

Our experience has shown that all of our patients won't need all of these therapies, but...



Most of our patients will need most of these therapies.

Aerobic Exercise

includes jogging, swimming, cycling, and walking. Most people start a daily walking program. Done correctly, you should get slightly out of breath and the goal is 150 minutes per week of moderate level exercise (walking), or 75 minutes of vigorous exercise (jogging). Aerobics increases endorphins, which decreases pain & anxiety, improves sleep, fights depression, prevents headaches and increases overall sense of well-being.



Sleep Correction means getting a decent night's sleep. Most people with chronic pain are sleep deprived and have less pain if they can get a good night's sleep. Simple things can improve sleep, such as blackout curtains, turning off the TV & radio, daily aerobic exercise, and caffeine tapering & elimination. Sleep apnea may need to be treated and some people may need to take sleep medications. Goal: 8 hours of sleep & waking feeling rested and in less pain.

Tobacco Cessation means eliminating nicotine in every form. Smokers have higher rates of headaches, neck & back pain, and large medical studies have shown that eliminating nicotine will ease your pain. The goal is to become nicotine-free.

Participation is being involved in activities normal for your age, such as raising kids, working at a job, or active participation in hobbies for people of retirement age. Even people on "disability" can find volunteer positions that are compatible with their "ability". The goal for most adults, that aren't raising kids, is to work or volunteer for 20+ hours per week. Participation is an important part of overcoming your pain.

Adjuvant Medications work with opioids, to reduce your pain. For example, some antidepressants block the transmission of pain signals & some anti-seizure medications stop the formation of the pain signal. Muscle relaxants reduce muscle pain and increase flexibility. The effect of adding these medications is greater functionality and a higher quality of life.

Natural Medications,

although not covered by insurance, are often reasonably priced and the results quite impressive. Omega-3s from fish oil relieve arthritis pain, fight fibromyalgia and help prevent heart disease. Another herbal medicine increased the length of time patients could walk before knee pain made them stop, by 256 minutes compared to only a 47 minute increase for those receiving standard medical treatment. We have written information on many different products to help you find a source for a natural medicine that will reduce your pain.



Topical Therapy includes lidocaine patches for back pain & neuropathy. Some NSAIDs reduce pain just as much when applied to the skin over a painful joint as when taken orally with much less risk. TENS units help many patients. Some herbal creams have impressive studies and provide wonderful relief for our patients.



Manual Therapy

includes massage, manipulation, chiropractic, physical therapy or acupuncture. Some pain can only be relieved with "hands

on" therapy. We provide some manual therapy in-house and refer patients to excellent providers in the community.