

Pain Relief & Wellness Strategies Center – Home of The Vinton Method™

Welcome Book

*Here are a few details
about us that you may
find informative and useful.*

Welcome to the Pain Relief & Wellness Strategies Centers Joint Pain Recovery Division!

We're so glad you contacted us!

We know you have lots of options when it comes to healthcare, so we're absolutely thrilled that you've chosen us. You're in the right place, and we're going to make sure you feel right at home beginning now.

Who Are We?

We're not your typical practice, and we definitely don't run a typical office. Our team is here to make sure you're treated like family — not just as a patient. We're passionate about what we do, and it shows in the care we provide. We treat every patient like a VIP — you deserve nothing less! - which is why one of our doctors personally returned your initial phone call and why you are receiving this welcome book – and there is more to come as you progress through your care.

What Can You Expect?

Your first visit might feel a little like a first date (don't worry, we won't judge). You'll meet the team, have a quick tour of our amazing 5-star facility, and we'll ask you a few questions about your health, lifestyle, and goals. We're here to make sure you're comfortable with everything — no pressure!

Here's what you can expect at your first appointment:

1. **A Warm Welcome** – Our team will greet you with a smile, and you'll know exactly what's next. We're all about clarity and making you feel at ease.
2. **A Chat About You** – We'll talk about your health and any concerns or questions you have. The more we know about you, the better we can help!
3. **Your Plan** – No one-size-fits-all solutions here. After careful and thorough evaluation using The Vinton Method™, we'll talk about the best options for you, your goals, and how we'll work together to get there. One of the many reasons that people travel from all over the U.S. to consult with and receive care from our doctors is that in addition to having 158 years of combined experience caring for conditions like yours, our 5-star facility is one of best, if not the best, equipped facility on the planet – with specialized technology and training not found elsewhere under one roof. Breathe easy, you're in great hands.

Pro Tip: Bring any questions you might have! We're happy to chat about anything — from what we do to how you can feel more at ease during your visit. Also, please bring any copies of lab work, imaging (x-ray, MRI, CT scans, etc) with you to your first appointment to help our doctors learn more about you and your condition(s).

Meet Your New Healthcare Family!

We've got a fantastic crew here who are ready to help you in any way we can. We have seasoned medical physicians, world-renowned doctors of chiropractic, incredible support staff, and work closely with several top surgeons. We can do what other physicians' offices do - all the standard procedures- but because we are a premier center, we offer upwards of a dozen additional, non-surgical treatment options that work at least as well as - usually far better - than standard drug and surgical approaches – by focusing on functional and regenerative medicine (think root cause). Here's a quick intro to the team who will be taking care of you:



- **Dr. Kenneth Vinton, D.C.**— is a Pittsburgh area native who attended the University of Pittsburgh and graduated with his Doctorate in Chiropractic in June of 1989. His life's mission is to maximize patients' quality of life while, whenever possible, avoiding harmful medications and surgery. He has spent the last 36 years putting together a team of specialists, training and equipment with the end product being the Pain Relief and Wellness Strategies Center, a premier center and one of the best - if not the best - private facilities on the planet. He has served patients from around the world and doctors from all 50 states, every Providence in Canada, and 11 foreign countries have come to study with him. In addition, he has traveled across the United States and Canada teaching doctors new technologies along with his methods- including his trademarked method of whole person evaluation, The Vinton Method™. Dr. Vinton has studied in six different fields and as a result when he sits down to examine a patient the depth and breadth of his examination is broader and deeper than a simple differential diagnosis offering an oftentimes addictive medication or surgery with high rates of complications in order to help his patients solve their health challenges, maximize their quality of living, so they can get back to what matters most. He is crisscrossed the globe studying with various experts in their fields, serving on research boards, teaching doctors and caring for patients. And Dr. Vinton isn't just a physician—he's been a frequent international guest speaker; he teaches other doctors about his successes with pain recovery and has written articles for major periodicals, newspapers, and trade journals that reach anywhere between 70,000-100,00 doctors. Dr. Vinton is an expert in the practice of pain relief and recovery. When you schedule your appointment with Dr. Vinton for solutions to your nagging or crippling discomfort—you can be confident you'll be seeing an experienced expert who employs a range of time-tested, scientifically sound, proven treatments to get you back on your feet. Dr. Vinton's been mentioned in Fox News, Forbes, CNN, Wall Street Journal and many other well-known news sites—so you're not planning to visit a fly-by-night doctor. He's known and talked about by the best in other fields. Dr.

Vinton's passions are caring for patients, helping other doctors, spending time with his wife, daughter and granddaughter. He enjoys fine dining, travel, study and movies on the big screen. He is an expert who's passionate about helping you. You'll feel comfortable in his hands!



- **Dr. Erik Von Kiel, D.O.** - graduated Delaware University in 1981 with a biology and biochemistry major, graduated Philadelphia College of Osteopathic Medicine in 1985, served an internship at 5th Ave. Medical Center in Seattle WA, then at Sacred Heart Hospital, now St. Lukes Medical Center- for a three-year family medicine residency and board certification by the American Board of Family Medicine in 1990, the American Board of Chelation Therapy 1992, completed a two year graduate program in herbal medicine in 1998 at the Washington School of Medical Therapeutics. He was the medical director of Pennsylvania's Lehigh County Prison from March 1989 until August 2013, and has practiced conventional, nutritional, and herbal medicine for nearly 40 years developing numerous nutritional and herbal supplements and other products. In the seven years that he has been the medical director at the Pain Relief and Wellness Strategies Center he has been an outstanding and caring physician who has raised nine children who have gone on to successful careers in law enforcement, as US Marshals, the Treasury Department etc. In his spare time he loves farming, is an avid and ferocious reader and a fighter of our often corrupt system.



- **Dr. Gerard Myers, D.O.** - owns the longest-running freestanding pain management practice in the Pittsburgh area and has a reputation for effective pain management using a person-centered global approach. Medical director Gerard Myers, DO, MBA, and his diverse team of multidisciplinary specialists offer creative, cutting-edge solutions for abdominal pain, back pain, headaches, joint pain, and other chronic pain. They also offer addiction medicine to help patients transition off harmful medications and into a healthier lifestyle. Dr. Myers earned his medical degree at the Philadelphia College of Osteopathic Medicine in Philadelphia, Pennsylvania. He completed an internship at Conemaugh Memorial Medical Center in Johnstown, Pennsylvania, and an anesthesia residency at Ohio State University in Columbus, Ohio. Dr. Myers also completed a fellowship in interventional pain management practices and earned an MBA from Waynesburg University in Waynesburg, Pennsylvania. Dr. Myers is board-certified in anesthesia, pain medicine, addiction medicine, and interventional pain medicine. He actively pursues new medical education to ensure that patients get the best cutting-edge options for their care. He has administered more joint injections and other interventional pain procedures than any other area practice. In addition to injections like transforaminal, epidural, trigger point, and nerve block injections, the team offers medical marijuana, osteopathic manipulative therapy, platelet-rich plasma (PRP) injections, bone marrow stem cell joint injections, intrathecal pain pumps, radiofrequency ablation, and a number of other innovative approaches to pain relief. In his free time his passion is flying, traveling, and studying cutting edge procedures.



- **Dr. Joanna Vinton, M.D.** performed her undergraduate studies at B.P Hasdeu College in Romania. Her doctorate training was received at Carol Davila University of Medicine and Pharmacy – Bucharest Romania – with specialty in neurology (2000). She worked 10 years at a Romanian military hospital, a few private hospitals, was vice president of Benjamin Foundation treating orphan's and children with special needs, and since becoming a U.S. citizen in 2012 she has gone on to advanced study at the Cleveland Clinic, Harvard University, and with the world-renowned Amen Clinics. She has been an outstanding part of our practice since 2019 and Dr. Vinton's wife since 2022. In her spare time she enjoys fashion, travel, and a quiet night at home with family.



- **Dr. Michael Flynn, D. C.** - graduated from Saint Vincent College in 1987, began his education in dentistry and switched to the field of chiropractic graduating from the PA College of Chiropractic Cum Laude and voted intern of the year. He held a private practice for a number of years, perform many community service including coaching softball for more than 14 years and joined the Pain Relief and Wellness Strategies Center in 2023. In his spare time he enjoys taking postgraduate education seminars to further his skills, and enjoys time with his wife and four children.



- **Teia** – Your go-to person for any questions or support throughout your visit. She's seen it all and is here to guide you.



- **Tina**– The friendly face who will help you schedule your appointments and make sure your experience is as smooth as possible.



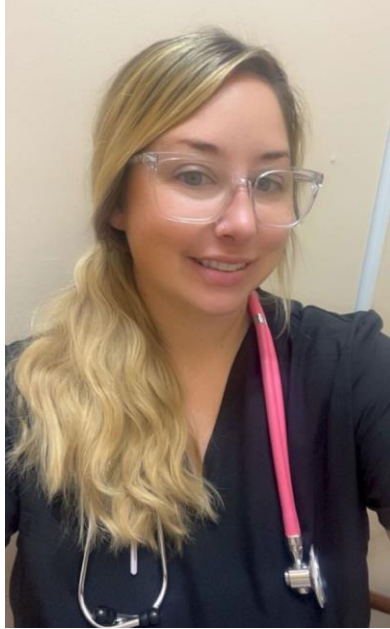
- **Deborah** - is your case manager and financial assistant in the office. She is a fantastic, elegant person who loves helping our patients and spending time with her family and friends.



- **Teresa** is our VAX-D technician and all around helper. We're a tight-knit crew, and we work together to make sure you have an outstanding experience. She enjoys time with her family and raising her children.



- **Kristina** is our phlebotomists and medical assistant who perform smooth and painless blood draws when necessary, take your vitals, assist the doctors, and make sure that you have a five-star experience.



Megan is Dr. Vinton's exam assistant and gopher ☺. She is a single mother of 2 boys, with a military background who loves the outdoors, spending time with her children and the simple things in life.

Here's How to Make the Most of Your Visit:

1. **Be Prepared:**

- a. Bring your insurance details (if applicable) and any important medical history.
- b. Bring a list of any questions or concerns. This is your time, so make it count!

2. **Don't Stress:**

If you're a little nervous, we totally get it. We've all been there. But remember: we're here to make sure you feel at ease every step of the way. Just let us know if you need anything, and we'll take care of the rest.

3. **Sit Back & Relax:**

We'll guide you through everything, so you don't have to worry about a thing. Take a deep breath and enjoy the experience.

Our Promise to You:

- We'll **always** put your comfort first.
- We'll treat you like family.
- We'll listen to your needs and tailor everything to fit your unique situation.

We're here to help you feel better, look better, and live better. If there's anything you need at any time, just ask!

A Few Fun Things About Us:

- **We love to have fun:** From the music playing in the background to the way we chat with you, we keep it light and enjoyable.
- **We're big on communication:** You'll always know what's going on and what's next.
- **We love getting to know you:** We're not just here to treat a condition — we want to know about your life, your goals, and what makes you happy.

What Happens Next?

We'll work with you to schedule your next appointment or follow-up. You're never on your own when it comes to your care. If you need to reach out with any questions in between visits, don't hesitate! We're just a phone call, text or email away.

Your Health, Our Priority!

Thanks again for choosing us. We're excited to partner with you on your health journey. If there's anything we can do to make your experience even better, just let us know!

We're so happy to have you as part of our Pain Relief & Wellness Strategies Center family. See you soon!

With warmest wishes,



and the Pain Relief & Wellness Strategies Center Team

Stay in Touch!

If you ever need anything or have any questions, here's how to reach us:

- **Phone:** 1-800-340-9535
 - **Fax:** 1-888-494-1658
 - **Email:** kneepainrelief@thevintonmethod.com
 - **Website:** www.TheVintonMethod.com
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How To Find Us! We're Easy To Get To!

From I-79 North:

Take the Grove City exit #113.

Make a right onto 208 East, drive 2 miles, then make a left onto George Junior Road.

You will be turning onto George Junior Road at Katie's Korner ice cream stand.

Dr. Vinton's office is 3/4 of a mile on the right in a single-story stone and white vinyl-sided building with a large blue and white sign which reads "Pain Relief and Wellness Center". It is directly before Aldi's and Sheetz.

From I-79 South:

Take the Grove City exit and turn left onto 208 East, drive 2.1 miles, then left onto George Junior Road.

You will be turning onto George Junior Road at Katie's Korner ice cream stand.

Dr. Vinton's office is 3/4 of a mile on the right in a single-story stone and white vinyl-sided building with a large blue and white sign which reads "Pain Relief and Wellness Center". It is directly before Aldi's and Sheetz.

From I-80 (East or West):

Take the Grove City exit 173 south toward Grove City.

Take the 3rd right onto George Junior Road. & follow to the stop sign.

Go straight and continue on George Junior Road, over the railroad tracks to the traffic light.

Continue on George Junior Road and you will see Sheetz, Aldi's & Dr. Vinton's office on your left.

Dr. Vinton's office is in a single-story stone and white vinyl-sided building with a large blue and white sign which reads "Pain Relief and Wellness Center".



Some have asked us to move closer to their city- but with nearly half of our patients coming from out of state that would be impossible to do.

For those traveling from out of state, we have special rates at local hotels and drivers to take you to and from the hotel, airport, train station, or bus terminal.

The good news, although it might be a little further distance then seeing a physician closer to home, knowing that we are one of the best equipped and best trained private facilities in the country and knowing that most people who travel do so to get results that they have not been able to get closer to home, all find it worth the extra drive. For most, it's all highway, no traffic, and we're just one turn off the Interstate.

Some also ask why, with such a beautiful facility, we have a gravel parking lot - and the answer is because of our Township rules.

Even though our property is totally dry, if we pave our parking lot, we are required to put in a water retention pond at a cost of over \$300,000 – plus the cost of paving - that would take up the majority of our parking lot.

So instead, we put those extra monies into equipment and training and have both a front and a rear parking lot to make parking easy for patients.

It is a freestanding building, solely occupied by our office, the front parking lot has 2 steps to enter the building, and the rear parking lot has a ramp. It is a U-shaped building so both doors lead to the front desk. Also, there is a restroom located near each of the entrances and exits.

Your Appointment!

Your time is very important to you, as is ours to us.

To be respectful of both, we ask you to be on time, as will we.

We usually run on time, and we will apologize if we keep you waiting and in the rare event that it is unavoidable and longer than just a few minutes, you will be gifted a \$25 Sheetz gas card as our apology.

It's part of our core values.

The majority of patients with conditions like yours are scheduled on Fridays.

We don't schedule regular patients until after 4:30pm on Fridays.

This allows us 45 to 60 minutes of uninterrupted time with *you*.

So, if you enter our beautiful facilities and it seems a little quiet on Fridays (I can promise you that it is not the rest of the week) it is by design for two reasons.

The first is so that you can have 45 to 60 minutes of uninterrupted time to answer all your questions and leave no stone unturned to help solve the problem which is interfering with your current lifestyle.

And the second reason is since so many of our patients travel from out of state should they choose, they could receive their first treatment during their visit, saving them an extra trip.

Because of this, please be certain to honor your appointment time.

If you are not 100% certain that you can honor your appointment time, please let us know a minimum of 24 hours-ideally 72 hours before hand for two reasons.

The first is that the doctor only has a set number of appointments during the week and it is a huge waste of time and resources in the rare event that the patient does not honor their appointment.

Secondly, patients who would like an appointment have to suffer in pain and wait a week-or weeks-to get an appointment. It's just bad manners to waste the doctor's time or to knowingly allow someone else to suffer when they could have used that appointment time.

Due to the doctors busy schedule, we are not accommodating re-schedules for missed appointments at this time.

Please be 100% confident that you will be able to keep your appointment.

Be considerate and please call 1-800-340-9535 if you're not 100% confident a minimum of 24 hours, ideally at least 72 hours prior to your appointment so that someone else may have that appointment and we can find a better time that you're hundred percent confident in keeping.

It's all been thought out in advance to remove stress from you, as well as our doctors and staff and has worked well for us for over 36 years.

Some ask how did such an incredible facility end up in a small town like Grove City.

Dr. Vinton is a native of Pittsburgh, attended the University of Pittsburgh, and after graduating Palmer University his parents work was transferred to Dallas, Texas where he opened his first practice.

After having much success, with doctors traveling across the country to study with him, he got married and had a daughter.

Just about that time his parents were transferred to Singapore and his three best friends were all transferred out of state for their jobs, so Dr. Vinton and his family decided to relocate back to

Pennsylvania. His then wife was from Buffalo NY and since it was a 4 ½ hour drive from the South Hills of Pittsburgh to Buffalo they moved north and settled in Grove City in 1993. We have been in our current location since 1995.

What Is The Vinton Method™

After studying in six different fields, and wanting to get to the root cause of a person's problem to help them have lasting well-being, Dr. Vinton formulated a comprehensive evaluation from head to toe (it's all connected) that looked at mechanical causes, metabolic causes, neurologic causes, autoimmune causes, etcetera

After a detailed case history, The Vinton Method™ trademarked evaluation is combined with advanced imaging: digital X-ray, MRI, CT scan, surface EMG, Q EEG, thermal evaluation, laser digital foot scans, X-ray guided leg length analysis, comprehensive blood, urine and hair testing, standard orthopedic and neurologic evaluations and a whole bunch more allow us to have one of the most comprehensive diagnostic work ups on the planet.

After the detailed evaluation, over a dozen possible treatment options are weighed and considered which far exceeds standard care and help the doctors get to the root cause - so that you can have lasting pain reduction and good health. All together it is one of the most thorough exams you will ever receive.

Many people are unaware that there are two kinds of radiologists - they both go to school for 12 years - but in order to read your MRI, x-ray or CAT scan your standard radiologist receives two weeks specializing in the brain and the spine - whereas a neuroradiologist receives two *years* training specializing in the brain and the spine. Research has shown time and time again that when a neuroradiologist reads the same MRI that a radiologist read they find an error 45 to 95% of the time.

You see your family physician has never had a class on how to take or read an x-ray or an MRI and they rely on the radiologist - which we just learned are incomplete 45 to 95% of the time. This is why Dr. Vinton studied with a neuroradiologist out of Stony Brook , New York and likes to read the actual MRI, CT scan or X-ray himself. Better training. Better information. Better diagnosis. Better outcomes.

Small hinges swing big doors - which means it's the little things that can make a big difference - and that's just one of many examples of how we are different.

Some have said " he makes it look too easy " . It's called the expert affect. Having performed worldwide study in six different fields with treatment options, equipment, and training that few have - combined with staff physicians with a combined 158 years of pain relieving experience - our doctors are often able to see and diagnose things missed by standard physicians and

surgeons. If we make it “look easy”- realize that it’s taken decades of constant and never-ending study and improvement that allows it to seem that way.

But understand that when you're having your evaluation the doctors are considering 12 to 15 possible treatment options - five times that which your family doctor considers - then determines which of those treatment options would give you the best short and long-term success.

For example, sometimes a knee problem is just that, osteoarthritis of the knee. In which case the goal is to determine is it a grade 1, 2, 3 or 4 so we can determine the most appropriate solution.

However, sometimes it's that plus a kneecap that is slipped out of its groove, which can be another generator for pain.

Sometimes it's that and a dropped arch in the foot that causes extra strain on that joint with every step. That can be an extra generator for pain.

Sometimes, it’s all of the above *and* torn ligaments, meniscal tears or swollen bursa sacs contributing to your pain.

Sometimes when the thigh bone and shin bone are measured, one leg is structurally longer than the other, which can lead to an imbalanced gait and further stress on the joint causing pain.

Sometimes there could also be stenosis in the lumbar spine, quietly pressing on the nerves to your knees, with or without back pain. That can be an extra generator of knee pain.

Each scenario would require a different level, and different form of treatment.

It's something that 1 in 10,000 physicians would even consider, beyond simply looking at an arthritic knee and recommending surgery.

Most patients are unaware that a "bone on bone" knee is actually a knee that is at 50% wear - and still has plenty of healthy tissue left. In fact, in our office, as long as you can still move your joint, we can absolutely help.



If you can do this (see image above) – even if it hurts – we *can* help.

Many patients are unaware how far behind medicine is from science. It's estimated that it is an average of 19 years behind. And it's not because the new treatments don't work, it's because doctors are people, and generally speaking, people don't change. Which means all progress happens one retirement or gravestone at a time. It's true in most fields.

The statistics are by the time a medical student finishes schooling, what they've learned is already obsolete.

That is how we stay on the cutting edge. Following all standard protocols, but also adding proven strategies that go far beyond standard protocols.

Like steroid shots - which actually eat at the cartilage and accelerate arthritis. Research studies have told us since 2015 that it forces a joint replacement months to years sooner than it otherwise would happen. So, although one may or may not get some short-term relief, long term it's forcing a knee replacement surgery with a 50/50 outcome - sooner!

Gel shots are amazing for early damage but will do little to nothing for late-stage arthritis. Which is why the doctor typically says wait until you can't take it anymore and let me know when you're ready for surgery.

Again, as long as you can move your joint whether it hurts or not (this is a mobility test), as long as you can move your joint, you have non-surgical options and you do not have to have a joint replacement surgery.

In fact, whereas a joint replacement has a 50/50 chance for success, some of our treatment options have over a 95% chance for success and when compared head-to-head with the knee replacement over 15 years, at every point in time the folks who had our treatment did better than

the folks who had the joint replacement, with 63% requiring a second joint replacement within those 15 years. It is definitely worth the extra drive to visit our doctors.

That is why patients refer friends and family from all over the world - *results!* that they're not able to get closer to home.

You can rest easy knowing that no stone will be left unturned in the search for the cause of your problem with multiple and frequent re-examinations to make sure that everything is on track so that you can get back to the things that you love doing most.

Now, if you have arthritis in your knees, something needs to be put inside the knee. Pills and creams alone, even if they can give you a little bit of relief, do nothing about the bones grinding on the bones ALWAYS leaving you worse off when the pills wear off.

1/3rd of all dollars spent on osteoarthritis is spent on the side effects of and damage from NSAID medications, so those aren't a long term answer.

And physical therapy, which is very helpful with mild arthritis, actually causes more wearing of the joints while you exercise. Think about it. If your car is out of alignment, and your tires are horribly worn, the more you drive, the more bald you make your tires, and the more likely you make the need to replace those tires (have a joint replacement surgery).

To solve your problem, you have to get INSIDE the knee...

There are only a two ways to get inside the knee.

One is through a motion x-ray guided injection of various things from lubricants to stem cells (with 10 or 12 other options in between), and the other is through knee replacement surgery Pro Tip: many folks don't know that the results of a joint replacement is 50/50.

Unfortunately, 85% of physicians when performing a joint injection, perform a blind injection (they just stick the needle in), without ultrasound or motion x-ray guidance, significantly reducing their chances of actually getting the injection to the place it needs to be, or outright missing the joint capsule altogether (10% use a guided ultrasound to guide their injection, 5%, like a surgeon, use a fluoroscope motion guided real time x-ray to see the needle go into the right spot inside the joint).

Performing 'blind injections', without the use of image guidance, the doctor has a 25% chance of not getting the injection inside your knee. A 55% chance of not getting inside your shoulder joint and a 100% chance of missing a spinal joint.

We don't guess.

Our physicians use the gold standard of fluoroscopic motion x-ray to guided injections allowing us to hit the target 100% of the time, increasing your chance for success when joint injections are indicated.

There are multiple different treatment options to help you ease your pain, and avoid joint surgery. The Vinton Method™ evaluation will help determine what option, or combination of options will best help your condition. No one offers this comprehensive list of treatment options under one roof. We are a premier center, and this is why patients visit us routinely from across the country.

Below are a few of the options that we will consider in helping you ease your pain, and if not too late, avoid joint replacement surgery.

Cortisone (which includes ZILRETTA) which we know accelerates the arthritis you have, and causes new arthritis to form, and the research shows you end up having a joint replacement sooner because of the steroids, so not the best long-term option. It doesn't heal anything, for many people it provides no relief, and it doesn't change your trajectory away from an ultimate joint replacement surgery.

Rooster shots which can lubricate early stage arthritis for 6 to 12 months and then is repeated (many of these fail for one of several reasons, either the doctor did a 'blind' injection and the shot actually never got into the knee, he or she used one of the lesser effective rooster comb injections, or three, the knee was too far damaged and the shot never had a chance in the first place). If the knee is not too far damaged, if motion x-rays is utilized for ensuring that the medication actually gets inside the joint, and better products are injected, it is been shown to have a 92.7% success rate. But with each passing injection the results last less. So if the first injection lasted 6 to 8 months (if at all), the second injection might only last three or four months, most folks say by the time they get to the third injection they have no results whatsoever and their trajectory is still towards a joint replacement surgery.

Radiofrequency **ablation** (Coolief) works by burning your sensory nerves cutting off the flow of pain from the damaged joint to your brain. The challenge is the nerves grow back in about a year and while there might have been less pain (many times patients don't notice any relief) for that year, the bones are still rubbing together, accelerating the arthritis. So when the nerves wake back up there's more damage, more pain, and your trajectory still ends up at a joint replacement surgery.

Medial branch nerve block blocks the pain signals from the knee to the brain. It may provide some short term pain relief, but the damage to the joint continues, requiring joint replacement surgery.

Platelet rich plasma (PRP) is derived from your own blood platelets and utilized for early stages of arthritis and can work wonderfully well. It calls in your own natural stem cells, helps

form new capillaries and speeds up tissue healing by a factor of 8 to 10. It is excellent for soft tissue injuries like tennis elbow and strained ligaments. What it doesn't do is grow new tissue, therefore if you have advanced arthritis, if it does work, it will have a limited effect and you're still headed for joint replacement surgery.

Ozone is a gas that is injected into the joint and the extra oxygen helps promote your natural stem cell growth and ease pain. It is excellent for mild arthritis, however it will not regrow tissue in a severely damaged knee.

Many pain patients benefit from the **Regenokine®** Program – a unique injection therapy, involving autologous conditioned serum and mediators (growth factors, cytokines) as a potentially important component of tissue healing. The Program draws from a variety of diagnostic and therapeutic methods, state-of-the-art pain management and lifestyle measures to address pain from various angles.

Regenerative medicine is the top-of-the-line GOLD standard that includes bone marrow aspirate **stem cell therapy**, to help heal your damaged joint(s) and reverse the damage. It literally will help your body to regrow tissue, cartilage, reduce inflammation, swelling and pain. In doing so, you get increased mobility, demonstrate tissue growth and repair – this option not only helps the pain, it helps your body regenerate your joint like it was 20 or 30 years ago. Helping you to change your trajectory and avoid joint replacement surgery.

We can also add a number of therapies to aide you joint in maximizing healing:

Physical therapy to help strengthen supporting muscles and tissues.

Knee decompression gently tractions and opens the joint, gently break up scar tissue and increasing blood circulation into the joint to promote healing.

PEMF (pulsed electromagnetic field therapy), was recently shown on TV to work well at relieving arthritic pain.

The same has been shown for **Class IV laser therapy** to help reduce pain and promote healing. In 2022 class IV laser therapy was added to the American Academy of Orthopedic Surgeons guidelines for the treatment of osteoarthritis.

Softwave Therapy recently seen on the TV show The Doctors using soundwaves to stimulate a healing cascade including attracting your circulating stem cells to the damaged area for up to 12 weeks after a single treatment.

Anti-inflammatory diet and supplements, to lessen the inflammation that goes hand-in-hand with joint pain, easing stiff, painful, swollen joints and to aid in joint healing and repair.

All of these options work well to help lessen knee pain.

Used in combination, they can produce amazing results.

Of course, it all depends on the amount of damage to your joint – from a grade 1 thru grade 4.

If you can still move your joint, extend it or lay it flat, we can help.

There is nothing better on the planet. We know. We've traveled far and wide to search for the best of the best. We have 6 physicians on staff (3 medical physicians, including pain management specialists and 3 doctors of chiropractic), with a combined 158 years of pain relieving experience in one of the most technologically advanced private facilities in the country.

When asking where we are located, and realizing that it might be an extra 20 or 30 minute drive over visiting your family doctor, many folks find the extra drive time insignificant given the breath, the depth, and the comprehensiveness of our program, all of which ensure the one thing that all patients are after, RESULTS! (besides, it usually only requires 2 to 4 total visits and most folks find they can make that happen)

Having the best available and diverse array of products to inject, performing those injections under motion guided x-ray, with excellent follow-up care, and looking at the whole person to see there any other complicating factors like lumbar stenosis, dropped arches in the feet, structural short leg length, inflammatory diet that damages the joints, etc. are what allow us to enjoy our high success rate, and why patients travel from hours and hours away in all directions to receive care.

5 Personal Guarantees From Dr. Vinton...

It doesn't matter if you've ached for years, it doesn't matter if your soreness is new and simply an annoyance, it doesn't matter if your knees are so unsteady you're suddenly a fall risk, and it doesn't matter if your pain's brought on limitations that's interfered with your work or family life...

You no longer have to live with the inconvenience, aggravation and embarrassment of unexpected flare-ups... the discomfort getting into or out of cars... or trouble twisting, turning, bending or lifting. We can solve your complaints—usually in just a few visits—and that's FAST.

Now you can have knees that flex so you can waltz through your day with your head held high and finally feel like a million bucks.

I can't wait to meet you in person. I'll listen to your concerns. Evaluate your situation. Answer all your questions—in plain English, not doctor-jargon. Lay out treatment options. And recommend the treatment option/s that makes the most sense for you and your future.

For over 3 decades, I've been on a mission to reduce peoples' pain—of whatever sort—but more than that, to restore them to full health and wellness with time-tested, scientifically sound, proven treatment—without dangerous drugs or drastic surgeries so you can recover your independence and walk, run, and climb—those stairs or that mountain—with full confidence plus deep pleasure and total independence.

Guarantee 1 — I GUARANTEE you, there is no judgement in my clinic. You'll be treated with respect and dignity and courtesy. Having suffered from horrible, disorienting pain in my adolescence that the best doctors at Children's Hospital were unable to get to the bottom of but after several years of searching one of my aunts doctors was able to diagnose, treat and solve in just a few weeks and then in my 40s a knee issue that crippled me for nearly 9 months leaving me unable to walk, spending my time on crutches. A condition that multiple specialist visits, and multiple MRIs and x-rays were unable to uncover the cause of, was eventually solved with one nonsurgical treatment and I was able to walk the next morning pain free. So, I understand the fear and anxiety you may face. I've been there. I lived it. And I'll personally see to it you're treated beautifully every time you visit our clinic.

Guarantee 2 — I personally GUARANTEE that you won't have to wait for your appointment. You know how you go to so many doctors' offices for an appointment at, say, 2:00 p.m., and at 3:30, the assistant says, "Just a few more minutes..." Not at my clinic. Our clinic is so well rigged with so much state-of-the-art equipment—you'll never have to twiddle your thumb, waiting, in pain, for your appointment to begin. It'll begin immediately. Guaranteed.

Guarantee 3 — I personally GUARANTEE there's no pressure to buy anything or move ahead. The purpose of the PATH→FORWARD Consult is answer your questions, give you a thorough head-to-toe examination, and determine the ROOT CAUSE of your issues so we know exactly what needs to be done to reverse it and end your pain issues and give you the freedom to walk through the world free from worry and restrictions.

At the end of the PATH→FORWARD Consult, if you decide to accept our care plan, great—we'll discuss next steps. If you're not ready to accept our care plan, you'll have all the information you need to make a great decision whenever the time is right for you, or to seek a 2nd (3rd, 4th or even 5th) opinion if you wish.

Guarantee 4 — If you decide I'm the right doctor for you, I GUARANTEE you your experience will be as convenient as humanly possible. Everything it takes to do an excellent job is on-site at my clinic. Your only stop, from start to finish, is at my clinic (except for bloodwork or an MRI, if necessary). There's no running around to get one thing done here, another done there. One stop. One location. Relief for so many in just a few short visits—depending on the complexity of your case. Done! You're free!

Guarantee 5 — I personally GUARANTEE your PATH→FORWARD Consultation will be FREE, AT NO COST TO YOU.

And you might wonder, why FREE? Because choosing a doctor's an important decision. By removing the financial barriers, it allows both you and the doctor to decide what the best options are to get you on the road to relief.

I guarantee you and your guest, if you bring one, will enjoy the experience. You'll get a head-to-toe, extensive, thorough exam by me. To find the ROOT CAUSE of your suffering. Your exam will be friendly and relaxed. I'll personally answer all your questions—in plain English, no doctor-jargon—examine you, and talk with you. Then we'll review your treatment options. And I'll educate you on each option, so you can make the best decision for you. My obligation is to educate you on the latest treatment options available to you... not be a salesman.

The purpose of the PATH→FORWARD Consultation is to answer all your questions, give you a full, extensive, thorough head-to-toe examination — FREE OF CHARGE TO YOU — to find the ROOT CAUSE of your issue so we can treat it properly, effectively and successfully. So you'll be able to waltz through the world with pride, and feel like a MILLION bucks.

We can't wait to meet you in person. And if you decide Dr. Vinton is the best doctor for you, it will be an honor to get you on your way to having a PAIN-FREE life so you can get back to the things that matter most to you.

You owe it to yourself to keep your PATH→FORWARD Consultation appointment.

You'll be so glad you did.

SUCCESS TIP: Reading everything in your packet before your FREE PATH→FORWARD Consultation will insure you get the most out of your consultation.

Why Dr. Vinton Doesn't Shake Hands...

As we've heard from many pastors, ministers and others in public life - many don't shake hands for the simple wear and tear it takes on their own body.

Dr. Vinton cut back and then stopped shaking hands after a rather large man shook his hand so violently that it ruptured a tendon in his rotator cuff. It was repaired with stem cells and he resumed shaking hands and then someone else injured him - it too was repaired with stem cells - but from that point on Dr. Vinton generally does not shake hands.

Please take no offense- but after catching a patient who tripped and seriously injuring his own back which was fixed with his Vax-D program in 2005.

Then, in 2016 a rather large (383 lb.) man was having difficulty to getting out of a chair, Dr. Vinton was standing with his back towards him talking to his wife and the man reached up and grabbed his arms to yank himself up rupturing three discs in the base of Dr. Vinton's neck. This was a debilitating injury, also successfully corrected with Vax-D.

The tearing of the rotator cuff in 2020 was the final straw - the doctor now teases patients that if they fall, the floor will catch them and then we'll figure out how to get them up - but as he wishes to practice another 15 or 20 years he no longer shakes hands and has members of a staff perform some of his evaluations for this reason.

The doctor is professional, listens intently, performs a world-class evaluation - but if you notice him not shaking hands, now you know why.

Why An Answering Service?

Because the office receives a large number of calls daily from across the United States, and to better serve our patient's in the office, all phone calls are answered by live answering service and the office receives an email of that conversation within a minute.

Imagine trying to greet somebody entering the office, check somebody out who's currently in the office, and having three phone calls simultaneously come in - none of those involve would receive proper attention.

Therefore the answering service will answer, gather the pertinent information, and an email will pop up which the staff will return the moment they have the appropriate amount of time for that phone call. This way the person on the phone wins by having careful attention placed on them – and the person who is entering or exiting the office wins by having the appropriate amount of attention focused on them.

All new members to the practice receive a return phone call from one of the doctors as soon as humanly possible (usually within the hour) but certainly when the doctors finish patients for the day usually after 7:00 p.m (with the number of calls received every day, the doctor usually finishes calls for the evening between 8:30 and 8:45 p.m.).

It is a very busy office, with a great number of phone calls every day, and we have found this system allows each person to receive the personal attention that their condition requires. This allows the doctor to meet with you, spend time consulting to see what your challenges are and then schedule the appropriate amount of time to help you correct those challenges and get back to the things that matter most.

So, when people ask why isn't the phone answered live in the office, we have found this system to work very efficiently and effectively over the past three decades and know that your call will be given the time and attention that it deserves.

A MESSAGE FROM DR. VINTON:

I'm Dr. Ken Vinton. I'm a fully licensed, world-renowned doctor of chiropractic and have surrounded myself with other *top-notch* medical practitioners. I have a multi-disciplinary practice. Together we seek the ROOT CAUSE of your condition and treat you without using dangerous drugs or surgery.

Our team of dedicated doctors—MDs, DOs & DCs—and support staff have been in Grove City, Pennsylvania for 37 years.

And I'm different from other doctors in 4 important ways.

First, unlike to many doctors, I listen to you. I talk with you. I answer your questions thoroughly and with expertise. I may speak “science” with my colleagues—but I speak plain English with you. Our communication is key to getting you back to doing your daily activities—gardening, golfing, connecting again with friends and family... functioning as fully as possible—often after just a few visits.

Next, I've trained with experts and inventors, specialists and leading-edge authorities from around the world. I've traveled the world looking for solutions to common and chronic pain that nothing else seems to heal. So when you visit my clinic, you're getting world-class care benefiting from the brightest minds in pain recovery.

Third, you'll be walking into one of the best equipped clinics on the planet. Our state-of-the-art equipment is designed to wash away the pain that stole your good night's sleep, gave you brain fog, made lifting a bag of groceries sometimes feel like torture—and get you back on your feet.

And finally—I promise to never put a chemical in your mouth or a knife anywhere on your body.

Our progressive but conservative practice doesn't use—

- Saws
- Scalpels
- Knives
- Addictive, brain-damaging medications

Instead, after a thorough head-to-toe evaluation using The Vinton Method™, we find and address the underlying reasons—the ROOT CAUSES—that are causing your complaints. Then help repair those conditions. We'll gently stimulate regeneration of damaged tissue, so your body can repair. Tissues will be restored. And suddenly you'll find yourself getting into, or out of, a car without wincing and kissing any anxious fears you may have—goodbye.

Your body's a self-healing, self-organizing instrument. All we have to do is find the interference and remove it, because your body wants to heal. We point it in the right direction, so it can, and will.

Why Not Say Yes!?

With *very* few exceptions, people who come for the **FREE, NO-CHARGE-TO-YOU PATH→FORWARD** Consultation decide they want to glide through their days and feel like a million bucks, schedule their next appointment right then and there.

A life recovered from physical distress allows you to get back on your feet... into and out of your car, smiling... take part in social engagements... just plain get out of bed and get dressed while thinking about the ambitious day ahead, instead of about how much you hurt... IS A GIFT TO GIVE YOURSELF.

No one expects you to make a decision right there on the spot. However, most do.

If you understand everything, if you love the before-and-after photos you saw of other Dr. Vinton patients, if you're convinced Dr. Vinton is the right doctor for you, and you're ready to go, we can get the ball rolling right then and there.

How Do I Pay?

During your **NO COST PATH→FORWARD CONSULTATION**, Dr. Vinton will talk with you about fees.

Then your case manager, Deborah, will take care of the details with you, answer your questions about cost, insurance, payment terms, general financing, scheduling and so on.

Whether it's filing your insurance, financing or running a credit card, all this happens in the relaxed office setting where your struggles are about to end.

If you're not ready, and you want to go home and think about it... or if you want a 2nd (3rd... 4th... 5th) opinion, we encourage you to take all the time you need to be certain Dr. Vinton is the right doctor for you. And to be certain the recommended treatment plan is what you want.

Dr. Vinton believes the decision to end your issues with pain—without drugs, surgery or guesswork—and get back on your feet is a PERSONAL decision only you can make.

Those who want to increase their mobility or fully recover from their painful symptoms, find a way.

The entire purpose of the PATH→FORWARD Consultation is to give you the information you need to make the decision that's BEST FOR YOU.

From start to finish, your PATH→FORWARD Consultation runs about an hour, give or take, depending on the complexity of your case.

We can't wait to meet you in person. And if you decide Dr. Vinton is the best doctor for you, it will be an honor to get you on your way to having a PAIN-FREE life so you can get back to the things that matter most to you.

You owe it to yourself to keep your PATH→FORWARD Consultation appointment.

You'll be so glad you did.

Your Next Step

Your next step couldn't be easier...

1. If your PATH→FORWARD Consultation is scheduled, just be sure to read all the great information you received in our packet. Dr. Vinton will spend a lot of time evaluating you and educating you about your situation and your treatment options.

Reading everything in your packet *before* your PATH→FORWARD Consultation will insure you get the most out of your consultation.

ATTENTION!

Due to the doctors busy schedule, we are not accommodating re-schedules for missed initial appointments at this time.

Please be 100% confident that you will be able to keep your initial appointment.

Be considerate and please call 1-800-340-9535 if you're not 100% confident a minimum of 24 hours, ideally at least 72 hours prior to your appointment so that someone else may have that appointment and we can find a better time that you're hundred percent confident in keeping. – Thank You!