



Temporomandibular Disorders  
and Orofacial Pain

Stephen J. Harkins, D.D.S., P.C.  
Diplomate, American Board of Orofacial Pain

4781 E. Camp Lowell Dr., Suite 101 • Tucson, Arizona 85712 • (520) 298-6909 • Fax (520) 298-7376

September 1, 2009

RE: Al Vishnevetsky, THE MOTIVATOR

To Whom It May Concern:

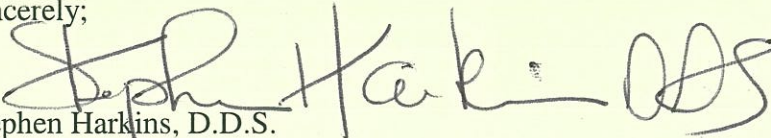
I have known "Big Al" Vishnevetsky since 1998 when I was referred to him by a surgeon friend of mine to help me with chronic neck, back and right shoulder pain. I was diagnosed with two herniated discs (C3-C5/diagnosed by MRI), neck and back sprain in 1995 following an accident. I was suffering from chronic daily cervicogenic headaches, neck/back pain and 30 years of right shoulder pain. As a dentist, this created a serious impairment for me and had a significant affect on my ability to work. I had spent a small fortune on physical therapy, injections and pain meds over a three-year period. My pain doctor, neurologist and a neurosurgeon recommended spinal surgery and shoulder surgery. I decided to give the workout/rehab program with the "Motivator" an honest trial.

In 1998, "Big Al" started me on a gradual three-day per week full-body, exercise/rehab program with emphasis on the spine and right shoulder. Eleven years later I am doing well with the neck, and back. I have very few headaches (less than 1 per month) and only mild intermittent neck and back soreness. My right shoulder no longer gives me any problems. I have had no surgeries and continue to workout with Al 2-3 times per week. I perform cardio exercise on alternate days. I am currently 57- years-old. I have maintained my weight at 185 pounds (plus or minus 2-3 pounds) over the past ten years with a BMI of 24. I am in very good physical condition and am probably the strongest I have ever been in my life. In 1998, I weighed 170 pounds and was much weaker. I have lost 5 pounds of fat and gained 20 pounds of muscle mass. I feel much healthier than I did 30 years ago. In addition to physical health improvement, the emotional/psychological benefits of working out with "Big Al" are also a big positive.

I have found Al to be very knowledgeable in both physical exercise and nutrition to lose fat mass and build muscle. He is a very disciplined, persistent and organized person who gets results. His mottos of "no whiners allowed" and "shut up and lift" are consistent with his own work ethic and personal health.

I give "Big Al" Vishnevetsky my highest personal and professional recommendation for musculoskeletal/spinal rehabilitation, weight loss and general body conditioning.

Sincerely;

  
Stephen Harkins, D.D.S.