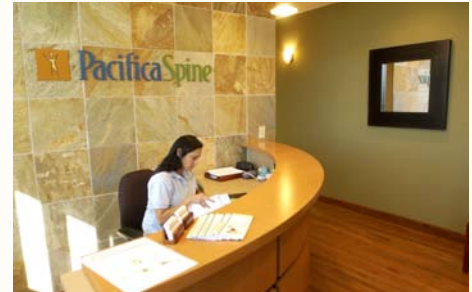


## A NONSURGICAL APPROACH FOR BACK & NECK PAIN

### Ventura County's non-surgical orthopedic & spine specialist

PacificaSpine is unique in that it emphasizes a nonsurgical approach to back and neck pain. Our team of specialists collaborate for comprehensive, coordinated care. We focus on the care you do need, and avoid the care you don't need. Integrated, specialized care with a complete offering of cutting-edge spine treatment options including: Neuromuscular rehab, Acupuncture, Injection therapy, Manual therapy, Core exercise, Nutrition and much more. PacificaSpine was founded by Dr. Simonson in early 2006, to provide an optimal nonsurgical alternative to back and neck pain sufferers in the Conejo Valley region, with locations in Thousand Oaks and Ventura. PacificaSpine also helps to serve the needs of pain sufferers in surrounding communities including Westlake Village, Agoura Hills, Oxnard, Camarillo and Simi Valley.



#### Mark Simonson, MD

Board Certified in Physical Medicine & Rehabilitation  
 Board Certified in Pain Medicine

Dr. Mark Simonson specializes in the nonsurgical relief of back and neck pain symptoms. He is Board Certified in two medical specialties: Physical Medicine & Rehabilitation (PM&R), and Pain Medicine. PacificaSpine has locations in Thousand Oaks, Ventura and Ojai. Dr. Simonson received his Doctor of Medicine degree, with Honors, from the University of Hawaii in 1994. He completed his specialty training in the evaluation and nonsurgical treatment of neck and back pain in the department of Physical Medicine & Rehabilitation at the prestigious Mayo Clinic. While at the Mayo Clinic, he was named the national resident representative on the Board of Directors of the Physiatric Association of Spine, Sports & Occupational Rehabilitation (PASSOR). Prior to medicine, Dr. Simonson was co-founder, designer and president of the world-leading Cybex line of fitness and rehabilitation products.



#### Erik Spayde, MD

Fellowship Trained Orthopedic Surgeon Affiliate in Thousand Oaks  
 Specializing in Spine Surgery

Erik Spayde, MD is an orthopedic surgeon with specialty training in the treatment of neck and back disorders. He has extensive experience in treating multiple spine disorders including degenerative disk disease, disc herniations, spinal stenosis, spondylolisthesis, kyphosis, scoliosis, and spinal trauma. He has performed both cervical and lumbar artificial disc replacement. His expertise in multiple complex spinal disorders allows him to choose the proper treatment modality for his patients. His primary medical and research interests include dynamic lumbar stabilization systems and artificial disc replacement.



#### Mira Simonson, PT

Physical Therapy Affiliate, Ventura

Trained at the University of Colorado, Mira practiced in leading spine and sports medicine practices from Minneapolis to Honolulu, before managing her own spine/sports practice in Jackson Hole, Wyoming. She is a former dancer, and remains in active in swimming, tennis, yoga, and core neuromuscular conditioning.



#### Brandon Dederich, MPT, MS, ATC, CSCS

Physical Therapy Affiliate, Thousand Oaks

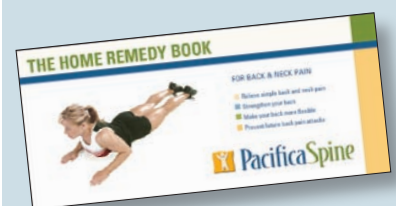
Brandon received his Bachelor of Science degree from California State University, Pomona with an emphasis in Sports Medicine and Athletic Training, and postgraduate degrees from the California State University, Fullerton and California State University, Long Beach with Master's degrees in Kinesiology (Exercise Science) and Physical Therapy, respectively. In 2003, Brandon founded Xcelerate Physical Therapy, Inc. in Thousand Oaks, now with locations in Thousand Oaks/Westlake Village and Moorpark. Brandon's areas of expertise include: Spine and extremity care, sports injuries, manual therapy, Joint replacement, gait and postural analysis, golf analysis and performance, and pilates training. Brandon emphasizes a combination of hands on treatment techniques with patient education in order to achieve optimum results.



#### Kathy Doubleday, DPT, OCS

Physical Therapy Affiliate, Ojai

Kathy Doubleday is a leading provider of physical therapy and has been practicing in Ojai for 12 years. She has a doctorate in Physical Therapy and is an APTA Orthopedic Clinical Specialist. She completed an Orthopedic Fellowship in Sports Medicine & Spine Care at USC.



### FREE HOME REMEDY BOOK

As a community service, we send out a free 36-page Home Remedy Book that educates back and neck pain sufferers about the dangers of relying on drugs to mask symptoms. In addition to home remedies to treat simple pain symptoms, the book features helpful exercises that relieve pain and make the back stronger, more flexible and resistant to injury.



### WWW.PACIFICASPINE.COM

PacificaSpine has an online encyclopedia on back and neck pain that includes medical illustrations, symptom charts and an exercise library — all specialized in spine.

