juvenile, Alcoholism; 0, Psych: 0,

FAMILY HX: EtOH 0, CVS 0, Diabetes 0, TB 0, Ca gf, Arthritis mother, thyroid 0, Psych 0.

RECORD REVIEW: C5-6 disc on MRI, MRI of brain WNL, note from Dr. Benalcazar and Dr. Murphy. No hospital records.

SOCIAL HX: single, never married, no children, Ambulance driver, still works, Hobbies A-volunteer EMT, firefighter, Now less so, Sex A: 3/week, now 1 or less/month

PE: 6'4", 198 lb, BP 130/64, pulse 68 and reg, neck pain 2-9/10, PEARLA, EOM WNL, no goiter, + Spurling, into neck, point tender C3-5, not tender in SCM, no click in TMJ, C2 not tender, occipital not tender, DTS 1+ in knees, 1+ elbow, -BR, 0 ankle, + Roos bilat, scalenes not tender, Neg. LaSague, - tinel ulnar, - tinel median, - tinel radial, - Phalen, SI not tender, pain in cervical paraspinous, No kyphosis, scoliosis, lordosis, no clubbing edema, nor cyanosis of fingers, no lymphedema -- EtOH drop/swipe palm, no thermal no mechanical allodynia, no signs of RSD, Gait and station WNL, no pain with abduction of arm, AC and SS not tender, bicapital tendon not tender, rotation of arm no clicking nor pain,

MSE: Alert oriented X3 WM, HS, MAA depressed, No suicidal plans, no ideas, no attempts, No thought disorder, Psych 0, 3 wishes 1) no pain 2) be was I was, 3) work

TESTS: neurometer + C2-3, Flex-Ex X-ray with obliques of C2-C7 with odontoid views + C2 on C3 2 mm of retrolysthesis, 3D-CT + DDD C4-5, provocative discogram negative C2-7, vascular flow + reduced flow on L. C1-2 root block 100% relief. C2-3 root block no relief, C3-4 root block 30% relief. C4-5 root block no relief. C5-6 root block no effect, C4-7 facet blocks worse pain. C6-7 root block no relief. C7-T1 root block no effect. Facet block C2-4 75% relief, EMG/NCV + TOS, CTS, R ulnar

TPI X 4: HELD Bilat splenius and semispinalis with .5% Marcaine 1/2 cc/site for neck pain.

BRACING: 2 poster brace helps the pain in neck 50%, worsens arm pain.

MEDS: (D/C Ultram, Roxicodone, Norco, Percocet, Flexeril) no meds.

DX: TOS manifesting as radiculopathy, occipital neuralgia, C2-3 disc and instability, facet syndrome C2-4, C4-7.

PLANS: ADMIT: C2-4 facet denervation with Dr. Meleka, bone scan, 2 poster brace, Root blocks C5-6, C6-7, C7-T1, return to Dr. Benalcazar. Nelson Hendler, M.D

X

X

X

X

XXXXXXXXXXXXXXXXXX

Thank you! 11/17/04
Dr. Hendler

The surgery by Dr. Davis on 10/13/04 was a success. I am recovering nicely. I am off all the narcotic meds and take Tramadol 50 mg only when necessary. I am still taking neurontin because I still have some nerve pain on my left side. This is not as bad now as before surgery. I think it will stop in time. I see Dr. Davis for 6 wk
check up on 11/23 Wade K.

Case Summary

Patient Name: Wanda K--- transcriptionist for a physician,

Wanda K. a 52 year old had a slow, progressive onset to her pain over a 15 year period of time. She was tested for Lyme's disease, which was negative, but not tested for gout nor arthritis. She was told she had fibromyalgia, and had 39 chiropractic treatments. Over the years she had over 90 doctor visits, MRI and CT, and physical therapy. Estimated costs of these treatments was \$ 48,500. She has worked full-time despite her pain, but frequently missed days at work due to her pain. She first saw Dr. Nelson Hendler May of 2004. While at Mensana Clinic the patient received a series of facet blocks and root blocks as well as provocative discometry, 3D-CT, bone scan, flexion-extension X-rays, EMG/NCV, and trigger point injections. She saw a thoracic surgeon, and a neurosurgeon. She was referred for an anterior cervical fusion, lumbar discectomy and fusion and thoracic outlet surgery. Total charges for care provided by Dr. Hendler were \$ 4,609. Outside consultations and testing cost \$ 12,100. Outside surgery costs were \$ 84,000.

Referral Diagnosis: Fibromyalgia

Mensana Clinic Diagnoses C4-7 facet syndrome, C5-7
Disc, instability and radiculopathy,
L5-S1 discectomy and fusion, bilateral
Thoracic outlet syndrome.

Pre-Mensana Expense:	\$ 48,500
Projected lost wage from missed time without Mensana intervention:	\$ 31,000
Projected medical costs x 13 yrs.	\$ 44,000
total expenses without Mensana:	<u>\$ 123,500</u>
Cost of Mensana Clinic:	\$ 4,609
Costs of tests and consults:	\$ 12,100
Costs of anterior cervical fusion, Lumbar discectomy and fusion and Thoracic outlet surgery recommended by Mensana:	\$ 84,000
Total Mensana expenses:	<u>\$ 100,709</u>
Total projected savings:	<u>\$ 22,791</u>

Mensana Clinic, 1718 Greenspring Valley Rd, Stevenson, MD., USA, 21153 /410-653-2403
1508 Wanda K [REDACTED] 1/25/06 Was told Fibromyalgia. ID 52 yo WF

COURSE: Had bad rash with use of TENS unit. See Dr. Thorton. Cymbalta gives her headaches. Had TOS bilat with Dr Karas with improvement in '05. Dr. Davis did C5-7 ACF. Immediate relief in neck and arms. Dr. Marvel excised Bartholin gland, then got pudendal N. entrapment. Oct. 13, '04 L5-S1 fusion with Dr. Davis. Back pain better. Less neck pain. Headache on antibiotic for sinus infection. Possible side-effect of Parlodel. Probably TOS causing headache.

CC: Still low back pain, back of L>R thigh, and around the ankle. Less neck pain, no back of head pain, between blades, no pain at back of upper arm, better radial forearm, far less pain at palm and thumb>rest of fingers. Joints of fingers and wrist. Pain in elbows with lifting. Wakes with arm numb.

HPI: Slow progressive onset over years, starting 15 yrs ago. No ops since then. Tested for Lyme but not arthritis. No bone scan. Coughing-sneezing: no neck or arm pain, EX: neck pain, FLEX: neck pain, TURN: pain in neck, between blades, LEAN: pain in neck, Slight LaSague to back Cough-Sneezing: no back or leg pain. EX: more back pain, FLEX: pain in back, to buttocks, TWIST: pain in back and hips, LEAN: back pain, Worse: sitting, lifting, standing, riding, Better: move, Bracing: 0, TFA: pain 7/7, Awake: pain 7/7
PAST HX: accidents: none, op Bartholin gland abscess, Dec. '03,, liver biopsy, breast op swollen mild gland, abortion, Mono in past, VD 0, TB 0, Hepatitis 0, CVS 0, Asthma 0, Ca 0, thyroid, Sheehan's, Hashimoto's, diabetes 0, ulcer 0, GERD 0, Arthritis ?> type, Alcoholism; 0, Psych: depression, pudendal neuropathy.

FAMILY HX: EtOH gf, brother, son CVS father, gf Diabetes 0, TB 0, Ca gm, Arthritis gf, thyroid sister, Psychiatric brother,

RECORD REVIEW: Radiological review not useful. + EMG/NCV for ulnar.

SOCIAL HX: married 34 years, married X 1, 3 children, husband parts sale farm equipment, transcriptionist MD, Hobbies A-garden, piccolo, flute, Now less, Sex A: 4/week, now 1/month

PE: 5'6", 192 lb, BP 118/76, pulse 76 and reg, neck pain 7/10, PEARLA, EOM WNL, no goiter, Pos. Spurling, to neck, point tender C5-T1, Dowager's hump TI tender in SCM, no click in TMJ, C2 R>L tender, occipital not tender, DTS 1+ in knees, 1+ elbow, -BR, 0 ankle, + Roos bilat, scalenes tender, Neg. LaSague, + R tinel ulnar, + tinel median bilat.,- tinel radial, + R Phalen, SI tender, pain lumbar and cervical paraspinous, No kyphosis, scoliosis, lordosis, no clubbing edema, nor cyanosis of fingers, no lymphedema -
- EtOH drop/swipe palm, no thermal no mechanical allodynia, no signs of RSD, Gait and station WNL, no pain with abduction of arm, AC and SS tender, bicipital tendons tender, rotation of arm no clicking/pain,
MSE: Alert oriented X3 WF, some college, MAA depressed, No suicidal plans, no ideas, no attempts, No thought disorder, Psych after abortion, 3 wishes 1) no pain 2) be was I was, 3) work

MEDS: (Topamax, Valtrex, Ca++, Cymbalta Oxycodone, Ultram) Parlodel for Sheehan's. Levoxyil 50 ug, Neurontin 600mg tid, Metamucil, Estrane 2mg, Vit E, Estrogen cream, Lidoderm patch, Lasix 20mg,

TESTS: neurometer of arm C6>C5>C4 and legs L4, L5, 3D-CT + C5-6, and C6-7 disc, C6-7 NFS, and C4-6 facet syndrome, + L4-5 facet syndrome, DDD L4-S1, lower LFT, RBC, Hmct, anticardiolipin antibody, (WNL beta II microglobulin, RPR, HIV, B12/folic acid, 6 hr GTT, AIC glycohemoglobin, RF, HLA-B27, SSA, SSB, parathyroid, Ca++, Mg++, alk phos), provocative discogram +C6-7>C5-6, '04 provocative discogram + L4-5>L3-4, provocative discogram + L5-S1, MRI + facet hypertrophy L4-5, spinal effusion L5-S1, Flex-Ex X-ray C4 on C5 anteriorlythesis, MRI + C5-7 spondylosis, MRI L ankle WNL, X-ray spondylolisthesis L4 on L5, Mammogram WNL, MRI + L3-S1 facet, L4 on L5 anteriorlysthesis,

TPI X 2: Bilat Post. Scalene .5% Marcaine, 1/2 cc/site for headache

DX: Sheehan's syndrome, hypothyroidism, CTS, R ulnar entrapment, s post op bilat TOS, AC impingement, SS tendonitis, labral tear, bicipital tendonitis, C4-7 facet syndrome, C3-4, Status post C5-6, C6-7 ACF wit radiculopathy, L3-S1 facet syndrome, L4 on L5 anteriorlysthesis, s post op L5-S1 discectomy and fusion, depression, R/O Lyme, rheumatoid arthritis, loose ligaments, Hashimoto's thyroiditis, R/O polycythemia vera (not rubra- not a smoker), chondromalacia, Sleep apnea.

PLANS: CPAP, Facet denervation L3-S1, MRI and X-ray of knees, bone scan, vascular flow arms up and down, EMG/NCV of arms and legs, MRI shoulders, 2 poster brace, body jacket with thigh spika, Facet block C2-4, and C4-7, facet blocks L1-L4, facet blocks L3-S1, Root blocks C1-2, C2-3, C3-4, C4-5, C5-6, C6-7, C7-T1, Dr. Karas, Dr. Davis, for L4-5 fusion, and C5-7 ACF, Dr. Leadbetter, Nelson Hendler, M.D.

X

XXXXXXXXXXXXXXXX

October 7, 2003

Doctor Nelson Hendler
Mensana Clinic
1718 Greenspring Valley Road
Stevenson, MD 21153

Dear Doctor Hendler,

This letter is to express a sincere thank you for the outstanding medical care you have provided for injuries I sustained in three separate motor vehicle accidents and a fall during the past decade. Your astute diagnostic abilities have clearly identified my injuries and your innovative treatment regimes have provided significant reduction of my pain and disability stemming from these injuries.

I would also like to mention that few if any of the other doctors that I have consulted for diagnosis and treatment of these injuries have the clear understanding of the nature of my condition that you do. In fact you have been able to diagnose, treat, and/or understand my injuries sustained in these accidents that fall within the purview of many other medical specialties, such as gastroenterology, otolaryngology, gynecology, etc., When I consulted physicians in the above mention fields they were unable to provide the diagnosis and/or proper treatments for my injuries that you saw were necessary and beneficial to my care. So again you have my sincere thanks.

Sincerely,

Colleen Ann K..., M.D.

2086 [REDACTED]

H [REDACTED] NJ 07 [REDACTED]

7

Case Summary

Patient Name: Colleen Ann K....M.D. physician

Dr. K. is a 33 year old white female, who has been 3 car accidents since 1998. She initially had pain in her low back, legs, buttocks, neck and arms. She was unable to continue with the practice of medicine. She had seen multiple physicians in a variety of specialties, without a definitive diagnosis. She had an MRI of the neck, and low back, and EMG/nerve conduction velocity studies. She was sent for physical therapy, at a cost of \$210/week for 30 weeks, for a cost of \$ 6,100. Expenses prior to being seen at Mensana Clinic were \$ 12,500 for medical care, \$5,500 for the EMG/nerve conduction velocity studies, and \$10,800 for 3 MRIs of the neck and low back. Loss wages of \$ 42,000/year were paid for 4 year. Total expenses were \$ 201,900. At Mensana Clinic, the patient was diagnosed with C5-6 disc damage, thoracic outlet syndrome, unstable L4-5 and L5-S1 spinal segment with disc disruption, and tempromandibular joint disease. She received trigger point injections, neurometer studies, and medications and was sent for outside testing. She had vascular flow studies, provocative discograms in both the neck and low back, which were positive, 3D-CT, flexion-extension X-rays, and EMG/NCV. Subsequently, she had an L4-5 micro-discectomy, at a cost of \$35,000, in February, 2001. She had a subsequent accident Sept. 2001, which then lead to the need for discectomy and fusion at L4-S1 and subsequent revisions due to nosocomal infections, and a CSF leak, for additional cost of \$123,500. The patient returned to full time volunteer work, fighting the opening of a bear hunting season in New Jersey.

Referral Diagnosis

Cervical sprain, lumbar strain

Mensana Clinic Diagnoses

Thoracic outlet syndrome, bilaterally, C5-6 disc disruption (IDD), tempro-mandibular joint disease, unstable L4-5 and L5-S1 spinal segment with disc disruption, post-concussion syndrome,

Pre-Mensana Expense:	\$ 201,900
Projected Future Costs x 30 years without Mensana intervention:	\$ 300,000
Projected lost income x 30 years	\$ 1,260,000
Total expenses without Mensana:	<u>\$1,761,900</u>
Cost of Mensana Clinic:	\$ 14,760
Costs of outside tests:	\$ 15,940
Costs of outside treatment, recommended by Mensana:	\$ 160,500
Total Mensana expenses:	<u>\$ 191,100</u>
Total projected savings:	<u>\$ 1,570,800</u>

Mensana Clinic, 1718 Greenspring Valley Rd, Stevenson, Md., 21153, 410-653-2403

461- Colleen K█████, M.D. ACCIDENT # 2 (12/15/98) 1/26/06 See #9 for accident #1

CC: Worse low back and neck pain. Had 3 ops on L5-S1 from original 4/19/05 L4-S1 discectomy and fusion, with Dr. Garonzik and Dr. Long. Per pt a new lesion of L4-5, so surgery set for March 7, '06. Had CFS leak, and fever, and was in hospital 29 days. Developed MRSA, was treated on Vancomycin then Zyvox. Still not fused on L side, instrument on R. No improvement in pain. Still weak R>L arm, and low back pain. Facial pain present. Worse pain in neck, trouble swallowing, but never went to swallowing clinic at JHH. BP control effective. Came in for shots which are the only thing that helps. Got hit in the rear again! Sept. 4 '01. Arms going numb, since #2 accident. Still abdominal pain-diffuse-with diarrhea. Had micro-discectomy with Dr. Davis 2/26/01, with back pain improvement. Now legs are weak. Entire R arm is weak, painful with use over head. Looking up makes her dizzy. Neck brace is helping. Burning facial pain, worse with a light breeze, due to lack of TMJ treatment. Worsening condition due to insurance delays. Bite plate helps a bit. Worse R jaw pain with talking. Had onset of neck and click R>L jaw pain, drooling still, and upper teeth L>R, and worsening of pre-existing pain, after accident of 12/15/98. Pain behind ear, so can't wear glasses. Seeing Dr. Marvel in place of Dr. Guzinski. Pain in L leg and calf greatly helped by shot. Ongoing pelvic pain helped with clonidine patch. Still hip pain after stimulator placed by Dr. Jason Thompson (OB-Gyn pelvic reconstructive urology), at JHH outpatients. Developed pain since one day before the R lead was removed. No records. She says stimulator was a temporary success, so she wants a permanent placement. Return to Dr. North. Numbness in the R hand, into the last 2 fingers, the ulnar forearm. R breast is painful. Neck pain, both arms hurting, still complications from R TOS. Won't go for L TOS til R is cleared up, R arms better, less cramping with use. Worse neck pain with movement, flex/ex, cough.

PHYSICAL EXAM: 5'11" 162 BP 112/68 and pulse 72 and reg. Vaginal pain 10/10 PEARLA, EOM WNL, no goiter, DTRs I+ at biceps and 0 BR. No ligamentous laxity, ROM in neck is 45 flexion, 50 extension, turning 60 to L and R, Able to elevate arm to 180 bilat. Able to elevate legs 70, bilat. +Spurling, +LaSague, +Roos bilat L>R, +tinel at wrist, radial, and ulnar, and +Phalen, Very tender in SCM, bilat. No click in jaw. -Romberg, gait and station ok. Breast exam deferred. No kyphosis, lordosis, scoliosis, no clubbing, edema, nor cyanosis. Tender in L sural N at gastroc, lateral ankle, - L'Hermitte

TESTS: needs results of MRI of TMJ. MRI of C spine ?

MSE: alert oriented X3 W F, MAA alert oriented X3 WF MAA depressed, anxious, no hallucinations, no thought disorder, tearful about not being able to work, memory loss.

MEDS (D/C Klonopin, Dibenzylene) see #9 below.

TPI X 4 bilat medial scalene bilat for arm pain, bilat traps for neck.

Dx: worsening of TOS on R, CTS, ulnar entrap., C6-7 disc bulge, Status post L5-S1 fusion, C4-5 disrupted disc with instability, r/o brain stem lesion, depression, S2 root lesion, for second accident new symptoms of TMJ, R/O facial pain probably due to VII and IX, X cranial nerve injury, and maybe branch of V, secondary to closed head injury and stretching of nerves at skull base. R/O mesenteric artery spasm, endometriosis, Ovarian Ca.

PLAN: Status post fusion at L5-S1 with Dr. Long and Dr. Garonzik. Unable to get insurance authorization for body jacket with thigh spika to left leg because of R leg pain and Philadelphia collar. Got electrolyte levels, and FSH, and etradiol. K was ok. Get notes from Dr. Thompson and Dr. Guzinski. Results of MRI cine of TMJ with jaw open/shut. Dr. Buxbaum prm. On disability 10/13/97. Bone scan. Provocative discogram C2-7 Nelson Hendler, M.D.

X

X

X

XXXXXXXXXXXXXXXXXXXX

Jim I [redacted]
121 [redacted] Road North
[redacted] New York [redacted]
[redacted]
[redacted]@aol.com

October 17, 2001

Dear Dr. Hendler,

I am writing to thank you for all your patience and understanding over the past six months.

Prior to my first visit, last February to the Mansana Clinic, I felt very discouraged and in pain all the time after being diagnosed with RSD, resulting from a sledding accident.

My parents and I had been to numerous doctors in the Albany and New York City areas and even went to an RSD conference in Florida. I felt very hopeless until we found your name on the Internet. When we visited the clinic, you did a very simple alcohol test, among other tests, which cost less than two cents to administer, but it was worth a million bucks to me. You said that I had been misdiagnosed and your diagnosis was that I had nerve entrapment syndrome not RSD. This diagnosis has led me to see an end to the cheese grating, constant pain that I have lived with for almost three years.

In July, Dr. Dellon operated on my upper calf and found a pinched nerve just like a garden hose. The area was exactly where you had given me trigger point injections, which gave me some temporary relief. Dr. Dellon also operated on my foot and right ankle to decompress some of the nerves there. I am almost 100% pain free in those areas now.

Two weeks ago, I had my last surgery on my right arm, which will hopefully take care of the pain in my shoulder and neck as well.

Dr. Hendler, you gave my parents and I the courage to seek out this surgery, especially after we had been indoctrinated with the Do's and Don'ts of RSD for so long.

I am happy to tell you that I am almost 100% pain free in my leg and can walk without a cane and almost no limp. My arm is coming along nicely and I am just experiencing surgical pain at this time.

As for all my numerous medications, I am only on the roxicordon four times a day. I thank you for helping with all my medications. Thank you for not judging me, but showing me concern when I went through some withdrawals and setbacks. My parents said you were always available by phone to make recommendations.

Please, thank your staff, Maggie, Stacy, Bill and Bob and everyone else who encouraged me when I stayed at the clinic.

I would like to stay in touch with you, Dr. Hendler, and if I can ever encourage any other patient that there is a light at the end of the tunnel, I'd be very happy to talk with them.

Thank you again,

Jim L 

Jim L 

Case Summary

Patient Name: James L. - senior high student

James L. was originally injured in Jan., 1999, at age 17, when he was sledding on a knee board. He hyper-extended his right foot and knee. Subsequently, he injured his right arm, with a hyper-extension injury to the thumb and elbow. He was told he had RSD (reflex sympathetic dystrophy). After one and a half years of misdiagnoses and inappropriate treatment, his condition had deteriorated. His parents had spent over \$90,000 in accident related medical expenses, for medical tests, sympathetic blocks, epidural blocks, and bone scans. He first saw Dr. Nelson Hendler in 2001, when he was diagnosed with nerve entrapment of the leg and arm. At Mensana Clinic, he received trigger point injections, nerve blocks, neurometer studies of the arms and legs, at a cost of \$3,400, medications and was sent for outside testing, which cost \$5,500 for the EMG/nerve conduction velocity studies of the arms and legs, \$1,800 for an MRI of the shoulder, vascular flow studies for \$1,548, and a bone scan at a cost of \$1,954. Total cost for his stay, treatment and diagnosis at Mensana Clinic was \$26,589. At Mensana Clinic, the patient was diagnosed with nerve entrapment of the tibial, sural and common peroneal nerve, and the ulnar and radial nerve. He had surgery on these nerves, at a cost of \$57,750. The total charges for diagnostic testing, consultations and surgeries completed at Dr. Hendler's request were \$ 67,004. Prior to treatment with Without Dr. Hendler, his annual medical expenses and medication alone would average nearly \$10,000 a year and would not provide any improvement. After completing the diagnostic testing and surgeries recommended by Dr. Hendler, James L. no longer requires extensive medical attention. James L. is now completing college, and will be entering the work force.

Referral Diagnosis RSD (reflex sympathetic dystrophy) of the right leg and arm

Mensana Clinic Diagnoses Nerve entrapment of the sural, common peroneal, tibial, radial and ulnar nerves

Pre-Mensana Expense:	\$ 91,245
Projected Future Medical Costs, without Mensana intervention:	\$ 450,000
Projected lost earnings for 45 years	\$ 1,350,000
total expenses without Mensana:	<u>\$ 1,891,245</u>

Cost of Mensana Clinic:	\$ 26,589
Costs of outside treatment, recommended by Mensana:	\$ 68,552
Total Mensana expenses:	<u>\$ 95,141</u>

Total projected savings: \$ 1,796,104

MENSANA CLINIC, 1718 Greenspring Valley Rd. Stevenson, Md., 21153, 410-653-2403

182- 9/2/04 James L. [REDACTED], 21 yo WM. Spoke with parents to discuss surgery, and medication. Now total relief of R arm pain. Dr. Dizenzo at Albany to remove L4-5 scarring of root.

COURSE: Had op with Dr. Derizio at Albany, March 12 '04. L4-5 discectomy, after residual from spinal tap. Residual L hip pain. He also did ulnar N. transposition on R, with get relief. Had surgery 9/23/02 with Dr. Dellon on the R arm. He found an aberrant radial nerve.

CC: No pain in R leg-it is perfect. After surgery with Dr. Dellon, on R arm, no R hand tremor, no pain in R thumb, no pain in radial forearm, no ulnar forearm pain, still a little pain in little finger, nothing in the palm. If sleeps, with arm up, the R arm no longer gets pins and needles.

Arm not cold, slight swelling at distal radial forearm. Palm no longer sweats.

HPI: Started with injury sledding on knee board. R leg with extreme dorsi-flexion of foot, and knee, Jan. 15th. '99. Jan. '01 hurt R thumb skiing. No ops. Used L cane and crutches. Bone scan showed increased uptake C/W RSD per pt. Epidural block gave 80% relief of pain for 1-2 hours. Epidural cath. for 5 days, without much relief. No sympathetic block. No nerve block. In neck, Cough/Sneezing 0, EX of head no effect, FLEX 0, TURN: R gets R neck pain, to L no effect, LEAN: to L pulls on R shoulder. -LaSague Cough/Sneezing 0, EX 0, FLEX 0, TWIST: 0, LEAN: 0, WORSE: stress, cold, walking stairs, running, inversion>flexion, BETTER: heat helps, TFA pain 7/7 Awake: pain 7/7

CHART REVIEW: bone scan 5/00 was WNL, 3/99 showed increased uptake of metatarsal and phalangeal joints 1,2 3, and 4, and at epiphysis, increased at R ankle, delay images show increase uptake at joints, thyroid tests were WNL. Father has Hx of thyroid.

COURSE: Dr Dellon operated, with excellent results '01. Near total relief of pain in R ankle, R knee, R hip, shin top of foot, last two toes. Arm surgery R Oct. '01 with Dr. Dellon but no note.

MEDS: (D/C Ultram, Hydrocodone, Prednisone, Roxicodone, Vioxx, Dexalone, Oxycontin, Trazadone) Celexa 60mg AM, Neurontin 1200mg tid, Oxycontin 20mg tid, Ambien 10mg HS, Xanax .25mg qid, Wellbutrin 150mg bid, Unicecna 8.6 mg, Nexium 30mg AM, Dextromethorphan 30mg bid.

PAST HX: ops: mole removed, Mono 0, VD 0, TB 0, Hepatitis 0, CVS 0, Asthma 0, Ca. 0, thyroid 0, diabetes 0, ulcer 0, Arthritis 0

PE: 5'11" wt. 157 B.P. 124/78 pulse 76 and reg: R ankle 0/10, R arm pain 8/10, PEARLA, EOM wnl. No goiter, no kyphosis, no lordosis, nor scoliosis, -- Spurling, -- LaSague, ++ Roos bilat, R scalenes tender and reproduce pain, gait and station antalgic, no cyanosis, no clubbing nor edema of fingers, no lymphedema of either hand. -- EtOH drop and swipe at palm, and back of hand, so no allodynia, no signs of RSD, tremor 6-8 cps coarse of R hand. C2 not tender, SCM ok, click in jaw, no ringing in ears, ++ tincl in R elbow, + tincl R wrist, + Phalen R, + radial groove R, DTR 1+ knees, 0+ ankle, 1+ biceps, 1+ BR, C paraspinous tender. Pain with abduction of R arm into shoulder, Tender in AC and SS tendon R. and bicipital tendon R. Pain with rotation of R arm,

MSE: Alert oriented X 3 WM, MAA very happy, Psych A: 0 p No signs of depression.

TESTS: neurometer of arms and legs + for bilat. tibial, sural and peroneal, L median and R ulnar. 100% relief with radial N. block. My common, superficial and deep peroneal blocks helped, EMG-NCV of arms, and legs WNL. Bone scan shows no RSD, and maybe occult fracture R wrist, R first metacarpal. MRI of shoulders WNL, vascular flow studies were WNL. TSH low, PTH low, Hepatitis B Ag elevated, testosterone elevated, MRI + L4-5 root scarring
DIAGNOSIS: Status post ulnar and radial decompression, L L2-3 facet pain, R/O osteomyelitis of L L3 facet. R/O Hashimoto's thyroiditis.

PLAN: Decompression of L4-5 root scarring, Flex-Ex X-ray with obliques, L1-S1, 3D-CT L1-S1, Facet blocks L1-L4, L3-S1, bone scan, Indium 111 scan, gallium scan, repeat TSH, T4 and thyroid antibodies,


Nelson Hendler, M.D XXXXXXXXXX

12.1.04

Dear Dr Hendler

I just wanted to say thank you for all you have done for me. After seeing you and your referral to Dr. Benalcazar for surgery I had my surgery on September 16. I am now back to work and pain free. Thank you so much

Sincerely

Melissa M. 

Case Summary

Patient Name: Melissa M---. Billing clerk

Ms. M. is a 29 year old white female, who had pain in the base of the spine, with a spontaneous onset July 2004. Three years earlier she had a disrupted disc and a micro-discectomy, with good results. She tried to continue to work, but the pain was unbearable. She stopped working at Mensana Clinic July. 2004, with a loss of income of \$ 800 per week, which was partially covered by short term disability. Total lost wage was \$ 2,400. Prior to being seen at Mensana Clinic, she was diagnosed with lumbar sprain, and had 2 physician visits, X-rays, MRI, but no nerve blocks nor provocative discograms. Total expenses prior to Mensana Clinic were \$1,900. She was seen at Mensana Clinic for one visit, in Aug. 2004. When seen at Mensana Clinic, she was found that she did not have a lumbar sprain, but that her pain was caused by a recurrent L4-5 disc with instability. Total charges for care provided by Mensana Clinic were \$ 400. She was referred to a neurosurgeon's office for repeat discectomy. No testing was needed. After the L4-5 discectomy, with a 5 weeks recovery, the patient returned to her position as a billing clerk at Mensana Clinic.

Referral Diagnosis

Lumbar sprain

Mensana Clinic Diagnoses

L4-5 disc and instability

Pre-Mensana Expense:	\$ 3,300
Projected Future Costs x 30 years without Mensana intervention:	\$ 60,000
Projected lost income x 30 years	\$ 1,200,000
Total expenses without Mensana:	<u>\$ 1,263,300</u>
Cost of Mensana Clinic:	\$ 400
Costs of outside tests:	\$ 0
Costs of outside treatment, recommended by Mensana:	\$ 25,000
Total Mensana expenses:	<u>\$ 25,400</u>
Total projected savings:	<u>\$ 1,238,900</u>

beginning to lose hope that there was any help for him. We can't tell you how much we appreciate you giving us our healthy son back.

Thank you,

Buzz ~~Headler~~ and Laura M. ~~Headler~~

August 13, 2003

Dear Dr. Headler,

We can't tell you how much we appreciate that you are the one who has given our son, George, relief from his back pain.

We are currently on vacation and have vivid memories of this time last year when, because of George's back pain, he could not accompany us on our family picnics or at times even walk up the path. After seeing so many doctors in a three year span, we were

Case Summary

Patient Name: George G --- art appraiser

Mr. G. is a 25 year old white male, who was injured playing soccer and lacrosse, in college in 1998, and an auto accident with a car roll-over in 1999. He had intermittent pain, until May 2002, when the pain in his lower thoracic spine and lower back became constant. Participation in hobbies and travel was reduced. He had to miss many activities at the annual family outing at their private island in Maine. Expenses prior to being seen at Mensana Clinic were for various physicians, including his uncle and grandfather, for a cost of \$ 2,760, a bone scan for \$1, 250, a sonogram for \$750, chest X-ray for \$90, and blood studies for rheumatoid arthritis for \$134. He continued to work as an appraiser at a jewelry store. Total cost before being seen at Mensana Clinic were \$ 4,984. At Mensana Clinic, the patient was diagnosed with L1-L4 facet syndrome. He received trigger point injections, and medications and was sent for outside testing. He had blood studies for inflammatory disease, 3D-CT, flexion-extension X-rays, L1-L4 facet blocks, and L1-L4 facet denervation. Within 3 days the patient's parents reported his activity levels had returned to normal.

Referral Diagnosis Lumbar sprain, rheumatoid arthritis

Mensana Clinic Diagnoses L1-4 facet syndrome

Pre-Mensana Expense:	\$ 4,984
Projected Future Costs x 35 years without Mensana intervention:	\$ 70,000
Projected lost income x 30 years	\$ 0
Total expenses without Mensana:	<u>\$ 74,984</u>

Cost of Mensana Clinic:	\$ 1,678
Costs of outside tests:	\$ 4,750
Costs of outside treatment, recommended by Mensana:	\$ 4,500
Total Mensana expenses:	<u>\$ 10,928</u>

Total projected savings: \$ 63,956

Mensana Clinic, 1718 Greenspring Valley Rd, Stevenson, MD, USA, 21153 /410-653-2403
994- George Leonard G 1/30/03

ID 25 yo WM

CC: Good relief with facet denervation. No longer awakened by back pain. Occasional pain in mid to upper back, from beltline to between shoulder blades. Pain in SI area. Pain in both groin. All pain is intermittent. No dry eye, no dry mouth, no burning with urination, no testicular pain, nor penis. No urinary symptoms.

HPI: SI began with sports soccer and lacrosse in college, after squats. In last 8 months the T spine and back have begun. Coughing-sneezing: between blade pain, EX: No neck pain, FLEX: no neck pain, TURN: no pain in neck, LEAN: no pain in neck, - LaSague, Cough-Sneezing: groin pain, and back pain. EX: groin pain, FLEX: no pain in back, TWIST: no pain in back, LEAN: back pain, Worse: in early AM between blades, run, exercise, Better: movement, bending, Bracing: 0, TFA: 0/7, Awake: pain 7/7

PAST HX: accidents: auto accidents, roll-over, rear-ended, op L hernia, T & A, Mono 17, VD 0, TB 0, Hepatitis 0, CVS 0, Asthma 0, Ca 0, thyroid 0, diabetes 0, ulcer 0, GERD 0, Arthritis 0, Alcoholism; 0, Psych: 0,

MEDS: Advil

FAMILY HX: EtOH grandfather, CVS father, Diabetes 0, TB 0, Ca gf, gf, gm Arthritis 0, thyroid 0, Psychiatric 0,

RECORD REVIEW: bone scan WNL, blood for RA WNL. Sonogram of flank WNL, chest X-ray WNL,

SOCIAL HX: Single, no kids, works at jewelry store doing appraisals Hobbies A- sports, ski, golf, fish, Now sports, Sex A: 5/week, now same, Was on Outward Bound course-in Colorado. Goes to Maine each year, on their own island.

PE: 5'9", 190 lb, BP 110/70, pulse 72 and reg, T spine pain 4-8/10, PEARLA, EOM WNL, no goiter, - Spurling, not tender in SCM, no click in TMJ, C2 not tender, occipital not tender, DTS 1+ in knees, 1+ elbow, -BR, 0 ankle, - Roos bilat, scalenes not tender, pectoralis not tender, lat dorsi not tender, - LaSague, - tinel ulnar, - tinel median, - tinel radial, - Phalen, no point tenderness T1-T12, SI not tender, no pain lumbar and cervical paraspinous, No kyphosis, scoliosis, lordosis, no clubbing edema, nor cyanosis of fingers, no lymphedema -- EtOH drop/swipe palm, no thermal no mechanical allodynia, no signs of RSD, Gait and station WNL and erect, no pain with abduction of arms, AC and SS not tender, bicipital tendon not tender, rotation of arms no clicking nor pain, **MSE:** Alert oriented X3 WM, went to F & M, MAA WNL, No suicidal plans, no ideas, no attempts, No thought disorder, Psych 0, 3 wishes 1) no pain 2) be in good shape, 3)

TESTS: Beta II microglobulin is elevated, SSA, SSB WNL, HLA-B27 present, BUN & Creatinine elevated. ANA WNL, TSH & T4 WNL

DX: R/O RA, R/O ankylosis spondylitis, or other rheumatoid like diseases, Lymes, facet syndrome L1-L3, Facet syndrome T7-10, R/O T11-T12, L1-2 retrolisthesis instability with radiculopathy, R/O entrapment of small sensory nerve of ilio-inguinal and genito-femoral N. SI joint instability or sclerosis,

PLANS: Facet denervation L1-4, blood for CBC with diff, sed rate, RF, Lyme, uric acid, , anticardiolipin antibody, thyroid antibodies, neurometer of femoral N, saphenous N, lateral femoral cutaneous N., SI joint blocks, facet blocks T12-L3, Flex-Ex X-ray with obliques of C2-C7 with odontoid views, flex extension X-rays with obliques of T1-12 and L1-S1, 3D-CT C2-C7, 3D-CT T1-T12, 3D-CT of L1-S1, Root blocks L1-2, L2-3, L3-4, L4-5, L5-S1, provocative discogram L1-S1, Dr. Talamini at Hopkins, or Dr. Mike Schultz for ? revision of hernia, Dr. Brombeck for SI joint instability, Nelson Hendler, M.D. XXXXX

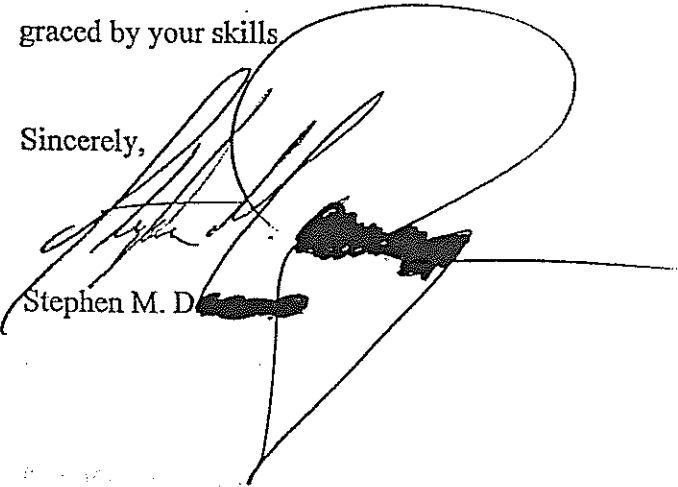
Dear Dr. Hendler,

I am writing you to express my gratitude for all of which you have done for my family and me. How can a man find the right words to explain the gifts of knowledge and compassion that graces you? It seems amusing that a man such as I cannot even find the appropriate terminology to describe your impact on a patient like me.

It was not long ago when I first came to you as a broken man. My body and spirit were both downheartedly adrift in a sea of despair. All due to an elder woman who drove her automobile through a stop sign on a weekday afternoon. It occurred like some bizarre twist of fate that I happened to be there at that very moment. Only after seeing countless doctors and going to numerous therapy appointments, I was fortunate enough to come across your clinic. Once there, you assured me that you were able to make my life less painful.

I went through many painful tests to prove what others did not see. These tests led to the facts of what my real injuries were. It was you, Dr Hendler, who plotted the proper course to a better life. Although I know my body will never be the same, I know it will be a better life after meeting you. I only wish that others would have the opportunities to be graced by your skills

Sincerely,


Stephen M. D.

Case Summary

Patient Name: Stephen D. - nursing assistant

Mr. D. is a 31 year old white male, who was involved in an auto accident, in 2001. He initially had pain in his neck and arms, ringing in his ears, trouble with his balance, a click in his jaw, and memory trouble. His arms continued to go numb, and he missed work, as nursing assistant at the War College in Carlisle, Pa., about 3 days a month. Participation in hobbies and sexual activity were reduced. Other than an MRI of the neck, no other tests were performed. He was sent for physical therapy, at a cost of \$300/week for 20 weeks, for a cost of \$ 6,000. Expenses prior to being seen at Mensana Clinic were \$6,750 for medical care and \$1,800 for the MRI of the neck. Loss wages of \$600/month were paid for 36 months. Total expenses were \$ 39,550. At Mensana Clinic, the patient was diagnosed with C5-6 disc damage, thoracic outlet syndrome, labral tear and tempromandibular joint disease, as well as post-concussion syndrome. He received trigger point injections, neurometer studies, and medications and was sent for outside testing. He had vascular flow studies, a provocative discogram which was positive, 3D-CT, flexion-extension X-rays, MRI of the shoulders, PET of brain, and EMG/NCV. Subsequently, he had thoracic outlet surgery, at a cost of \$12,000, and a C5-6 anterior cervical fusion at a total cost of \$55,000. Within 16 weeks, the patient was back to work full time.

Referral Diagnosis

Cervical sprain

Mensana Clinic Diagnoses

Thoracic outlet syndrome, bilaterally, C5-6 disc disruption (IDD), tempromandibular joint disease, post-concussion syndrome, resolving, labral tear left shoulder

Pre-Mensana Expense:	\$ 39,550
Projected Future Costs x 30 years without Mensana intervention:	\$ 90,000
Projected lost income x 30 years	\$ 216,000
Total expenses without Mensana:	<u>\$ 335,550</u>

Cost of Mensana Clinic:	\$ 14,760
Costs of outside tests:	\$ 15,940
Costs of outside treatment, recommended by Mensana:	\$ 67,000
Total Mensana expenses:	<u>\$ 97,700</u>

Total projected savings:	<u>\$ 237,850</u>
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Mensana Clinic, 1718 Greenspring Valley Rd., Stevenson, MD, USA, 21153: 410-653-2403
425-- Stephen D [REDACTED] 5/21/04

ID 31 yo WM (neck Dx, C2 Dx, TOS Dx, AC Dx, TMJ Dx)

COURSE: Still pain in L shoulder. Pain 75% better. Back to work as nursing assistant at War College in Carlisle. Dr. Benalcazar did C5-6 ACF. Dr. Karas did L TOS. Some memory trouble.

CC: No pain in both shoulders, bicipital area, inside of L upper arm, L ulnar forearm to last two finger. Still pins and needles in L shoulder to hand. L hand weak. Still click in jaw, ringing in ears, trouble with memory, and balance. No pain into and between shoulder blades. Headache from temple to back of head, over ear to eye.

HPI: Hit on passenger side rear door, and had on seat/chest belt. Nov. 27, '01. Went to ER X-ray and release. PT. No op. Cough/Sneezing joint into L shoulder, EX of head 0, FLEX pain to L trap, TURN: to R goes to L trap and shoulder joint, LEAN: to R pain in shoulder blade and shoulder. WORSE: lifting, use of hands, hands goes numb if hands in front, BETTER: a couple of beers, and Vicodan, TFA: back /shoulder pain 5-6/7, Awake: tremor in L arm, 3-4/7, pain 7/7

CHART REVIEW: no tests in chart

PAST HX: Accidents auto '95, '96, hit on bike, groin injury, ops: L knee op, Mono 0, VD 0, TB 0, Hepatitis 0, CVS murmur mitral, Asthma as child, Ca. 0, RH/F 0, diabetes 0, ulcer 0, Arthritis 0, Psych 0, EtOH 0, Neck and headache pain July '01 with resolution. Headache, in '92 Dx as migraine, was on Verapamil.

FAMILY HX: TB 0, EtOH father, Ca: gm, aunt, Thyroid 0, Diabetes mother, gf and gm, Psych father, RH/F 0, CVS 0, Kidney gf

SOCIAL HX: Works as electronic tech, Was E 3 in service, in Navy. Missed only a few days since accident. Hobbies before coaching teams, now assistant coach, Sex A 3-4/7, now: 1-2/7 Married 10 years, 3 kids, wife is clerk at state, not lifting, no use of arms for heavy things.

PE: 5'5" wt., 187, B.P. 126/78 pulse 80 and reg: neck pain 6/10, Tattoo on L arm, R chest, R shoulder, EOM wnl, PEARLA. No nystagmus, No goiter, no kyphosis, no lordosis, nor scoliosis, neg. Spurling, - LaSague, + L Roos, L scalenes tender, gait and station WNL, no cyanosis, clubbing, edema of fingers, -- EtOH drop in palm of hand, - swipe, no signs of RSD, no allodynia. C2 not tender, point tender C4, C5, SCM not tender, no click in jaw, ringing in ears, - tinel in elbow, - tinel wrists, - Phalen bilat, - radial groove, bilat DTR 2+ knees, 1+ ankle, 1+ biceps, 1+ BR, no Babinski, no clonus of feet, C paraspinous tender. Pain with abduction of L arm, tender at AC, SS tendon, bicipital tendon, pain with rotation, no palmo-mental reflexes, no Hoffman, no sucking, snout nor Gabellar reflex, no Romberg.

MSE: Alert oriented X 3 WM, MAA no suicide ideas, no plans, no attempts, Psych A routine to get out service, death of father, 3 wishes 1) faster car 2) back in service 3) beer tap, memory off.

MEDS: (Imitrex IM, about 21 shots/month, aspirin, ear medicine, Desyrel 25 mg, Vicodan, Percocet) Motrin prn

BRACING: Philadelphia collar gave 90% relief in neck and arms.

TPI X 2: HELD Bilat traps with .5% Marcaine ½ cc/site for neck pain.

TESTS: neurometer of arms slight ulnar abnormality. PET of brain WNL, 3D-CT + fracture T 1 spine, C5-6 spondylosis, MRI +C5-6 disc bulge, MRI L labral tear, MRI + disc thinning, bone scan + T2, Flex-Ex X-ray spondylosis C5-6, Vascular flow WNL, EMG/NCV WNL, provocative discogram +C5-6.

DIAGNOSIS: S post C5-6 ACF, TMJ, s post L TOS, still TOS R, AC impingement and SS tendonitis, rotator cuff tear and bicipital tendonitis. Post-concussion

PLAN: ADMIT: Root blocks of C1-2, C2-3, C3-4, C4-5, C5-6, and C6-7, facet blocks C2-4, C4-7, 2 poster brace, SPECT of brain, and neuropsychological testing, ENG, BAER, Dr. Baugher, Dr. Karas F/U TOS, Dr. Levin, Dr. Benalcazar, Dr. Gehris, Nelson Hendler, MD

XXXXXXX

June 4, 2003

Dr. Hendler,

Thank you for giving me my life back. Before when I was in Florida, I didn't see any chance. Dr. H. [redacted] made me feel drugged and always out of it. Getting 10-20 needles a day is not what I would call helping.

When I came to you, I was apprehensive about trusting you. You proved me wrong. You always encouraged me and kept my hopes up. When I was in doubt or scared you would pull out facts and jokes.

You truly are a hero. You cure people and take people's pain away who are breaking a sweat. You have such a rewarding job.

After your treatment I feel 100% better. I have no pain any more. My pain was a 10+ and now is anywhere from a 0-1 on a bad day. I can now dance, play sports, drive (even if I don't have your car!), and I'm able to pursue anything I want.

I will never be able to thank you enough. You're my hero and I admire you.

Love you,

Michelle A. [redacted]

Case Summary

Patient Name: Nichole C. –junior high student

Nichole C. was originally injured in 2000, at age 13, when she was kicked in the shin in soccer camp, and had a car accident in 2001. She was told she had RSD (reflex sympathetic dystrophy) of the legs, and later told she had “total body RSD.” After two and a half years of misdiagnoses and inappropriate treatment, her condition had not improved, and she was overmedicated by a treating doctor. Her parents had spent over \$250,000 in accident related medical expenses, at a clinic in Florida, for medical tests, and epidural blocks, but she never received sympathetic blocks, even though she was diagnosed with RSD. She saw Dr. Hendler in 2002. At Mensana Clinic, she received trigger point injections, nerve blocks, neurometer studies of the arms and legs, at a cost of \$3,400, medications and was sent for outside testing, which cost \$5,500 for the EMG/nerve conduction velocity studies of the arms and legs, \$ 5,400 for MRIs of the shoulders, hips and knees, lumbar sympathetic blocks for \$4,500, vascular flow studies for \$1,548, provocative discograms were \$6,750, and a bone scan for \$1,954. Total cost for her stay, treatment and diagnosis at Mensana Clinic was \$39,498. At Mensana Clinic, the patient was diagnosed with nerve entrapment of the tibial, sural and common peroneal nerve, CRPS II, ulnar nerve entrapment, and thoracic outlet syndrome. She had surgery on the nerves of the legs, at a cost of \$ 38,640. The total charges for diagnostic testing, consultations and surgeries completed at Dr. Hendler's request were \$ 64,293. After completing the diagnostic testing and surgeries recommended by Dr. Hendler, Nichole C. has now returned to sports, and dancing. She is an honor roll student in 11th grade.

Referral Diagnosis RSD (reflex sympathetic dystrophy) of the right leg and arm

Mensana Clinic Diagnoses Nerve entrapment of the sural, common peroneal, tibial, and ulnar nerves, thoracic outlet syndrome, C2-5 disrupted disc, L5-S1 disrupted disc

Pre-Mensana Expense:	\$ 250,000
Projected Future Medical Costs, without Mensana intervention:	\$ 900,000
Projected lost earnings for 45 years	\$ 1,350,000
total expenses without Mensana:	<u>\$ 2,500,000</u>

Cost of Mensana Clinic:	\$ 38,640
Costs of outside treatment, recommended by Mensana:	\$ 64,293
Total Mensana expenses:	<u>\$ 102,932</u>

Total projected savings: \$ 2,397,068

Mensana Clinic, 1718 Greenspring Valley Rd., Stevenson, MD.USA, 21153: 410-653-2403
382, 383 5/15/03 Nicole C. mother is Johnna

ID 16 WF (neck-shoulder, CRPS). Met with father. Never had lumbar sympathectomy.

COURSE: PAIN FREE!! L leg is fine and able to ambulate. Tapering off pain meds. TOS worse from continued crutch use. Lidoderm patch has helped pain. Had surgery 8/1/02 at Union Memorial. L lower leg now has shooting pains and twitches typical of post op recovery, especially with weight bearing. She is able to walk on L leg, without crutches for the first time in years. Dr. Stu Miller previously blocked her sural and peroneal nerves and she got excellent relief. After nerve block, her temp in L leg was 20 higher. Phentolamine test on June 22. Lower back hurt afterwards. Worse with moving. Less pain in knee R, and less swelling. Had vascular flow studies, and Doppler of carotids. Can't get phentolamine block at JHH until pediatric anesthesiologist is involved. Saw Dr. Miller, who felt that there were som many nerve involved, before he considered surgery. L knee and front of L ankle are painful. (Her mother's cell-1-609-233-6162- Johnna Crawford)

CC: Burning stabbing pain across forehead, back and side of neck, traps, angle of jaw, pain in TMJ and ears when opening jaw, pressure in eyes, twitching in eye, back of head, temple. L shoulder joint and blade>R, pain in biceps, elbow and volar forearm, back of hand and all fingers get cold and numb, both hands. Anterior chest hurts, and pain breathing, shoulder blades. Pain between shoulder blades. Low back pain, buttock, hips joints, along ureter bilat. Rib tips hurts. Pain in top and bottom of thighs, knee caps hurt, L>R shin hurts, L>R calf, outside and front of ankle, sole of foot> top of foot, to all toes. Constant numbness in all toes, and low back.

HPI: Was at soccer camp, 7/00, and twisted her ankle and got L calf dull ache then pain. Rx with "Biofreeze" and Advil. Was casted. Was on crutches. Blisters from chemical under cast. Spread into knees and thighs over 5 days. Had pain in neck and shoulders too. Car accident Jan. 2001. Head pain began after accident. Was scheduled for I.V. Lidocaine, which made her worse. Epidurals in neck and back which gave partial relief for weeks. No lumbar sympathetic blocks, "paravertebral" and legs never got warm. Tilt table test was neg. but orthostatic hypotension. No ops. No bone scan. EMG/NCV not completed. Cough/Sneezing worse neck, shoulder and chest pain. EX of head, pain in neck and between shoulder blades, FLEX neck pain and low back, TURN: pain in neck, L feels it in L shoulder, R the same, LEAN: pain in neck, and elbow to other side, - LaSague pain in knees, Cough/Sneezing back pain, knees, chest, EX pain in back and top of thighs, FLEX back pain, TWIST: low back pain, L>R leg, LEAN: back and hip pain, WORSE: sitting, weather, cold BETTER: heat, BRACE: collar no help. TFA: pain 7/7, Awake: pain 3-4/7

SOCIAL HX: Now on honor roll and a junior in HS Parents divorced

CHART REVIEW: Saw Dr. Houshman in Florida, received shots, but no sympathetic blocks.

PAST HX: Accidents: blacked out 2 x hit head, ops: 3 myringotomy tubes, wisdom teeth, Mono + EB testing, VD 0, TB 0, Hepatitis 0, CVS 0, Asthma has it, Ca.0, thyroid 0, RH/F 0, diabetes 0, ulcer 0, Arthritis 0, Psych for depression, EtOH 0, Headaches if stressed.

FAMILY HX: TB 0, CVS mother, gf, EtOH gf, uncles, Ca. gm, gf, Arthritis gm, gf, thyroid 0, Diabetes ggm, RH/F father, Psych gf bipolar,

PE: 5'3" wt. 107, B.P. 98/64, pulse 80, and reg: leg pain -0/10, EOM wnl, PEARLA,. No goiter, no kyphosis, no lordosis, nor scoliosis, + Spurling into neck, - LaSague. + Roos bilat, in ulnar distributioun, R>L scalenes tender, R>L claivical tender, gait and station antalgic, no cyanosis nor clubbing, nor edema of fingers, - EtOH drop at top of L foot and L palm of hand, - swipe, no signs of CRPS I with absent thermal and mechanical allodynia. Bilat. C2 tender, SCM tender, click in jaw, + tincl in elbows, + tincl wrists, + Phalen bilat, + radial groove, bilat DTR 1+ knees, 0+ ankle, 1+ biceps, 1+ BR, C and L paraspinous tender. Pain with abduction of arms, tender in AC and R>L SS tendon, tender bicipital tendon, pain with rotation arm, SI joint tender,

+ Patrick-on Rt. Reproduced pain with common peroneal N. pressure.bilat, radiating up thigh to lateral calf, not shin, tibial went to toes and sole of feet, sural to calves and heels, saphenous to knees, superficial and deep peroneal to top of foot. No inversion of R foot, R knee cap less crepittance, and no swelling. Knee cap less mobile.

MSE: Alert oriented X 3 WF, MAA depressed, suicide ideas, no plans, no attempts, Psych A for divorce, 3 wishes 1) family and friends back 2) believe in self again 3) people like me

BRACING: 2 poster brace gave relief of the neck but worse TMJ.

MEDS: (D/C Ultram, Darvocet, Florinef, Pro-amatine, Zanaflex due to hypotension, Stadol, Bupernex, Lidoderm, Thorazine, Vioxx, Percodan, Lidoderm patch, Vicoden, Klonapin, Topamax, Baclofen.Calan, Cytotec) Effexor 75mg AM, Neurontin 600mg qid, Ortho-tri-cyclen 28, Trazadone 200mg HS, Prevecid 30mg bid. Albuteral prn,

TESTS: neurometer of arms up and down + for bilat median and L ulnar, neurometer of legs + for peroneal and sural not tibial damage. Cine MRI of TMJ with jaw open and shut WNL, MRI of shoulders WNL, MRI of knees WNL, MRI of hips WNL. X-ray of L foot WNL. Bone scan C/W RSD of L foot. L lumbar sympathetic block X 3 with warmth X 2, gave 80% relief but still calf and knee pain. Able to walk on foot. 3D-CT of C2-C7 ?? Neurometer of upper L thigh versus R WNL. Provocative discogram of L1-S1 + at L5-S1. EMG-NCV/SSEP of arms, and legs WNL, provocative discogram of C2-C7 + at C2-3, C4-5, C5-6. MRI and Xray of R knee WNL, My saphenous N block on L warmed leg and 70% relief. My sural nerve block warmed leg, and gave 45% relief of calf and outside ankle pain. PET of brain WNL, MRI of C spine WNL. Flex-Ex X-ray C spine WNL, my tibial nerve block gave 100% relief of foot pain. Vascular flow + for TOS, Common peroneal block on L warmed L leg, and 75% relief of shin pain, and heel.

TPI X 2: bilat. traps with .5% Marcaine ½ cc/site for shoulder pain.

DIAGNOSIS: C2-3, C4-5, and C5-6 disc, instability, and radiculopathy, C2-4 facet syndrome, L3-S1 facet syndrome, L5-S1 disrupted disc and instability, clinically AC impingement, SS tendonitis, rotator cuff tear, labral tear, TOS, TMJ, (Revised the diagnosis of CRPS I in L foot, with spread to arms) more likely CRPS II and entrapment of common peroneal, tibial, and sural N, saphenous N, ulnar N. reactive depression, Teitze's syndrome, rib tip syndrome, condromalacia of knees, post concussion syndrome, R/O myositis, post-traumatic arthritis, R/O subclavian steal, R/O torn medial meniscus, R/O subclavian steal syndrome

PLAN: follow-up with Dr. Stuart Miller, SPECT of Brain. blood for CBC with diff, and sed rate, ANA, SSA, SSB, anticardiolipin antibodies, TSH, T4, T3 thyroid antibodies, RPR, HIV, RF, C3, C4, fractionated CPK, Doppler of subclavian artery, 2 poster brace, phentolamine test at JHH, flexion Ex X-ray of L2-S1, 3D-CT of L2-S1, 2 poster brace, body jacket with R thigh spika, Dr. Karas for TOS, Dr. Buxbaum, Dr. Jim Campbell, Dr. Reggie Davis, neuropsych with Dr. Levin, Dr. Roseborough if needed for lumbar sympathectomy, Nelson Hendler, M.D.

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November 02, 2003

Dr. Nelson Hendler
Mensana Clinic
1718 Greenspring Valley Rd.
Stevenson, Maryland 21153

To Whom It May Concern,

I'm a current patient of Dr. Nelson Hendler. I was injured at work while opening a gang box on March 3, 2000. I was employed by Gill-Simpson Electric Company.

After work I went to Carroll County Hospital and was diagnosed with a fractured radius bone in my left arm and was referred to an orthopedic doctor.

On March 6 of 2000 I was seen by Dr. Greesieux and was diagnosed with bone chips in my left elbow. Following Dr. Greesieux diagnosis I sought a second opinion.

I saw Dr. Melvin Friedman in the same month and he recommend surgery on my elbow to remove the bone chips.

After surgery on May 17, 2000 my arm progressively got worst.

Dr. Friedman retired and I was referred to Dr. Murphy at Greater Chesapeake Hand Specialty.

Dr. Murphy suggested another debrevment on Feb. 14, 2001 and then I was diagnosed with post-traumatic osteoarthritis.

My pain progressively got even worst so on Dec 19, 2001 I had surgery at Union memorial Hospital by Dr. Murphy for a Fascial Arthroplasty with Exterior Fixator

After the surgery I got a staff infection and had to returned to Union Memorial Hospital for treatment.

After treatment I had noticed no relief.

I returned to Dr. Murphy and on March 4, 2002 and he suggested a Nerve Block. I had a Stellate Nerve Block with no success.

In April of 2002 Dr. Murphy said the next step was to relocate my Ulnar Nerve because of numbness in my hand.

After Nerve surgery there was still no relief so I sought a second opinion.

I found Dr. Baugher in the Baltimore's Best Doctors magazine. I saw Dr. Baugher and he said I needed more work on the joint and that wasn't his specialty so he referred me to Dr. Graham.

On August 6, 2002, Dr. Graham tested me for the follow test, Aspiration, Fluoroscope and a bone scan.

After the conclusion that Dr. Graham couldn't help me he referred me to Dr. Hendler.

After seeing Dr. Hendler he diagnosed me with having Ulnar Nerve entrapment and bone chips, metal fragments still in my elbow joint.

Dr. Hendler then referred me to Dr. Campbell for Ulnar and radial Nerve decompression and exploration.

On Sept 30, 2003 Dr. Campbell performed the operation and ended up relocating the nerves. Right after surgery I knew I had gotten some relief before even leaving the hospital.

As of now Dr. Campbell has referred me to Dr. Laporte which is another Orthopedic Doctor to see if anything can still be done with the joint. If it wasn't for Dr. Hendler I would have not had any relieve from my arm at all. Thanks to Dr. Hendler I feel like I'm finally on the road to recovery!

Sincerely,


Louis Raymond S

Case Summary

Patient Name: Louis Raymond S.... electrician

Louis S. was a 48 year old man when he was injured at work hyper-extending his elbow, in 2000. He fractured his radius bone, and was found to have bone chips in his left elbow. Subsequently, he had surgery to remove the bone chips, and to repair the fracture, and in 2001 he had surgery on the elbow joint with an external fixator, and developed a staph infection. He was then diagnosed with RSD and received stellate ganglion blocks. He then had ulnar nerve translocation, without benefit. He had a bone scan, aspiration of the joint and fluoroscopy, and was referred to Mensana Clinic. He was diagnosed with ulnar and radial nerve entrapment, residual bone chips, and acromo-clavicular impingement. At Mensana Clinic he received repetitive diagnostic nerve blocks, for \$7,800, neurometer studies, and referrals to surgery. Dr. Campbell at Johns Hopkins Hospital re-explored the ulnar and radial nerve with good relief, and had the elbow joint replaced. He returned to work on a light duty basis, after the last surgery, but then reinsured the nerve, and had a subsequent re-exploration. He still was maintained on medication from Mensana Clinic. He was in the process of discontinuing narcotics so he could return to work again.

Referral Diagnosis: Ulnar nerve entrapment, Complex Regional Pain Syndrome Type I (CRPS I) (formerly called Reflex Sympathetic Dystrophy (RSD))

Mensana Clinic Diagnoses Entrapment of the ulnar and radial nerve, disrupted ligaments and capsule of elbow joint, acromo-clavicular joint impingement.

Pre-Mensana Expense:	\$ 74,600
Projected medical costs x 15 yrs.	\$ 150,000
Lost wage for 15 years	\$ 840,000
total expenses without Mensana:	<u>\$ 1,064,600</u>

Cost of Mensana Clinic:	\$ 48,560
Costs of tests and surgery recommended by Mensana:	\$ 67,500
Total Mensana expenses:	<u>\$ 111,660</u>

Total projected savings: \$ 952,940

Mensana Clinic, 1718 Greenspring Valley Rd, Stevenson, MD., USA, 21153 /410-653-2403
1011- Louis (Ray) S██████ 1/27/06 ID 54 yo WM ALLERGIC- METHADONE, PENICILLIN

COURSE: I told patient I couldn't prescribe narcotics. Dr. Campbell recommended ulnar N. stimulator at JHH. To see Dr. Belzberg Feb. 1. Constant pain from nerve. Dr. Campbell repaired residual nerve damage 8/16/05, with less pain, but post-op pain. Pain in elbow in ulnar forearm, and last two fingers. Saw Dr. Marcia Wolfe for IME. Dr. Etienne did elbow replacement. Wants to return to work, but can't on narcotics. Dr. LaPorte referred him for arthroplasty, with Dr. Siegelman, who referred him to Dr. Graham who can't help him. IME with Dr. Friedler recommended Dr. Seigelman. IME Dr. Stacy Burner denied his surgery.

CC: Still pain in L elbow, pain and numb in hypothenar eminence and last 2 fingers in L hand, ulnar forearm, pain in palm and last 2 fingers. No pain in L shoulder joint. Occasional back pain.

HPI: March 3, '02, at work, was lifting a box, when it suddenly gave. He felt a pull in his arm.

By end of day was swollen and painful. Went to ER. X-ray + fracture of radius. Dr. Noel Gressieux found bone chips. Rx P.T. Dr. Freeman did bone chip removal. 5/17/00, then to Dr.

Murphy 2/14/01 re-op. Facial arthroplasty of exterior fixator, 12/19/01. Got staph infection 1/02/02. Got stellate ganglion block 3/4/02, for RSD, no relief. Then ulnar nerve translocation.

4/22/02. Discussed elbow replacement or fusion, or arthroplasty. Saw Dr. Baugher. To Dr.

Graham. Had bone scan. Cough-sneeze: no arm pain, EX: no arm pain, FLEX: no arm pain,

TURN: no pain in arm, LEAN: no pain in arm, - LaSague, Cough-Sneeze: no back pain. EX: no back pain, FLEX: no pain in back, TWIST: no pain in back, LEAN: no back pain, Worse: lifting,

rotating arm, gripping., Better: ice, meds Bracing: hurts, TFA: arm pain 6/7, Awake: pain 3-4/7

PAST HX: accidents: hit from rear, motorcycle, op lumbar fusion '85, broken finger L little, as

kid, hernia, lipomas, Mono 0, VD 0, TB 0, Hepatitis 0, CVS 0, Asthma 0, Ca 0, thyroid 0,

diabetes 0, ulcer 0, GERD 0, Arthritis osteo, Alcoholism; 0, Psych: 0,

FAMILY HX: EtOH 0, CVS 0, Diabetes 0, TB 0, Ca 0, Arthritis father, mother, thyroid 0,

Psychiatric 0, Epilepsy 0

RECORD REVIEW: Reviewed notes of Drs. Kanner, Murphey and Graham. Bone scan WNL

PE: 5'9", 210 lb, BP 124/82, pulse 80 and reg, arm pain 6/10, tattoos on arms, PEARLA, EOM

WNL, no goiter, - Spurling, not tender in SCM, click in L TMJ, C2 not tender, occipital not

tender, DTR 1+ in knees, 1+ elbow, -BR, 0 ankle, - Roos bilat, scalenes not tender, pectoralis

not tender, lat. dorsi not tender, - LaSague, 3 surgical scars L elbow, one in radial, Deferred

(tinel on transposed L ulnar, tinel L median, tinel L radial, Phalen) Pain with gripping and

rotation of L hand. Grinding in L elbow. SI not tender, no pain lumbar and cervical paraspinous,

No kyphosis, scoliosis, lordosis, no clubbing edema, nor cyanosis of fingers, no lymphedema --

EtOH drop/swipe palm, no thermal no mechanical allodynia, no signs of RSD, Gait and station

WNL, pain with abduction of L arm, L AC, SS not tender, bicipital tendon not tender, rotation of

L arm no clicking, pain in elbow.

MSE: Alert oriented X3 WM, MAA depressed, No suicidal plans, no ideas, no attempts, No thought disorder, Psych 0, 3 wishes 1) no pain X 3

TESTS: neurometer of arms + ulnar, median and radial, 3D-CT L elbow + bone chips in capsule with effusion, coronoid process with large spur, X-ray + screw fragment, erosion of ulnar notch, irregular distal humerus, MRI of L shoulder AC degeneration. Testosterone 237 (212-742)

MEDS: (D/C Vioxx, Neurontin, Topamax, Trileptal, Gabitril, Methadone, Percocet, Dilaudid, Diamox) Lidoderm patch 5% apply locally, but irritated arm, Desipramine 50mg AM., TENS unit above the pain, I can't prescribe Roxicodone 15 mg q 4 hrs. Rx Ultram 50mg 2 tabs qid.

TPI X 3: in L scalenes with .5% Marcaine, 1/2 cc/site for L arm

DX: Post-op release of traction and entrapment of L ulnar N. and radial N entrap., AC impingement, SS tendonitis, status post-op bone chip L elbow removal. R/O TOS

PLANS: Jim Campbell, MD, Dr. Ledbetter for F/U. Nelson Hendler, M.D. XXXX

Deborah A. M. [REDACTED]
[REDACTED] Point Road
[REDACTED], NC 28 [REDACTED]
[REDACTED] 6058

November 27, 2003

Nelson Hendler, M.D., M.S.
Mensana Clinic
1718 Greenspring Valley Road
Stevenson, Maryland 21153-9999
410-653-2403

Dear Dr. Hendler,

It's Thanksgiving Day and I can't think of a better way to spend it than to sit down and send you a letter expressing my gratitude to you for easing my pain and suffering that I have been burdened with since 1986. The denervation performed on October 10, 2003, by Dr. Malov has been successful in my opinion. I am pleased to report that the burning pain I had been experiencing in the L3-S1 area has been eliminated by at least 50-75%. Prior to the denervation, the pain had been agonizing in nature and always constant. It is unbelievable what a difference this procedure has made in reducing the pain! The facet pain masked the underlying disk pain. I can now monitor when I have done too much and rest to reduce the disk pain as necessary. I am very pleased with the outcome of this procedure!

I am also grateful to have you as my doctor, because you have instilled back in me the trust I lost a long time ago, after so many disappointments along the way. I appreciate all you and your staff, have done for me. From the bottom of my heart, I can't thank you enough.

Sincerely,

Deborah A. M. [REDACTED]

Deborah A. M. [REDACTED]

Case Summary

Patient Name: Deborah M---. nurse with a BSN,

Deborah M. a 47 year old was injured when a patient fell and pulled her to the ground, in 1986. She had an L5-S1 laminectomy and received only 3 days of relief. Over the years she had over 112 doctor visits, post-op MRI and CT, facet blocks under fluoroscopic control, 3 epidurals, and physical therapy. Estimated costs of these treatments was \$ 47,500. She has worked full-time despite her pain, but frequently missed days at work due to her pain. She first saw Dr. Nelson Hendler June of 2003. While at Mensana Clinic the patient received a series of facet blocks and root blocks as well as provocative discometry, 3D-CT, bone scan, flexion-extension X-rays, EMG/NCV, and trigger point injections. She saw a thoracic surgeon, and a neurosurgeon. Total charges for care provided by Dr. Hendler were \$15,384. Outside consultations and testing cost \$ 15,450. Treatment costs were \$ 4,500.

Referral Diagnosis: Cervical sprain

Mensana Clinic Diagnoses C4-7 facet syndrome, C2-4 disc, with instability, C5-6 disc and radiculopathy, thoracic outlet syndrome, temporo-mandibular joint syndrome

Pre-Mensana Expense:	\$ 47,500
Projected lost wage from missed time without Mensana intervention:	\$ 28,000
Projected medical costs x 18 yrs.	\$ 54,000
total expenses without Mensana:	<u>\$ 129,500</u>

Cost of Mensana Clinic:	\$ 15,384
Costs of tests and consults:	\$ 15,450
Costs of facet denervations, recommended by Mensana:	\$ 5,300
Total Mensana expenses:	<u>\$ 36,134</u>

Total projected savings: \$ 93,366

Mensana Clinic, 1718 Greenspring Valley Rd, Stevenson, MD, USA, 21153 /410-653-2403
1246 Deborah M. 10/10/03

ID 47 yo WF, BSN, Was now told that she didn't have enough conservative care so insurance won't pay for care, so I wrote a letter.

COURSE: Dr. Malov did facet rhizotomy L3-S1 today. Has lots of spasm. Had bone scan, and MRI of hip, but no report. Dr. Benalcazar suggested L5-S1 fusion and discectomy.

CC: Little low back pain, L hip, top of L foot feels numb and swollen, and last 3 toes are numb. Burning in L SI, aching behind knee. L outside thigh. Burning across outside and front of L shin.

HPI: In 1986, patient fell and pulled her down. Felt shooting pain down L leg. '87 had L5-S1 had laminectomy. Pain came back after 3 days. No ops since then. - LaSague, Cough-Sneezing: no back nor leg pain. **EX:** no back pain, **FLEX:** no pain in back, **TWIST:** pain in back, **LEAN:** no back pain, **Worse:** lifting, standing, riding in car, intercourse, **Better:** lay on side, with knees bent, **Bracing:** none, **TFA:** pain 4-6/7, **Awake:** pain 3-4/7

PAST HX: accidents: none, op bunionectomy bilat, GB, D & C, Mono 0, VD 0, TB 0, Hepatitis 0, CVS HBP, Asthma now, Ca 0, thyroid 0, diabetes 0, ulcer 0, GERD 0, Arthritis 0, Alcoholism; 0, Psych: 0,

FAMILY HX: EtOH 0, CVS mother, father, Diabetes father, TB 0, Ca 0, Arthritis 0, thyroid 0, Psychiatric 0

RECORD REVIEW: CT + for facet hypertrophy and L5-S1 NFS.

SOCIAL HX: married 28 years, married X 1, no children, husband is general contractor, Pt is nurse supervisor, Hobbies A- boat, sail, Now less due to pain, Sex A: 2/week, now 2-3/month

PE: 5'2", 151 lb, BP 126/78, pulse 84 and reg, after rhizotomy- back pain 3/10, PEARLA, EOM WNL, no goiter, - Spurling, not tender in SCM, no click in TMJ, C2 not tender, occipital not tender, DTS 1+ in knees, 1+ elbow, -BR, 0 ankle, - Roos bilat, scalenes not tender, - LaSague, - tinel ulnar, - tinel median, - tinel radial, - Phalen, SI tender, pain in lumbar paraspinous, No kyphosis, scoliosis, lordosis, no clubbing edema, nor cyanosis of fingers, no lymphedema - EtOH drop/swipe top of foot, no thermal no mechanical allodynia, no signs of RSD, Gait and station antalgic, no pain with abduction of arm, AC and SS not tender, bicipital tendon tender, rotation of arm, no clicking/pain, no pain with pressure on common peroneal, deep peroneal, superficial peroneal, tibial, sural or saphenous N. - Patrick sign.

MSE: Alert oriented X3 WF, college grad BSN, MAA depressed, No suicidal plans, no ideas, no attempts, No thought disorder, Psych for work comp, 3 wishes 1) no pain 2) be was I was, 3)

MEDS: Elavil 25mg HS, Hyzaar 50mg/12mg, Activella, Neurontin 600mg tid, Vioxx 25mg prn, Tylenol #3 rarely, Topamax 25mg bid,

BRACING: body jacket with R thigh spika with towel without benefit, even made things worse.

TESTS: Root block L5-S1 100% relief. MRI + recurrent disc L5-S1, flex extension X-rays L2-S1 WNL, Root block L4-5 25% relief. Root block L3-4 no effect. 3D-CT + DDD L5-S1, facet blocks L3-S1 100% relief. Neurometer of legs WNL. Provocative discogram L3-S1 WNL, I didn't see much scar tissue around L5-S1 nerve root on MRI with gadolinium L2-S1. MRI of hips WNL, bone scan WNL

TPI X 2 Bilat L4 5 cm from centerline with .5% Marcaine 1/2cc/site for back spasm.

DX: L3-S1 facet syndrome, L4-5, L5-S1 disc and instability with radiculopathy,

PLANS: READMIT: EMG/NCV of legs, body jacket with R thigh spika, follow-up after L3-S1 facet rhizotomy with Dr. Malov. If this doesn't work, then Dr. Benalcazar, for L4-S1 discectomy and fusion, Nelson Hendler, M.D.

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Case Summary

Patient Name: Janis C.

Insurance Company: Aetna

Member Number: 484-XX-XXXX

Janis C., 39, a stock-broker, came to Mensana Clinic with a prior diagnosis of Reflex Sympathetic Dystrophy of 18 months duration. She was receiving Long Term Disability payments of \$3,000 per month for a total of \$54,000, and had spent over \$110,000 of her own money on ineffective medical treatments. After evaluation and testing with Dr. Nelson Hendler she was diagnosed with nerve entrapments of the common, deep and superficial peroneal nerves. She was referred for nerve decompression surgery.

Costs for evaluation and treatment at Mensana Clinic were \$15,430. Additional testing completed outside the clinic was \$2,367. Costs for necessary surgery were \$23,897. After surgery on both legs she is now able to ambulate and is prepared to re-enter the job market, again as a stock broker. Given total projected cost estimates for ongoing work, comp. payments, long term disability, medical testing, medication, and physical therapy, expected savings until age 65 are shown below.

Pre-Mensana Expense:	\$ 110,000
Pre-Mensana Disability:	\$ 54,000
Projected Future Costs, disability without Mensana intervention:	\$ 936,000
Projected medical expenses	\$ 230,000
total expenses without Mensana:	\$1,330,000
Cost of Mensana Clinic:	\$ 15,430
Costs of outside treatment, recommended by Mensana:	\$ 26,264
Total Mensana expenses:	\$ 41,694
Total projected savings:	<u>\$ 1,288,306</u>

Case Summary

Patient Name: Kari J.

Insurance Company: West Virginia School System

Kari J., age 23, was injured in a high school cheerleading accident on 1/2/92. After two years of misdiagnoses and inappropriate treatment her condition had deteriorated and she had accumulated \$96,955.57 in accident related medical expenses. She saw Dr. Nelson Hendler on 5/17/94. He provided the proper diagnoses and recommended an efficacious treatment plan that included a cervical fusion, nerve decompression on both upper extremities, and cervical and lumbar sympathectomies. Costs incurred for Dr. Hendler's care and case management when converted to 1998 dollars were \$27,722.16. The total charges for diagnostic testing, consultations and surgeries completed at Dr. Hendler's request were \$63,788.08. Ms. J. is now married and working full-time. Prior to treatment with Dr. Hendler her annual medical expenses were averaging nearly \$50,000.00 and were not providing any improvement. After completing the diagnostic testing and treatment process recommended by Dr. Hendler, Ms. J. no longer requires extensive medical attention.

Pre-Mensana Expense:	\$ 96,995
Projected Future Medical Costs, without Mensana intervention:	\$ 2,500,000
total expenses without Mensana:	\$ 2,596,995
Cost of Mensana Clinic:	\$ 27,722
Costs of outside treatment, recommended by Mensana:	\$ 63,788
Total Mensana expenses:	\$ 91,510
Total projected savings:	<u>\$ 2,505,485</u>

Case Summary

Patient Name: Minerva R.

Insurance Company: Parkway Insurance Co.

Policy Number: A423AOOS601X

Insurance Company: Prudential Insurance Co.

Policy Number: 052-62-6237

Group Number: 14490 5771

Minerva R., age 35, was injured in a motor vehicle accident on 8/14/93. She continued to work for some time following the accident. She had two TMJ surgeries and facet rhizotomies in the cervical and lumbar spine. In August of 1997 she stopped working because she could no longer tolerate her pain. She received \$125 per week from the auto carrier and \$250 per week from her employer. Medical expenses from the date of her injury to the time she was seen at Mensana Clinic, were in excess of \$27,000. She first saw Dr. Nelson Hendler on 2/9/98. After appropriate evaluation and testing Dr. Hendler diagnosed the following:

- bilateral thoracic outlet syndrome
- disrupted disc at C3-4
- Instability at L5-S1
- reactive depression
- temporo-mandibular joint syndrome

Total charges for care provided by Dr. Hendler were \$20,548.00. Ms. R. underwent an anterior cervical fusion as recommended by Dr. Hendler on June 1, 1998, at a total cost of \$47,879. Exactly four months later the Ms. R. returned to her job.

Pre-Mensana Expense:	\$ 27,000
Projected Future Disability Costs, without Mensana intervention:	\$ 585,000
Projected medical costs:	\$ 100,000
total expenses without Mensana:	\$ 712,000
Cost of Mensana Clinic:	\$ 20,548
Costs of outside treatment, recommended by Mensana:	\$ 47,879
Total Mensana expenses:	\$ 68,427
Total projected savings:	<u>\$ 643,573</u>

Case Summary

Patient Name: Linda K.

Insurance Companies:

Erie Insurance

Claim 0101XXXXXXXXXX

Blue Cross & Blue Shield

Policy # R5106XXXXXX

Linda K., age 52, was injured in a motor vehicle accident in October of 1996. Three days after the accident she returned to work, but was only able to tolerate working for five additional days, before leaving work, as a supervisor in the post office. She received conservative care, P.T., medication, and some minimal testing at a cost of \$15,980. She began receiving private disability payments of \$1600 per month, or \$249,600, over a 13 year course. Projected medical expenses over 13 years would have been \$6,000/year for medication, doctors visits, and P.T., or \$78,000

She was seen by Dr. Nelson Hendler and diagnosed with the following:

1. C5-6 spondylosis with associated cord compression
2. Retrolysthesis C5 on C6
3. Instability C5-6
4. Disc space narrowing at L5-S1
5. Thoracic outlet syndrome bilaterally
6. Bilateral ulnar nerve entrapment
7. Right radial nerve entrapment
8. Right carpal tunnel syndrome

Total charges for care provided by Dr. Hendler were \$11,074. She had one surgery to release the right radial and ulnar nerves and a second surgery to release nerves in the left arm, for total costs of surgery and follow-up care of \$14,590. After receiving disability payments for 15 months, she returned to work on March 1, 1998, at her same position in the post office.

Pre-Mensana Expense:	\$ 15,980
Projected Future Disability Costs, without Mensana intervention:	\$ 249,600
Future medical expenses:	\$ 78,000
total expenses without Mensana:	\$ 327,600
Cost of Mensana Clinic:	\$ 11,074
Costs of outside treatment, recommended by Mensana:	\$ 14,590
Total Mensana expenses:	\$ 25,664
Total projected savings:	<u>\$ 301,936</u>

Case Summary

Patient Name: Marty O.

Auto Insurer: All State policy # 3950-XXX-XXX-XX

Marty O., age 45, a computer consultant, was involved in two motor vehicle accidents and a slip and fall. The first accident occurred in 1993. She had both a cervical and lumbar fusion for a total cost of \$126,521 including follow-up care. She had not been able to work full-time for two years when she first saw Dr. Nelson Hendler on February 25, 1997. Her long term disability payments were \$3,000/month, or \$720,000 'til age 65.

Dr. Hendler diagnosed the following problems:

1. Wedge compression fracture T12
2. LI wedge compression fracture
3. C6-7 disc bulge and spondylosis
4. LS-SI fibrosis
5. L4-5 disc herniation
6. Thoracic outlet syndrome bilaterally
7. Disrupted disc L3-51
8. Disrupted disc L4-5
9. Disrupted disc C4-5
10. Disrupted disc C6-7
11. Disrupted disc C3-4
12. C4-7 facet syndrome
13. Left lateral meniscus tear
14. Avascular necrosis of the hips bilaterally
15. Left sided temporo-mandibular joint syndrome
16. Severe reactive depression

Total charges for care provided by Dr. Hendler were \$13,701. Although she has had previous failed surgeries, after lumbar and cervical fusions recommended by Dr. Hendler, at a cost of \$89,560. she was able to return to work on a full-time basis in September of 1998, earning in excess of \$120,000/year.

Pre-Mensana Expense:	\$ 126,521
Projected Future Disability Costs, without Mensana intervention:	\$ 720,000
Projected medical costs x 20 yrs.	\$ 100,000
total expenses without Mensana:	\$ 946,521
Cost of Mensana Clinic:	\$ 13,701
Costs of outside treatment, recommended by Mensana:	\$ 89,560
Total Mensana expenses:	\$ 103,261
Total projected savings:	<u>\$ 843,260</u>

Case Summary

Patient Name: Fred W.

Insurance Company: Blue Cross & Blue Shield
Policy 211-XX-XXXX
Group XXXXX-OOGRPXI

Mr. W. is 53 years old, with pain following a biopsy of his left first toe on January 14, 1993. Prior to being seen at Mensana Clinic, he was diagnosed with Reflex Sympathetic Dystrophy (RSD), for which he received 3 sympathetic blocks, and ongoing physical therapy. Total expenses prior to Mensana Clinic were \$14,570, or about \$5,000/year. He was first seen at Mensana Clinic on May 13, 1996. While at Mensana Clinic, Dr. Hendler found that he did not have RSD, but that his pain was caused by entrapment of the superficial peroneal nerve, as well as a cyst on the distal metatarsal bone one.

Mr. W. was discharged from care on June 19, 1996. Total charges for care provided by Mensana Clinic were \$9,535. Surgery cost \$6,500. The patient has now returned to school and is pursuing an undergraduate degree. Had he not been accurately diagnosed and treated, ongoing expenses would have been about \$5,000/year for another 20 years, or \$100,000.

Pre-Mensana Expense:	\$ 14,570
Projected Future Costs, without Mensana intervention:	\$100,000
total expenses without Mensana:	\$114,570
Cost of Mensana Clinic:	\$ 9,535
Costs of outside treatment, recommended by Mensana:	\$ 6,500
Total Mensana expenses:	\$ 16,035
Total projected savings:	<u>\$ 98,535</u>