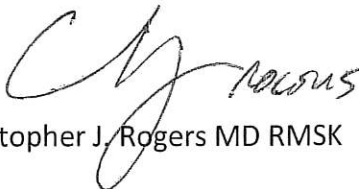


As a board-certified Physical Medicine and Rehabilitation physician I have treated people with osteoarthritis for more than 25 years. I have witnessed the toll osteoarthritis takes on my patients and their families. It is more than just a painful condition as it impacts a person's sense of well-being, their ability to exercise and their ability to function at work or at home.

Conventional treatments for osteoarthritis include medications, physical therapy, cell based therapy injections and surgery. Each of these treatment options have well known risks and benefits. Many times, the treatment will not have a lasting benefit. When these therapies fail, patients often look to sources outside of conventional medicine for relief. Unfortunately, unregulated and untested treatments may carry risks unknown to the patient.

I was intrigued by the Nottingham software application because it uses technology that is safe and easy to use. It is based on the premise that our brain senses pain using mechanisms that are influenced by visual and other perceptions. A study published in the Rheumatology journal evaluated the efficacy and safety of the Nottingham software in patients with hand osteoarthritis. A significant and lasting pain reduction specific to the area treated with the application software was demonstrated. Further studies will be necessary to better understand the beneficial effects of this new therapy.

The Nottingham software application has great potential to improve the lives of people suffering with osteoarthritis. It is affordable, easy to use and has none of the risks associated with many other forms of therapy. With time, we will learn which medical conditions best respond to this novel therapy and influence the lives of millions of people.



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