

Move More Questionnaire

Patient Name	Physicia	n Name	Date
Before Your Procedure			
Please answer the following questions <u>before</u> having the <i>mild</i> ® Procedure.			
I can stand for minutes before I need to rest.			
I can walk for minutes before I need to rest.			
O I have tried the following treatment options:			
Physical therapy	Pain medication	☐ Injections (ESIs) How many?	Other
O I would like to be able to		List activity	again.
After Your Procedure			
Please answer the following questions <u>after</u> having the <i>mild</i> ® Procedure.			
O I can stand for minutes before I need to rest.			
O I can walk for minutes before I need to rest.			
O What activities can you do now that you couldn't do before the <i>mild</i> ® Procedure?			



Share Your Story!

Be sure to tell your healthcare providers about the differences you're noticing after the $mild^{\circ}$ Procedure. They may want to adjust your reconditioning program or other treatment recommendations. They may also want to share your testimonial with other patients who may benefit from $mild^{\circ}$.



A mild® Procedure with Proven Results

Every year, thousands of lumbar spinal stenosis (LSS) patients are able to stand longer and walk farther with less pain, thanks to the *mild*® Procedure. Wondering what you may experience after your *mild*® Procedure?

Quick Recovery Time



Patients typically resume normal activity within **24 hours** with no restrictions¹

Increased Mobility Over Time¹

Patient functionality continues to improve as time progresses







