



**Houston  
Oilers**

K. S. "BUD" ADAMS, JR.  
President

December 13, 1989

Lee-Meredith Laboratories  
6304 Alder  
Houston, Texas 77081-4404

Attention: Clayton Lee, President  
Re: ORBITER Therapy Documentation

Dear Clayton,

I am very excited about the results we are receiving from the Orbiter in such a short time. Enclosed are a few examples. As we have become more familiar with the Orbiter and what it will do, we are being more and more aggressive with using it on a wide spectrum of injuries very early in the rehabilitation period. After having the Orbiter for a few months, it seems like a standard piece of therapy equipment, which I'm certain it will become in a short period of time.

Mike Rozier RB 5'10" 210 lbs:

Mike required arthroscopic to remove a torn meniscus. Normal protocol would have this athlete jogging in approximately 10 - 14 days. Using the Orbiter the athlete was able to complete a moderate walk/jog workout 4 days following surgery. Athlete was eligible to return to field of competition less than 2 weeks following surgery. I feel one of the secrets to his quick return was that Mike's running pattern was kept intact via workouts on the Orbiter. As part of his maintenance program Mike has continued a remedial running program on the Orbiter.

Alonzo Highsmith RB 6'1" 235 lbs:

Athlete has had recurrent knee problems. Athlete's left knee has required 3 surgeries to resolve meniscal tears and ligamentous instability. The right knee has been afflicted with patella tendinitis. Due to repeated trauma to both knees and hope on minimizing osteo-degenerative disease the athlete has been restricted from running as a means of conditioning. Prior to obtaining the Orbiter the athlete was confined to cycling as a means of conditioning. Athlete felt frustrated and noticed that the spring to his legs had diminished. Athlete was placed on a running program utilizing the Orbiter. Athlete noticed immediate return to the explosiveness to his lower extremities while also maintaining a strong cardiovascular fitness level.

Lorenzo White RB 6'1" 221 lbs:

Early in the season the athlete sustained a contusion to his right quadriceps muscle. The athlete was extremely frustrated during his rehabilitation. A localized hematoma formed restricting the athlete from both practice and running. The physicians did allow the athlete to jog on the Orbiter due to its inherent low impact. Athlete rejected the option to utilize the Orbiter. When the Orbiter became a mandatory modality in his rehabilitation the athlete literally tried to break the machine. While jogging he would jump up and down violently. (Athlete weighs 221 lbs.) To the athlete's chagrin he found he actually enjoyed the workout and continued to use the device even after it was no longer mandatory.

Drew Hill WR 5'9" 180 lbs:

Athlete sustained a fracture to a transverse process of a vertebrae. Athlete was restricted from all jarring motion, including walking. Athlete felt uncomfortable riding a bicycle due to radicular pain resulting in spasms in the local musculature. Athlete on his own volition, started walking on the Orbiter and was asymptomatic. Athlete was not expected to dress for a game for three weeks but was able to dress two weeks later. Three weeks after injury the athlete played against the Pittsburgh Steelers where he made a career catch, fully extending to reach the ball helping win the game.

Robert Mrosko TE 6'5" 245 lbs:

Athlete sustained a grade 2 ankle sprain. Athlete was able to return in 10 days to full activity. Throughout the rehab protocol the athlete utilized the Orbiter. The athlete enjoyed the Orbiter workouts to the extent that he has continued to use the device as part of his workout routine.

Jay Pennison Center 6'2" 275 lbs:

Athlete required arthroscopic surgery to excise a bone fragment from an osteochondral defect. A fragment lodged under the lateral meniscus further irritating the lateral knee joint. Athlete was able to begin walking 4 days following surgical intervention. To reduce the progression of arthritis, the athlete was restricted from running unless it was on the Orbiter. Athlete conditions 3 times weekly completely on interval sprint conditioning program.

George Yarno Center 6'3" 265 lbs:

Athlete incurred a second degree sprain to the medial colateral ligament and first degree anterior cruciate sprain. Athlete was able to begin running on the Orbiter 10 days following injury. Under normal conditions the athlete would not be able to jog for 14 to 21 days following this injury. Athlete has fully recovered yet has continued to optionally use the Orbiter as a means of conditioning.

Richard Byrd DL 6'3" 275 lbs:

Athlete has been diagnosed as having spondylolathesis, (actually a fissure in the lumbar region). To eliminate the onset of spondylolalitis, the athlete is advised to use "low impact" as a means of conditioning. The Orbiter is ideal for patients with this prognosis.

Sean Jones DE 6'7" 270 lbs:

Athlete has been diagnosed as having degenerative disks in the lumbar region. Athlete rejected all forms of cardiovascular conditioning as a result of frustration. When the Orbiter was made a mandatory modality in his conditioning regimen the athlete tried to break the device by over-striding and running at extremely high speeds. Once the athlete realized the benefits of the device he has used the device above and beyond the mandatory time schedule.

Bruce Davis OT 6'6" 312 lbs (currently)

Athlete has 2 pathologies requiring the implementation of the Orbiter as part of his program. Athlete has advanced osteo-degenerative disease. After 11 years in the NFL, the athlete has severe arthritis and tendenitis in both knees. This pathology is complicated by the athlete's weight. Athlete is required to weigh 298 lbs yet weighed 350+ lbs at the beginning of the season. Athlete was not able to run which made it difficult to lose weight. Following the utilization of the Orbiter the athlete has noted a remarkable decrease in knee irritation as well as a reduction of over 38 lbs.

Warren Moon QB 6'3" 210 lbs:

Athlete is 33 years old. Warren is the pillar of the team both as QB and leader. The athlete is considered to be one of the top conditioned athletes on the Houston Oilers as well as one of the best QBs in the NFL reflected by his selection to the Pro Bowl for the 2nd year. For the past 3 years the athlete has been restricted from post practice conditioning to diminish aggravation of chronic tendinitis of both knees. Athlete has not let the restrictions hamper his conditioning. Prior to our obtaining the Orbiter, Warren was using several modalities as alternatives to maintain a high c/v fitness level.

Since our Orbiter was installed, Warren has focused on it and utilized its low impact and higher c/v workload to maximize the efficiency of his exercise time. He has experienced no aggravation of his knee problem from Orbiter conditioning. Warren uses the device daily as a means of both c/v conditioning and also as a means of warming up prior to weight training.

Other athletes such as Mike Munchak and Dean Steinkuhler and Richard Johnson who the physicians have restricted from post-practice running are now augmenting their conditioning by using the Orbiter. As the medical team and staff of the Houston Oilers have become more familiar with the Orbiter and its applications we have become more and more aggressive in implementing it in earlier phases of rehabilitation protocol, thus hopefully returning the athletes to the field of competition quicker, and better prepared to play. Clayton, I am very eager to talk to you about some of the findings we have discovered that we are yet to fully substantiate regarding the cardiovascular benefits of exercising on the Orbiter. any arrangements that may be made to insure the availability of the Orbiter for our players.

Sincerely,

A handwritten signature in cursive script that reads "Steven J. Watterson". The signature is written in dark ink and is positioned above the typed name.

Steven J. Watterson  
Strength and Rehabilitation Coordinator