

To Whom it may concern:

My name is Douglass Nisson. I am a 60 year old male who has experienced degenerative disc disease in the cervical area of my neck since 1983, when, as a police officer, I herniated C5-6 and C6-7 during a violent arrest.

I have tried many forms of pain management, several surgeries including two neck fusions, many forms of local injections, physical therapy, acupuncture, and most recently, dry needling.

I first tried acupuncture in Kalispell in 1994 once a week for about eight weeks with negative results.

My wife Denise sustained a whiplash injury to her neck in an auto accident, and decided to try acupuncture. She had been referred to a very successful practitioner, Don Beans, who would allow us to be treated together, so I decided to try it a second time. The results for Denise were excellent. I was amazed how I could witness the veins in her hands and arms protrude and pulseate during the treatment. I did not receive any benefit. This was around 2003.

I was again referred to physical therapy in May of this year for lower back issues. After discussion with the referring physician, Dr. Rachael Zeider, and Brian Miller, the physical therapist, I decided to try dry needling for my neck pain and headache reduction. This is done during the same appointment as treatment for my lower back issues.

Many of the treatment methods I have utilized in the past; steroid injections and trigger point injections for example, are quite painful, so the thought of pain during the dry needling procedure was not much of a concern for me. Even though acupuncture needles are used, dry needling proved to be quite painful, Dr. Miller often using as many as twenty needle punctures during one session. I learned very quickly that the only similarity between acupuncture and dry needling is the type of needles being used. However, dry needling is much more successful even though it is quite painful. I have gone to see Dr. Miller once a week since May 12th of this year.

I use a prescription drug called Maxalt for migraine headaches. Since my dry needling treatment began, I have experienced a significant reduction in severe headaches resulting in about a 30% reduction of my use of Maxalt. I also wish to point out I would not continue such a painful treatment if it wasn't helping me significantly.

Sincerely,



Douglass S. Nisson