



The Disc Rejuvenation Checklist

7 Signs You May NOT Need Spine Surgery (And 2 Signs You Should Be Seen Immediately)

✓ 7 Signs You May NOT Need Spine Surgery

How many of these sound like you?

- ☐ 1. Your pain comes and goes.
You've had back or neck pain for months or years, but it fluctuates instead of being severe and constant.
- ☐ 2. You get temporary relief—but it never lasts.
Adjustments, physical therapy, stretching, massage, injections, or medication help for a while, but the pain always returns.
- ☐ 3. Your pain is mechanical.
It's worse with sitting, standing, bending, lifting, or certain movements rather than hurting the same all the time.
- ☐ 4. You can still move.
Your spine feels stiff and restricted, but you can still bend, twist, and perform most daily activities.
- ☐ 5. Your nerve symptoms change.
Numbness, tingling, or pain is mild to moderate, comes and goes, or improves with changing positions or moving around.
- ☐ 6. You haven't experienced rapidly progressive weakness.
You haven't suddenly lost significant strength in your arm or leg that continues to worsen.
- ☐ 7. You're still living your life.
Pain is limiting what you can do—but you haven't completely lost your independence or ability to stay active.

Thank You!

Dr. Thomas W. Gustafson

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🚩 2 Signs You Should Be Evaluated Immediately (Don't Wait)

1. Your numbness, tingling, or weakness is progressively worsening.

Symptoms that continue to worsen over time—especially increasing weakness in an arm or leg—should be evaluated promptly.

2. You've experienced a loss of bowel or bladder control, or a sudden, significant loss of strength in your legs.

These symptoms require immediate medical attention and should not be ignored.

Important: These signs may indicate a more serious condition that requires urgent medical evaluation. This checklist is intended for educational purposes only and is not a substitute for a comprehensive medical assessment.

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Where do you land?

If you answered "Yes" to 4 or more of these 7 signs, there's a good chance your spine still has meaningful potential for non-surgical restoration through the right combination of decompression, disc rehydration, and functional movement retraining.

The only way to know for certain is to look at your actual spine — not guess from a checklist.

Book Your Disc Clarity Consultation → A 30-minute 1:1 session where I personally review your X-rays and tell you exactly where you stand — and whether you're a candidate.

**One problem — spine dysfunction. One purpose — restore function.
One promise — build a spine that lasts.**

Thank You!

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