

Como Clinic  
2500 Como Avenue  
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August 23, 2002

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To Whom It May Concern:

I recently had the opportunity to work with Dr. Ray Petras at the U.S.A. Cup Soccer Tournament that lasted one week long in July of 2002. During this time I had the opportunity to ask him to consult on a number of cases, in which he was able to provide considerable expertise and assistance in numerous ways. Several athletes we see that week are adolescents and preadolescents who are very anxious, and he was able to calm them down enabling us to obtain a better history and better physical exam.

In one case a male teenager had fractured his arm and he was in considerable pain and also had a lot of anxiety. Dr. Petras was able to work with him prior to having an injection to numb up the area of the fracture. During the time of injection the patient really did not show a lot of pain, did not jump when the needle was inserted and tolerated it extremely well. He then tolerated the reduction of his fracture, realigning the bones, with only minimal discomfort. Usually reductions of fractures are fairly uncomfortable for patients and they exhibit a lot of pain behavior, however this patient did not. This was very beneficial to all his healthcare providers and to the patient and I think it would have been a much different outcome if Dr. Petras was not available to help decrease this patient's pain and anxiety from his injury and at the time of the reduction of his fracture.

In another case a female soccer player had sustained a hip injury and was unable to walk. When she was brought into the medical area she was in a lot of pain, was quite anxious, and it was difficult to evaluate and obtain a good physical exam because of the pain, guarding, and anxiety. Dr. Petras then worked with the patient and following this the patient had much less pain. In fact, previously she was not able to walk because of pain and after her time with Dr. Petras, she was able to get off the table and walk without pain. She still had her hip injury but the component of it that caused a lot of anxiety and magnified the pain had resolved.

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In a third case a teenage girl was brought in on a back board with a neck injury. She was hyperventilating and quite anxious. Physical exam was obtained; however, then Dr. Petras was asked to talk with her to see if we could bring down her level of anxiety and pain so that we could get a more accurate assessment. He did work with her, was able to calm her down enabling me to obtain a better exam, and to more easily determine the proper course of treatment for this patient.

In summary, I would like to commend Dr. Ray Petras for his assistance in dealing with these athletes, helping me to better treat them in a more timely fashion, decrease their pain and anxiety, and subsequently enable them to return to play and activity with less need for medical intervention, therapies, etc. Often times these injuries can turn into more chronic problems if the anxiety and pain continues at a higher level than it need be, and so I am sure that his work helped prevent some chronic problems as well. Dr. Petras conducted himself in a very professional manner, it was easy for these patients to talk with him and the results in some cases were fairly amazing. I wish more people had the opportunity to work with him, as a lot of people have acute pain and chronic pain and his approach can accomplish things that we cannot accomplish with medications, therapy, etc.

Sincerely,



Brenda Wilcox Abraham, MD, MS

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