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Re: Breast Reduction

To whom it may concern:

a patient of mine. Over the past few years she has suffered from chronic mid-back/thoracic spine pain which can often lead to adjacent neck strain and headaches. While she may respond well to chiropractic treatment the relief is temporary and she continues to have chronic mid back postural strain.

Typically, someone with this diagnosis would respond favorably to exercise strengthening of the mid-back and core muscles that we would recommend. However, for years, has maintained an active and healthy regiment of careful exercise and back strengthening, yet her problems persist due to the midback muscles having to constantly counterbalance the weight of her breasts.

I would like to express my recommendations for the medical necessity of breast reduction surgery to alleviate and resolve this condition.

Sincerely,