

18 Amazing Patient Cases:

Ten Patients

Dr. Petras, "worked on ten of our patients, most of them among our most difficult patients. All of them had at the time of his session an excellent response with either marked reduction or elimination of pain." **Dr. C. Norman Shealy, MD, Ph.D. - Neurosurgeon, Director-Shealy Institute for Comprehensive Care, Springfield, MO**

Neck Injury-Hockey, Canada

"I specifically recall one event that illustrates both the efficacy and safety of the PNPR™ technique as applied by Dr. Petras. During one of the university of Ottawa varsity hockey team's games, I witnessed one of the players crash into the boards head first, resulting in an injury to the neck area. I examined the player immediately on the ice surface and determined that although there was no evidence of a neck fracture, he had sustained a significant neck strain. There was marked tenderness and spasm of the paravertebral muscles with severe restriction of all range of motions of the neck. I re-examined the player in the dressing room 15 minutes later and found no change in the symptoms or physical examination. I asked Dr. Petras to apply his PNPR™ technique on the injured player. When I re-examined the player 30 minutes later, there was a substantial reduction in pain (without medication) and a significant improvement in range of motion on the neck (to within 10% of normal). I had never seen such a rapid improvement in an injured athlete's symptoms in all my 15 years of Sports Medicine. The PsychoNeuro Pain Response™ (PNPR™) Technique is very safe and effective in reducing pain and improving range of motion. I highly recommend his service to both professional and amateur organizations wishing to accelerate the return to play of their athletes." **Dr. Gary Greenberg, M.D., FRCPC - Medical Director, Sports Medicine, Emergency Medicine Physician, University of Ottawa, Ottawa, Ontario, Canada**

Cholecystitis-Total Pain Elimination- Guatemala City (through an interpreter)

"The patient had cholecystitis...intermittently bothering over months...When we went to her house (Guatemala City, Guatemala) the patient was in extreme pain that had been lasting over 12 hours. Following a 30 minute mental procedure (through an interpreter), that Dr. Petras performed on her, the patient stated the pain was completely gone...There definitely appears to be a role for PsychoNeuro Pain Response™ (PNPR™) in some patients with chronic pain not amenable to other modalities. I would recommend Dr. Petras highly for consideration in those cases." (Pain never returned) **Dr. Adam Costarella, M.D. FACEP, MAC - Emergency Medicine, Youngstown, OH**

Bone break video - Sweden <<https://www.youtube.com/watch?v=zt47Vey9GYI>>

Reduction of Arm Fracture, Hip, Neck injury: Schwan's USA Soccer Cup

“2002 USA Soccer Tournament in Blaine, MN. The patient, male had fractured his arm...Dr. Petras worked prior to the injection to numb fracture...During the injection the patient did not show a lot of pain...he tolerated the reduction with only minimal discomfort. Usually reductions of fractures are fairly uncomfortable for patients and they exhibit a lot of pain behavior...this patient, did not...I think it would have been a much different outcome if Dr. Petras was not available to help...another case, female athlete had sustained a hip injury and was unable to walk...she was in a lot of pain, anxious and guarded...Dr. Petras then worked with her...she got off the table and walked without pain...third case...female on back board with neck injury...hyperventilating and anxious...Dr. Petras helped reduce anxiety and pain so that we could get a better assessment. In summary, I would like to commend Dr. Ray Petras for his assistance in dealing with these athletes, helping me to better treat them in a more timely fashion, decrease their pain and anxiety, and subsequently enable them to return to play and activity with less need for medical intervention, therapies, etc. Often times these injuries can turn into more chronic problems if the anxiety and pain continues at a higher level that it need be, and so I am sure that his work helped prevent some chronic problems as well. Dr. Petras conducted himself in a very professional manner, it was easy for these patients to talk with him and the results in some cases were fairly amazing. I wish more people had the opportunity to work with him, as a lot of people have acute pain and chronic pain and his approach can accomplish things that we cannot accomplish with medications, therapy, etc.” **Dr. Brenda Wilcox Abraham, M.D., M.S. - Family Physician, Dept. of Family Practice, HealthPartners, Como Clinic, St. Paul, MN**

Breast Cancer Surgery Pain

Sessions performed over the telephone:

“I don't quite know where to start...I guess I will start with an update on Patty. She sailed through yesterday (cancer operation) - no pain, no problems, and a fantastic outcome...the initial report is no cancer spread and all clear margins from the lumpectomy site...Findings that were expected given our conversations with you. Patty and I both spoke with the different healthcare providers about your help and work yesterday and they seemed understandably impressed - especially seeing how well Patty did. This morning, the surgical nurse specialist called Patty for a routine follow-up and asked how Patty was doing and how the pain was - was the pain med. working adequately? To which Patty replied that she had no pain and although she took one pain pill last night, she really did not need it. This truly impressed this nurse and she commented that, "we need to get him (you) here. We do attribute her remarkable experience to your help.” (Author's note: I met Patty, in person, for the

first time, in July 2004, after we had already worked together. She indicated that she has had three subsequent operations, since our work over the phone, reasons unknown to me, and in each case she did not need anesthetic.) **Dr. Ward Brown, M.D., F.A.C.C., Head Cardiologist - Gundersen Lutheran Heart Institute, La Crosse, WI**

Roger Schwagmeyer, City of St. Paul, MN-his patient observation

Lyme Disease

“... I asked a co-worker of mine who has Lyme Disease for nine years to participate in Dr. Petras’ system. She had tried everything to eliminate the pain but did not have success. After five sessions (first session, actually), she was totally pain free and two years later is still pain free. She is 60 years old and ‘a happy camper.’” **Roger Schwagmeyer - Safety/ADA Coordinator, City of St. Paul, MN as reported to John Bassetti, reporter for The Vindicator, Youngstown, OH.**

Archery

(USA Archery Team)

Shoulder ROM-Improvement

"In just 7 minutes under your suggestion, I was able to enjoy full range of motion with my right arm, which, as you will recall, was not possible before the session. You have much to offer sports psychology, in both pain management and psychological motivation." **Kitty Frazier - US Women Archer of the Year-1990, US Field Archery Champion-1989**

Stress Fracture-foot

“Our starting Post player (Danielle Larose - see below) had been injured for an entire year with a stress fracture in her foot. She had been having continued pain even though the injured area had healed. Our sports medicine doctors, on staff, were predicting a continued 2-3 month layoff. Dr. Petras’ intervention resulted in an immediate full return to training at 100% capacity and the pain never returned. I found Dr. Petras’ approach with the athletes to be very polite, nonaggressive, and low key. He did not attempt to integrate into the team and was never a distraction. His work was a tremendous asset to our program... Dr. Petras is a very likable individual who has a genuine interest in helping athletes manage their pain. His work is innovative, interesting and most of all effective.” **Wanda Pilon-Head Basketball Coach - Women, University of Ottawa, Ottawa, ON, Canada**

Stress Fracture-foot (cont’d)

“I had sat out all last season due to a stress fracture...I was still experiencing pain...after our first session, I never experienced the sharp pain again...I worked with Dr. Petras for a sternoclavicular sprain and CMP syndrome in both knees...after two

days, I had no more knee pain and the sprain seemed to heal within one week.”

Danielle Larose - Basketball Player, University of Ottawa, Ottawa, ON, Canada

Football

Ankle Injury (over-the-phone)

Hip Flexor Injury

“...prior to the eighth game of the ‘94 season when Lambuth University was two wins away from a conference crown and national playoffs. We had an all-America tight end [Justin Taylor] who was on crutches and unable to put weight on his ankle. We had him X-rayed by an orthopedic doctor who said he wouldn’t be able to play. Then I called Dr. Petras and asked him if he ever worked with someone over the phone. He said he worked with Canadian ice hockey players before... We put Justin in an office and Dr. Petras worked with him for 40 minutes over the phone. Taylor came out of the room carrying his crutches and the pain was gone. He played on Saturday. We went on to win the conference and we went on to the national playoffs. His pain never returned. Our university president saw what Dr. Petras had done for Taylor...He actually bought a ticket and flew Dr. Petras to Tennessee to work with more football players and other athletes - about 30 total...I’d say in the experience I’ve had working with him with my athletes since 1989, it significantly helped 80 percent...Dr. Petras worked on **my son** who was a high school senior. It was the day of an important game, and Mark was not supposed to be able to play because of a hip flexor injury. Dr. Petras removed the pain, Mark started on both offense and defense, had a pass interception and punted for a 40-yard average.” **Vic Wallace - Head Football Coach, University of St. Thomas, MN, Lambuth University, Jackson, TN**

Golf

PGA

Lower Back, partially fused vertebrae

“...I have a fused vertebra in my low back and a partially fused vertebra in my neck. My neck always gives me problems after only a few holes. On January 12, 1999, Dr. Petras, in connection with the PGA, gave a seminar to Minnesota Golf Professionals on "The Mind-Body Approach for Enhanced Golfer Performance/Playing Pain Free". As I was the host of the seminar, Dr. Petras asked me to participate as his test subject. I'm happy he did. In a very short time using his method of ‘Talking Away Pain™’, my mobility increased by 20% in my neck, without pain. It truly was amazing. Having dealt with this problem for years and to have it improve drastically, almost immediately, was incredible. Every day I use Dr. Petras' simple steps and I continue to play pain free.” **Rick Sitek - PGA Golf Professional/Manager, Dwan GC, Bloomington, MN**

Skiing

Chronic Knee Pain

“...in a matter of 2 or 3 minutes with your guidance, I was able to alter the amount of pain I was receiving from my chronic knee condition. The remarkable thing is that I am still having the same success today with the ‘absent’ pain as I did at our first meeting...I never realized the role that my ‘fear-of-pain’ played in the actual pain I was feeling...Also, I would like to express the positive reaction from the team members who attended our evening with you focusing on the benefits of psychology in sport. It was a hit! Many kids, as well as their parents, approached me on the subject long after your visit.” **Tony Olin - Head Coach, Buck Hill Ski Team (a former coach of Olympian Koznick), Burnsville, MN**

Speed Skating

(USA, German, Canadian National/Olympic Coach)

Knee, Hip

“I was very pleased that Dr. Petras was willing to put in extra time and effort to get the best results...I was pleased that Dr. Petras taught the skaters to solve problems themselves and not to become dependent upon him...A unique aspect of Dr. Petras’ work is a pain relief technique that he uses to “Talk Away Pain™.” During one group, sport psychology session, he demonstrated this technique on a female skater with knee pain. In just a few minutes, her pain was totally gone. Dr. Petras also worked with a male skater, during an individual session, for hip pain. Again, in a few minutes, the pain was gone. I spoke with both skaters in the days following and for up to a month. The pain never returned. The possibilities for this type of treatment are...I am happy to recommend Dr. Petras’ services in the areas of performance enhancement (sport psychology) and pain management to coaches, teams, and athletes for both group and individual sessions.” **Bart Schouten - Olympic Coach, 2002 Olympics/USA National Speed Skating Coach**

Chronic Knee Pain

“I’ve suffered from chronic knee pain for 10-12 years...I received different diagnosis...taken anti-inflammatories for the last 6-7 years...Since the one session with you, my knees have bothered me only twice. On both occasions I was able to get rid of the pain by rerunning our session through my mind... I am ever so grateful.”

Angeline Poirier - Student, University of Ottawa, Ottawa, ON, Canada

Union-International Brotherhood of Electrical Workers Trustees

Back, Neck Pain

“Dr. Petras demonstrated on Frank and told the rest of us to follow along. After approximately ten minutes, Frank’s back pain was totally gone and the pain in his neck was negligible. I, myself, experienced a reduction in pain and improved to full range of motion, just watching...Since the demonstration, over two and half months

ago, I have been able to turn my head around and look back as I drive out of my driveway. This had not been possible since my auto accident two years ago. Frank reports no pain.” **James Wagner - Business Manager, IBEW Local Union 110, St. Paul, MN**

Broken Toe

“I need to testify that in about 20 minutes on Thursday, Sept. 4 (1997), I was talked out of my pain by Dr. Petras. My pain was from a broken toe certified broken by x-ray at Smiley’s Clinic. Friday, Sept. 5, I rock ‘n rolled danced on a concrete floor for nearly four hours without pain connected to that broken toe. I still felt the bruise/blister on the bottom and the end of the toenail but that is all. The greatest benefit, however, is that I no longer contorted the rest of my lower body to relieve the pain.” **James Livingston, (Age-mid 60’s), Minneapolis, MN**

Broken Hand

Jockey

“... the day I met Dr. Petras, I injured my hand and was in considerable pain (I thought it was broken although I did not have an x-ray). My horse had slammed his head against my hand while I was in the saddle...The session, on the backside, took about 10 minutes. Instead of trying to block out my pain though, Dr. Petras showed me how to use my mind to have the pain go away if it was healthy for me to have it happen. Amazingly, the pain left and never returned. His technique was quick and effective. I highly recommend...” **Wendy Ohnstad, Horse Trainer (nurse, jockey)**

Hand Fracture (over-the-phone)

“While working on the PF, I mentioned that **my 10-year old daughter** broke her right hand, above her ring finger. After my session, Dr. Petras had my daughter to come into the room. She was experiencing considerable pain from the 2 day old break. After roughly 5 minutes, her pain was gone. For the next 2 weeks, she never experienced pain. Her physician was surprised at the speed of her healing and released her at 3 weeks versus the normal 6-8 weeks. She is back to playing softball with no signs of discomfort. **Mark Sabala, Head Coach, Wheatland, MO.**

Patella Tendonitis, Plantar Fasciitis (over-the-phone)

“I am a baseball and cross-country coach. In April 2013, I contacted Dr. Raymond J. Petras. I told him, for the past 20 years, I experienced painful patella tendonitis due to an auto accident. During these 20 years, I underwent nine operations, six since 2006. Nothing helped reduce my pain...After the first session, my pain was gone. It never returned. I have been able to run pain free for the first time in quite awhile...I had been experiencing pain from plantar fasciitis (PF) on my other foot...After one session, the PF pain decreased substantially. After the next session, the pain was gone.

When I become overly stressed, sometimes the plantar pain returns, to a lesser degree. When I calm down, it goes away.” **Mark Sabala, Head Coach, Wheatland, MO.**