



STOP PAIN

TAKE CONTROL OF YOUR CHRONIC PAIN CONDITION

Three Steps To Restoring A Pain-Free Lifestyle



WHY THIS GUIDE?

According to the Institute of Medicine, more than 100 million Americans suffer from chronic pain. The numbers are so high partly due to many persons receive confusing information and thus lack clear understanding of the best solutions available to them. As a result, the pain continues to go undertreated, ruining lives and costing the nation \$600 billion a year in lost productivity.

At All-Pro Physical Therapy, we believe the key factor for a patient's relief is their understanding of all the treatment options so they can take a more active role in determining the best course of treatment for them.

1. UNDERSTAND
YOUR PAIN

2. UNDERSTAND
YOUR OPTIONS

3. CONSULT
A PROFESSIONAL

1. UNDERSTAND YOUR PAIN & DESCRIBE IT TO YOUR MULTIDISCIPLINARY TEAM

PAIN COMES FROM 3 MAIN ORIGINS:

INJURY

When Muscles, tendons, ligaments, and /or discs are injured or disrupted and in need of repair. (Such as: *Muscle Strains, Herniated /Bulging Disc, Discogenic Back Pain*). The role of your physical therapist is to prevent further injury and promote healing. Physical therapists determine when and how it is appropriate to get you moving again .

PATHOLOGY (DISEASE PROCESS)

Chronic degenerative conditions are most the common (For instance: *Arthritis, Osteoporosis, Spinal Misalignment, Spinal Stenosis, Osteoarthritis*). Physical therapists are specially trained to spot “red flags” the signs of pathology which require multidisciplinary team approach. All-Pro’s Doctors of Physical Therapy have specialized training and expertise for these conditions to help you effective treat and manage such problems.

PERSISTENT PAIN

Occurs in the absence of injury or pathology or that persists beyond the period of time expected for healing. All pain originates in the nervous system. Persistent pain originates primarily from increased sensitivity of this system. Two sub categories of persistent pain can be determined based on the nature of your sensitivity:



MECHANICAL PAIN:

Sensitivity to movement, position, or activity. Often pain results from a vicious cycle of guarding, protection, and difficulty moving. As you move, nerves need to be able to glide, slide, and lengthen. Tightness leads to decreased tolerance for various physical challenges, including sustained positions, repetitive movements, and forceful movements. Physical therapy breaks that cycle and restores normal movement.

CHEMICAL PAIN:

Nerves are sensitive to inflammatory chemicals so pain can result when there is increased inflammation. The best way to treat this type of pain is by chemical means; i.e. drugs and diet, that alter your body’s biochemistry. Modern physical therapy techniques facilitate this process.

KEEPING A JOURNAL HELPS YOU WITH 3 ESSENTIAL MATTERS:

FIRST

A journal will empower you with a good understanding of your pain, including it’s frequency, intensity, and duration.

SECOND

It enables you to more effectively facilitate your health care provider’s diagnose and treatment recommendations for the pain.

THIRD

It allows you to track your progress as you begin your course of treatment.

DATE	TIME	DESCRIBE THE TYPE & LEVEL OF PAIN (Dull, Sharp, Burning, Stabbing, Etc..)	WHERE DOES THE PAIN OCCUR?	HOW LONG DOES THE PAIN LAST?	WHAT WERE YOU DOING?

SAMPLE JOURNAL EXAMPLE

2. UNDERSTAND YOUR TREATMENT OPTIONS

Patients who gather information are in a much better position to find the treatment that's right for them. Most therapies can, and should, be used in some combination. There are nine general kinds of treatment available:

ACUPUNCTURE: Traditional Chinese Medicine and acupuncture offers an effective way to relieve chronic pain without the use of drugs or invasive procedures. Combination of acupuncture with other treatments and manual physical therapy can maximize the effects of the treatment.

BEHAVIORAL AND LIFESTYLE PROGRAMS: Stress intensifies and promotes pain. What do you do to manage stress in your life? Many people use exercise, meditation, yoga, and pilates. Some find working with a psychologist trained in chronic pain conditions very beneficial, as well.

CHIROPRACTIC CARE: Chiropractors offer adjustments and other temporary pain relief treatments. Studies indicate that high velocity maneuvers and manipulations can provide short-term pain relief, but repeated use of these procedures over time should be avoided because they can actually cause more harm in certain people.

INTRATHECAL DRUG DELIVERY: This involves placing a small pump under the skin. The pump doses medication directly into the space in the spinal cord where pain signals travel. Because the dose is delivered more directly than it is with oral medications, the patient finds relief with a fraction of the oral dose. Because smaller amounts of medication are required with this method, the usual side effects of oral pain medications are greatly reduced (drowsiness, upset stomach, vomiting, and constipation).

NERVE BLOCKS / STEROID INJECTIONS: Each treatment provides immediate pain relief which can last anywhere from a few days to a couple of months. Multiple treatments are limited to three per year due to the rare but serious risks involved.

NEUROSTIMULATION: Neurostimulation involves placing a small electronic device under the skin. The device sends mild impulses to the area where pain is felt. The device reduces the amount of pain medication needed, and can be removed when no longer needed.

ORAL MEDICATIONS: There are two types of the most commonly used oral medications: anti-inflammatory and opioids. Both have potential side effects. Anti-inflammatory drugs include over-the-counter pain relievers and stronger medications available by prescription only. Opioids, such as morphine and codeine, are used to temporarily control severe pain. Drugs can mask the pain very effectively, but they can not treat the actual cause of the pain. Thus, when the medication wears off, the pain returns.

PHYSICAL THERAPY: All the research shows that exercise and physical therapy play an important role in treating and preventing recurring pain. Physical therapy is a comprehensive therapy approach that includes assessment, treatment, and prevention. It can utilize manual therapy, massage, exercise, patient education, and pain reducing treatment options such as moist heat, electric stimulation, ultrasound, and cold laser. Working with physical therapists reduces pain while promoting strength, flexibility, and endurance—the three keys to sustained well-being. Exercise, manual and movement therapy can, and should, be a part of every patient's treatment.

SURGERY: In severe cases surgery is an option for correcting structural problems. Recovery from surgery should include physical therapy. Although this may seem obvious, many surgeons will prescribe oral medication for post-surgical pain relief, but often overlook prescribing a specific course of physical therapy. A procedure called neuroablation can be considered as a last resort, if all else fails. Neuroablation involves cutting the nerve to the painful area so that the body can no longer receive pain messages from the affected area.

Now that you've started your journal, and have gained a better understanding of your pain. It will enable your doctor to learn a great deal about your pain and how it impacts your life. In addition, having reviewed possible treatment options will help facilitate the discussion about the combination of therapies best for you. To help you measure the pain, fill out the checklist below and bring it to your doctor, along with your journal.

CHECK ALL THAT APPLY:

- ☐ Pain prevents me from doing the things that I enjoy with friends and family.
- ☐ Pain does not prevent me from doing things, but it slows me down or is a nagging distraction.
- ☐ I have been experiencing persistent pain for 2 months to 5 months.
- ☐ I have been experiencing persistent pain for 6 months to 1 year.
- ☐ I have been experiencing persistent pain for more than 1 year.
- ☐ I take oral medication on a regular basis for my pain.
- ☐ Oral medication is helpful, but not adequate.
- ☐ The pain seems to be progressively worse.

I HAVE TRIED:

- ☐ Chiropractic care
 ☐ Physical Therapy
- ☐ Exercise prescribed by a doctor
 ☐ Stress management (behavioral programs).
- ☐ Nerve blocks & steroids
 ☐ Surgery
- ☐ Other: _____

CIRCLE THE INTENSITY OF YOUR PAIN LEVEL:



READY TO CONSULT A HEALTH CARE PROFESSIONAL

It's time to talk to your health care professional. If you want a referral to physicians who are board-certified pain specialists, or want to learn more about how All-Pro Physical Therapy can help you with your chronic pain condition call one of our 3 clinics below for a free consultation.

ARE YOU SUFFERING FROM AN INJURY OR EXPERIENCING PAIN, AND AREN'T SURE WHAT TO DO ABOUT IT?

Then schedule a Free Injury Screen, simply by calling the most conveniently located All-Pro Physical Therapy clinic. All injury screens are by appointment only and include the following:

- Free physical assessment by an expert Physical Therapist
- Complete explanation of findings, including severity of your injury or pain
- Instructions for self-care activities and injury prevention
- Recommend treatment options with a clear plan of action



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