**EXTO** 

## **EXHIBIT L**

**EXTO** 

1 IN THE COURT OF COMMON PLEAS 1 2 SUMMIT COUNTY, OHIO 3 MEMBER WILLIAMS, et al., 4 Plaintiffs, -vs-CASE NO. CV-2016-09-3928 5 KISLING, NESTICO 6 & REDICK, LLC, et al., 7 Defendants. 8 9 Videotaped deposition of SAM N. GHOUBRIAL, MD, 10 taken as if upon examination before Brian A. 11 Kuebler, Chana Margareten, Notary Publics within 12 and for the State of Ohio, at the Hilton 13 Akron-Fairlawn Hotel and Suites, 3180 W. Market 14 Street, Fairlawn, Ohio, at 10:39 a.m. on Tuesday, 15 April 9, 2019, pursuant to notice and/or 16 stipulations of counsel, on behalf of the Plaintiffs. 17 18 19 JK COURT REPORTING 55 PUBLIC SQUARE SUITE 1332 20 CLEVELAND, OHIO 44113 (216)664 - 054121 www.jarkub.com 22 23 24 25

67 65 MR. BARMEN: Objection, If you Q. Typically they're not. Why not? 2 can. 2 MR. BARMEN: Objection. 3 3 A. Sure. The most important thing is it's A. Patient comes in, they don't have the records 4 4 individualized. Every single patient is with them and they need help. different. I take a subjective history. I do a Q. The chiropractor doesn't sent them with records? 5 6 past medical history to include a surgical MR. BARMEN: Objection. 7 7 A. No. history, medication history, history of their 8 8 medical problems, history of their allergies. Q. So you typically don't review prior records or 9 9 And then I get a list of their medications. And imaging or any testing related to patients that 10 10 come see you in the personal injury clinic? then I perform a objective exam. And then I come 11 11 MR. BARMEN: Objection. up with an assessment and a plan. 12 12 But each and every patient is completely A. That's correct. 13 13 Q. What are the diagnoses that you most commonly different. They come in different ages, 14 14 treat in your personal injury practice? different problems, different medications, 15 different contraindications, and I have to sort 15 MR. BARMEN: Objection. 16 16 out what the best treatment modality is for these A. There's a whole litany of diagnoses, but more 17 patients given their age, given their 17 importantly it's the approach to each one of 18 18 those that's different. I'll see patients with medications, given the contraindications to their 19 19 medications, given the potential interactions rotator cuff injury, ligament injuries to the 20 20 between any medications that I give them and knee, cervical strain, thoracic strain, lumbar 21 21 medications they're on. Whether or not I feel strain, knee injury, ankle sprain, foot sprain, 22 22 they'll respond to that or whether they need to post-concussion syndrome, insomnia, cephalgia, 23 use adjunctive therapy or whether they need to be 23 visual defects. Anything that can result from a 24 24 motor vehicle accident, but more important than referred out. 25 25 that is the individual nature of the treatment. Q. Do you take a social history? 66 A. Yes. While two patients or three patients or eight 2 Q. Do you take a family history? 2 patients may come in with a diagnosis of thoracic 3 strain, all eight of them will probably receive A. Yes. Occasionally. 4 some sort of different modality. Some may Q. And you, of course, perform a physical exam, 5 5 correct? receive nothing other than some 6 6 A. Yes. antiinflammatories. Some may receive trigger 7 7 Q. What all do you check on your exam? point injections. Some may be referred to a A. I check head, neck, listen to their heart, lungs, 8 massage therapist. Some may be referred to an 9 9 abdomen. Do a complete musculoskeletal exam. I orthopedic. Some may need an MRI. Some may get 10 trigger point injections. Some may get a TENS 10 check their gait, their tone. I do a --11 11 unit. Some may get a TENS unit and a brace. It Q. Muscle tone? 12 varies. No patients are alike. While they may 12 A. Yes. Neurologic exam. I do an exam of the 13 13 spine. I examine their extremities. carry the same diagnosis, the treatment approach 14 14 Q. How do you perform a neurologic exam? What type is very seldom the same. 15 of neurologic exam? 15 But you would agree that most of the patients 16 that you see in your personal injury practice are 16 A. I perform a neurological exam the same way. I 17 17 diagnosed with some type of strain or sprain, check for tone, strength and range of motion and 18 18 any sensory deficits or radicular findings. correct? 19 19 Q. Is there anything else you do as part of your MR. BARMEN: Objection. Go ahead. 20 20 A. For the most part, yes. workup? 21 21 MR. BARMEN: Objection. Go ahead. Q. The great majority of patients in the personal 22 22 A. It varies from patient to patient. injury practice have that diagnosis, correct? 23 Q. Maybe another key step, you review prior records, 23 MR. BARMEN: Objection. Go ahead. 24 24 A. Yes, sir. A. If they're available. Typically they're not. 25 Q. And the majority of patients who treat with your

**EXTO** 

		69			71
1		personal injury practice receive trigger point	1		MR. PATTAKOS: No, I don't think
2		injections, correct?	2		he did.
3		MR. BARMEN: Objection.	3	Q.	You described what a trigger point is, not the
4	A.	No.	4		Injection. What is a trigger point?
5	Q.	"No"?	5		MR. BARMEN: Go ahead.
6	A.	No.	6	A.	I described it earlier, but I'll repeat it. What
7	Q.	Are you sure of that?	7		it is is it's an area of myofascial pain,
8		Yes.	8		guarding, tenderness or spasm that elicits
9	Q.	How are you sure of that?	9		objective discomfort on the patient.
0		I can tell you that not all patients need trigger	10	Q.	There are other defining qualities of a trigger
1		point injections. Some patients need them, some	11		point that you're leaving out of this definition;
2		don't. I can't tell you that the great majority	12		are you not, Doctor?
3		of the patients need them. Because, No. 1, I	13		MR. BARMEN: Objection.
4		don't know and, No. 2, to the best of my	14	A.	Those are the ones that I use.
5		recollection they don't. They just simply aren't	15	Q.	Let's take a look at a couple of exhibits. Let
6		beneficial for everyone. Remember what I was	16	1000	me ask you first: Do you agree that a
7		telling you earlier about each patient being	17		fundamental characteristic of a trigger point is
8		individual.	18		that it produces referred pain?
9	Q.	Can you describe what a trigger point injection	19		MR. BARMEN: Objection.
0		is?	20	Α.	Not necessarily. It can be referred, it can be
1	À.	Yes. You introduce a needle filled with a	21	7.50	focal, it can be asymmetrical, it can be
2		mixture of Marcaine, which is a local anesthetic,	22		bilateral, it can be unilateral.
3		and Kenalog, which is a steroid, directly into	23	0	So you disagree with that?
4		the focal area of pain, spasm or discomfort.	24		Yeah.
5	Q.		25		
	٠,	70			72
1		spasm or discomfort, correct?	1		(Thereupon, Plaintiff's Exhibits 2, 3 were
2	A.	Only if it's indicated.	2		marked for purposes of identification.)
3	Q.	Only if there's a trigger point, correct?	3		4 4 4 4
4	A.	Correct.	4	Q.	Here's Exhibit 2 oh, sorry. We'll call this
5	Q.	And only if it is an active trigger point that's	5		the Alvarez study. It's by Dr. David Alvarez and
6		causing pain, correct?	6		Dr. Pamela Rockwell of the University of Michigan
7	A.	Correct.	7		Med School. This was published in the Journal of
8	Q.	You won't inject a latent trigger point, correct?	8		the American Family Physician.
9	A.	It depends. If there's an area that's been	9		Do you agree that's a credible journal, sir?
0		treated conservatively and the patient will come	10		MR. BARMEN: Objection.
1		in and say, doctor, I still have quite a bit of	11		MR. BEST: 17 years ago? Make
2		discomfort despite the use of the TENS, despite	12		sure I have this right.
3		the therapy, despite the massage. And I say,	13		MR. BARMEN: It appears to be 17
4		well, we can try a little bit of Kenalog and	14		years ago.
5		Marcaine, would you be interested in that? And	15		MR. BEST: Oh, interesting. Very
		more often than not, it's quite successful.	16		up to date.
6			17	A.	I don't know, I haven't read it, so I don't know.
	Q.	Okay, So you'll only treat a latent I'm	100		Well, do you agree that the American Family
7	Q.	Okay. So you'll only treat a latent I'm sorry. Strike that.	18	Q.	
7 8	Q.	sorry. Strike that.	1.69	u.	Physician is a credible journal?
7 8 9	Q.	sorry. Strike that.  You will only inject a latent trigger point	19	u.	Physician is a credible journal?  MR, BARMEN: Objection.
7 8 9 0		sorry. Strike that.  You will only inject a latent trigger point after more conservative therapy has failed?	19 20		MR. BARMEN: Objection.
7 8 9 0 1	Α.	sorry. Strike that.  You will only inject a latent trigger point after more conservative therapy has failed?  Patient-by-patient case.	19 20 21	Α.	MR. BARMEN: Objection.  I don't read it, so I don't know.
7 8 9 0 1	Α.	sorry. Strike that. You will only inject a latent trigger point after more conservative therapy has failed?  Patient-by-patient case. Can you describe what a trigger point is?	19 20 21 22	Α.	MR. BARMEN: Objection.  I don't read it, so I don't know.  Do you agree that the ProQuest Medical Library is
6 7 8 9 0 1 2 3 4	A. Q.	sorry. Strike that.  You will only inject a latent trigger point after more conservative therapy has failed?  Patient-by-patient case.	19 20 21	Α.	MR. BARMEN: Objection.  I don't read it, so I don't know.

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		117	1	-	119
1	Q.	Actually I want to ask you about the background	1		you treat a non-trigger point with a
2		section.	2		trigger point injection, it wouldn't be a
3	A.	Okay. What would you like to ask?	3		trigger point injection.
4		It says not all trigger points require injection	4		MR. PATTAKOS: David, stop
5	7	or needling. Many active trigger points will	5		testifying for the witness. If the witness
6		respond to physical therapy especially in the	6		doesn't understand my question
7		earlier stages of trigger point formation.	7		MR. BEST: Your questions are
8		However for chronic trigger points, trigger point	8		nonsensical that not even a first-year
9		injection and needling is an effective treatment.	9		lawyer would ask these silly questions.
		[10] - [1	10		
10		Do you agree with that?	135		Ask an appropriate question. Do you mean
11		No.	11		MD DATTAKOG, Double 151
12	Q.	And your reason for disagreeing with that is what	12		MR. PATTAKOS: David, If I
13		you just described?	13		MR. BEST: the same medication
14		Correct.	14		that's used in a trigger point?
15		And you have nothing to add to that response?	15		MR. PATTAKOS: David, I'm going to
16	A.	Correct.	16		ask you to stop making speaking objections.
17	Q.	When you treat a trigger point, it's true that	17		I'm going to note on the record that this
18		you're treating something other than a muscle	18		is inappropriate and you're testifying for
19		strain or a sprain, correct?	19		the witness and you're suggesting testimony
20	A.	No. I'm treating a combination of a strain,	20		to the witness. I know you'll keep doing
21		sprain, spasm, and pain both subjectively and	21		it, I just want to make my objection now.
22		objectively.	22		Thank you.
23	Q.	So you it's your testimony that you treat	23		MR. MANNION: Hey, I just found an
24		muscle strains and sprains with trigger point	24		article saying yoga is not effective. I
25		injections?	25		just want to let you know, Peter, in case
		118			120
1	A.	They have to have all the features. There has to	1		you want to stop giving lessons.
2		be a subjective complaint, there has to be	2		MR, PATTAKOS: You can e-mail that
3		objective findings of discomfort. There has to	3		to me, Tom. Thank you.
4		be objective findings in difficulty in range of	4		MR. MANNION: I'll send it right
5		motion. There has to be focal area of guarding,	5		over.
6		spasm, palpable cord.	6		MR. PATTAKOS: Thank you.
7		All those things or any number of those	7		MR. BARMEN: Tom, as a yogi myself
8		things or any three or four of those things,	8		I would disagree with the findings in that
9		depending on the context, each patient is	9		article but I guess we can have different
10		individual may or may not mandate the use of a	10		opinions.
11		trigger point.	11		MR, MANNION: Apparently there's
	0	I understand that. What I'm asking is just if	12		disagreement in the field.
12	ų.	someone has a sprain and no trigger points and no	13		BY MR. PATTAKOS:
13		마이마 얼마나요? 그리고를 하는 것으로 보았습니다. 하고 바라이트를 잃는 것은 점점을 받았다.	12.30		
14		active trigger points that are causing pain,	14		Can you ask me the question again, please.
15		you're not going to inject a sprain with a	15	Q.	I want to know under what circumstances would you
16		trigger point injection, correct?	16		use a trigger point injection on a muscle strain
17		MR. BARMEN: Objection. Go ahead.	17		or a sprain in the absence of an active trigger
18	Α.	Unlikely, but possible.	18		point that's causing pain?
19	Q.	Possible. Under what circumstances would you	19	-5	MR, BARMEN: Objection. Go ahead.
20		inject a sprain with a trigger point injection in	20	A.	When I make the diagnosis of lumbar strain or
21		the absence of any active trigger points?	21		thoracic strain or cervical strain, I always
22		MR. BEST: Do you mean the	22		if I give a trigger point, they usually have the
23		medication of the trigger point injection?	23		both the subjective and objective findings.
24		What are you talking about? By your	24		On rare occasion if they haven't gotten better,
25		definition of your question, you say would	25		they may get an injection or if it's an acute

		121	1		123
1		event.	1	A.	Any sort of thoracic, lumbar, cervical injury,
2	Q.	Explain that last part, "or if it's an acute	2		that meets the criteria for trigger points will
3		event".	3		be treated. Whether it's a lumbar strain with
4	A.	East and the second realists of the second	4		spasm, guarding and tenderness, those features
5		like I said, it's patient specific. If they have	5		together, they get a trigger point. If it's just
6		contraindications. If they have numerous	6		a tender spot, may or may not.
7		allergies. If they can't tolerate narcotics. If	7	Q.	That meets the criteria for trigger points?
8		they're, for example, on methadone. If they	8	Α.	Correct.
9		can't take NSAIDs and our treatment options are	9		What criteria?
10		limited. So the safest route is to try a mixture	10		I went over that.
11		of Marcaine and Kenalog and to do it that way.	11		MR. BARMEN: Objection.
12		So like I said, each patient is different	12		MR. BEST: Objection. Asked and
13		depending on their history, their medications,	13		answered.
14		the adverse outcomes, their social history, their	14	0	What are they?
15		history of narcotic use in the past. So it	15	Q.	The Control of the Co
16		varies patient to patient. If you're looking for	16		MR. BARMEN: How many times,
125		요마이 얼마 사람이 있습니다. 이번 이번 생각들이 나가는 일을 위한 바람은 가능이 느껴보면 그렇게 하는데 하는데 하는데 하는데 없다.	17		Peter, do we have to go down the same road?
17	0	a catchall answer, I can't give it to you.	18	Q.	
18 19	Q.	I just as long as I'm understanding that you	19		that you're referring to here?
20		will use a trigger point injection on a muscle	20		MR. BARMEN: Objection. Asked and
7.7		sprain or strain even when there's no active	21		answered multiple times. Tell him once
21		trigger point found?  MR, BARMEN: Objection.	22		more.
23	Α.	- 1974 - 1975 - 1974 - 1980 - 1974 - 1974 - 1974 - 1974 - 1974 - 1974 - 1974 - 1974 - 1974 - 1974 - 1974 - 197	23	A.	It's a combination of subjective and objective
E 3 L		Like I said, on occasion, depends on the patient.	24		findings and individualized based on every single
24	W.	Okay. So when you treat a car accident victim	25		patient. There isn't one uniform way to say this
25		with trigger with a trigger point injection	25	-	patient is going to get a trigger point 100
1		let me ask this a different way. Strike that.	1		percent of the time because they have a cervical
2		What are the diagnoses that you would treat	2		injury. That's not the case. Each patient is
3		with a trigger point injection?	3		different. So they have to fall into the
4		MR. BEST: Objection. He's	4		criteria and the criteria includes not just the
5		already discussed this.	5		objective findings, but the presence of any
6		MR. BARMEN: Objection. Go ahead.	6		contraindications, any adverse reactions, any
7	Δ	It's based on a multitude of factors. I take	7		allergies, any phobias, any multiple myriad of
8	۸.	into consideration their subjective complaints,	8		things. That's the best way I can answer it,
9		the medications they're on, their objective	9		Peter.
10		findings. Whether their objective findings are	10	Q.	Okay. When you are injecting car accident
11		consistent with their subjective findings.	11	· ·	victims with trigger point injections, you are
12		Whether they have a contraindication to any other	12		not typically treating them for myofascial pain
13		alternative modality. Whether they meet the	13		syndrome, are you?
14		criteria for trigger point injection. And if	14		MR. BARMEN: Objection.
15		they do, are they suited for it. So it varies	15	A.	I'm treating them for acute events. We discussed
16		from patient to patient.	16	٠.	this already.
17	Q.		17	Q.	And that is not myofascial pain syndrome,
18	Q.	그리고 있다면 가장 아니라 아니는 가장에게 없는 가장 하는데 있다면 하다면 되었다.	1	w.	
19		are that determine your decision, I asked very specifically, what are the diagnoses that you	18		correct?  MR. BARMEN: Objection.
20		would treat with a trigger point injection?	20	۸	Well, if you're referring to fibromyalgia, no, it
21		. 20 mm : 20 mm : 10 mm : 10 kg (1 4 7 2 2 1 3 4 1 1 1 4 1 2 2 2 2 2 2 2 2 2 2 2 2 2 2	21	A.	isn't.
22		MR. BARMEN: Objection. He answered your question.	22	Q.	Myofascial pain syndrome is a chronic condition,
23	Δ	There's numerous diagnoses.	23	Q.	correct?
24		What are they?	24	۸	Correct.
25	w.	MR. BARMEN: Objection.	25		So when so myofascial pain syndrome does not
20		PIK. DAKPIEN. ODJECTION.	20	u.	30 mich 30 mydrasciai pain syndrome does not

		249		251
1		25th, it says she is going to have extensive	1	who received a script, prescription, for
2		surgery on her right arm for the fracture to the	2	narcotics is not representative?
3		shoulder. And on June 1st it says, she is going	3	MR. BARMEN: Objection. Wait a
4		to have surgery of her shoulder, correct?	4	minute. You mean, the 13 files you cherry
5	A.	Right. And it also says let's read the whole	5	picked out of thousands?
6		thing. The trigger points were very beneficial	6	MR. PATTAKOS: Let me be clear,
7		to her neck. And she needed narcotic analgesics,	7	these were the only 13 files that I have
8		not only because of the neck, the back, and the	8	had access to. I wasn't able to cherry
9		fracture.	9	pick anything.
10	Q.	And she received four prescriptions for narcotics	10	MR. BARMEN: That is absolutely
11		from you, correct?	11	false, because there are files I produced
12	A.	Correct.	12	to you just last week that aren't in here,
13	Q.	And that was on April 27th, May 4th, May 10th,	13	because they are not Bates stamped.
14		and June 1st, correct?	14	MR. PATTAKOS: What are those?
15	A.	That's correct.	15	What files are those?
16		And no muscle relaxers, no TENS Unit, and no back	16	MR. BARMEN: Files that you sent
17	-47	brace, correct?	17	me releases for, that I produced to you
18	Α.	Correct.	18	within the last week.
19		And this was after her first date of treatment at	19	And, actually, I have a few of
20	7	Akron Square, being April 22nd, 2016. And you	20	them in my bag. And you know, you received
21		could see that from the first page; is that	21	them. They're Bates stamped, and you
22		correct?	22	haven't used them here.
23	Δ	Correct.	23	MR. PATTAKOS: Who are they for?
24		Okay. Dr. Ghoubrial, of these 13 files that we	24	Let's
25		just went over, 13 out of 13 were offered trigger	25	MR. BARMEN: Wait a minute
-		250	7.7	252
1		point injections, 11 out of the 13 received	1	MR. PATTAKOS: If you have them in
2		trigger point injections, 10 out of the 13	2	your bag, let's mark them as exhibits.
3		received TENS units, 12 out of the 13 received a	3	MR. BARMEN: So for you
4		prescription for muscle relaxers, at least once,	4	MR. BEST: No.
5		and 10 out of 13 received a prescription for	5	MR. BARMEN: No, no, no. But for
6		narcotics.	6	you to say that every file you have has
7		Is that unusual to you?	7	been marked is unequivocally false, and you
		Company of the Compan		
8		MR. BEST: Objection.	8	
8		MR. BEST: Objection. MR. BARMEN: Objection.	8	know it.
9		MR. BARMEN: Objection.	9	know it.  MR. PATTAKOS: Who else did you
9 10	Α.	MR. BARMEN: Objection. MR. POPSON: Objection.	3	know it.  MR. PATTAKOS: Who else did you provide you provided me a file for,
9 10 11	Α.	MR. BARMEN: Objection.  MR. POPSON: Objection.  It's patient specific. Sometimes they get	9 10	know it.  MR. PATTAKOS: Who else did you
9 10 11 12	Α.	MR. BARMEN: Objection. MR. POPSON: Objection.  It's patient specific. Sometimes they get narcotics, sometimes they don't. Sometimes they	9 10 11	know it.  MR. PATTAKOS: Who else did you provide you provided me a file for, what's her name? She's from Columbus.  Anita Hudson.
9 10 11 12 13	Α.	MR. BARMEN: Objection.  MR. POPSON: Objection.  It's patient specific. Sometimes they get narcotics, sometimes they don't. Sometimes they get muscle relaxers, sometimes they don't. That	9 10 11 12 13	know it.  MR. PATTAKOS: Who else did you provide you provided me a file for, what's her name? She's from Columbus.  Anita Hudson.  MR. BEST: I forgot. It slipped
9 10 11 12 13 14	Α.	MR. BARMEN: Objection.  MR. POPSON: Objection.  It's patient specific. Sometimes they get narcotics, sometimes they don't. Sometimes they get muscle relaxers, sometimes they don't. That pool that you picked out of is a very small group	9 10 11 12 13 14	know it.  MR. PATTAKOS: Who else did you provide you provided me a file for, what's her name? She's from Columbus.  Anita Hudson.  MR. BEST: I forgot. It slipped my mind.
9 10 11 12 13 14	Α.	MR. BARMEN: Objection. MR. POPSON: Objection.  It's patient specific. Sometimes they get narcotics, sometimes they don't. Sometimes they get muscle relaxers, sometimes they don't. That pool that you picked out of is a very small group of 13. More than half of the patients that we	9 10 11 12 13	know it.  MR. PATTAKOS: Who else did you provide you provided me a file for, what's her name? She's from Columbus.  Anita Hudson.  MR. BEST: I forgot. It slipped my mind.  MR. BARMEN: So wait, so all
9 10 11 12 13 14 15	Α.	MR. BARMEN: Objection.  MR. POPSON: Objection.  It's patient specific. Sometimes they get narcotics, sometimes they don't. Sometimes they get muscle relaxers, sometimes they don't. That pool that you picked out of is a very small group of 13. More than half of the patients that we see in our practice receive no narcotics. And	9 10 11 12 13 14 15	know it.  MR. PATTAKOS: Who else did you provide you provided me a file for, what's her name? She's from Columbus.  Anita Hudson.  MR. BEST: I forgot. It slipped my mind.  MR. BARMEN: So wait, so all just that one, all of a sudden you
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9 10 11 12 13 14 15 16 17		MR. BARMEN: Objection.  MR. POPSON: Objection.  It's patient specific. Sometimes they get narcotics, sometimes they don't. Sometimes they get muscle relaxers, sometimes they don't. That pool that you picked out of is a very small group of 13. More than half of the patients that we see in our practice receive no narcotics. And  MR. BARMEN: You answered the question.	9 10 11 12 13 14 15 16 17	know it.  MR. PATTAKOS: Who else did you provide you provided me a file for, what's her name? She's from Columbus.  Anita Hudson.  MR. BEST: I forgot. It slipped my mind.  MR. BARMEN: So wait, so all just that one, all of a sudden you MR. PATTAKOS: Let's see Anita Hudson
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