March 10, 2011

Dr. Lance Markbreiter 35 Gilbert Street South Tinton Falls, NJ 07701

Dear Lance,

I had requested a prescription from you to get physical therapy for an "L5" problem that's been plaguing me, on and off, in varying degrees, for over 40 years. I thought that you should know that I went to Dr. David Bertone in Lincroft and as a result I've been spasm free and have strength and mobility that I've not had in years. I've been able to lift cartons and play tennis and basketball, all things that I'd been unable to do since May. I am very pleased with these results.

I asked Dr. Bertone to write about his treatment. He explained that:

"The treatment focused on the fact that your right L4-L5 lumbar facet joint was identified as a source of limitation as well as the fact your lumbar spine lost extension mobility (the ability to bend backward). I used joint mobilization, positional traction and McKenzie extension exercises to regain your mobility. Once the mobility was regained, your already strong trunk muscles were better prepared to stabilize your spine during normal activities. And thus you are pain free."

I just thought that you should know the outcome of this physical therapy and feel comfortable referring patients to Dr. Bertone.

Sincerely,

Robert E. White

Cc: Dr. Bertone