

NEW MEXICO OIL CONSERVATION COMMISSION

Santa Fe, New Mexico

MISCELLANEOUS NOTICES

Submit this notice in triplicate to the Oil Conservation Commission or its proper agent before the work specified is to begin. A copy will be returned to the sender on which will be given the approval, with any modifications considered advisable, or the rejection by the Commission or its agent, of the plan submitted. The plan as approved should be followed, and work should not begin until approval is obtained. See additional instructions in the Rules and Regulations of the Commission.

Indicate nature of notice by checking below:

NOTICE OF INTENTION TO TEST CASING SEUT-OFF	<input checked="" type="checkbox"/>	NOTICE OF INTENTION TO SHOOT OR CHEMICALLY TREAT WELL	
NOTICE OF INTENTION TO CHANGE PLANS		NOTICE OF INTENTION TO PULL OR OTHERWISE ALTER CASING	
NOTICE OF INTENTION TO REPAIR WELL		NOTICE OF INTENTION TO PLUG WELL	
NOTICE OF INTENTION TO DEEPEN WELL			

EUNICE, NEW MEXICO,

Place

7-24-36

Date

OIL CONSERVATION COMMISSION,

Santa Fe, New Mexico.

Gentlemen:

Following is a notice of intentiton to do certain work as described below at the

THE OHIO OIL COMPANY, ANNA C. WALDEN Well No. 1 in NE $\frac{1}{4}$ NE $\frac{1}{4}$
 Company or Operator Lease
 of Sec. 21, T. 22 S., R. 37 E., N. M. P. M., Eunice Field,
Lee County.

FULL DETAILS OF PROPOSED PLAN OF WORK

FOLLOW INSTRUCTIONS IN THE RULES AND REGULATIONS OF THE COMMISSION

Plan to land about 275 feet of 12 $\frac{1}{2}$ " casing

Approved _____, 19____
 except as follows:

THE OHIO OIL COMPANY,
 Company or Operator
 By [Signature]

Position Supt.

Send communications regarding well to

OIL CONSERVATION COMMISSION,

By

Title

Name THE OHIO OIL COMPANY,

Address P. O. BOX 60,

HOBBS, NEW MEXICO.

[illegible]

1. *Abstract* – The purpose of this study was to determine the effect of a 12-week, low-intensity, supervised exercise program on the physical and psychological health of older adults with chronic low back pain. The study was a randomized controlled trial with 40 participants. The intervention group performed a 12-week, low-intensity, supervised exercise program. The control group received no intervention. The primary outcome was the change in the Oswestry Disability Index (ODI) score. The secondary outcomes were the change in the Visual Analog Scale (VAS) score, the change in the Short-Form 36 (SF-36) score, and the change in the Beck Depression Inventory (BDI) score. The results showed that the intervention group had a significantly greater improvement in the ODI score, VAS score, SF-36 score, and BDI score compared to the control group. The findings suggest that a 12-week, low-intensity, supervised exercise program can improve the physical and psychological health of older adults with chronic low back pain.