



What is Pain Management?

Pain can be debilitating and affect every aspect of your life, whether the pain is a result of illness, injury, surgery, or even if there is no known cause for the pain. Physicians who specialize in pain management are trained to help patients suffering from pain.

For most of us, until we actually encounter a severe pain situation we tend to think of pain management as being the aspirin or other remedies in the medicine cabinet at home.

At PDTC we use a multidisciplinary approach in which a wide range of treatments are combined to benefit the patient. Some treatments utilized may include: pharmacological, procedural, physical medicine, rehabilitation, psychological, occupational and work hardening therapies, to mention a few.

Our philosophy at PDTC is to design and implement a treatment plan based upon individual patients' needs. We work closely with your physicians, surgeons, case managers, insurance companies, and employers to facilitate patient care and a rapid recovery.

Pain Conditions Evaluated and Treated - Examples include:

- Back pain
- Neck pain
- Musculoskeletal pain
- Work injuries
- Post-surgical pain
- Cancer pain
- Headache
- Neuropathic pain
- Reflex Sympathetic Dystrophy

Types of Outpatient Treatment Utilized

- Procedural diagnostics and therapy
- Pharmacological—today there is a wider variety of medication available, with fewer side effects, than ever before
- Physical and occupational therapy and rehabilitation services
- Psychological and behavioral therapies
- Functional capacity and impairment evaluation
- Comprehensive pain rehabilitation programs
- Work hardening
- Aquatics

Diagnostic and Therapeutic Procedural Therapies

Identifying the source of pain generation is often complex. A variety of procedures, including neural blocks, can aid in diagnosis. Having successfully identified the source of pain, the physician can then use this information to make the most appropriate choice of treatment. Examples of some of these procedures include:

- Epidural injections
- Spinal injections
- Selective nerve root blocks
- Peripheral nerve blocks
- Joint injections
- Trigger point injections

For pain which is not responsive to more conventional treatments there are more advanced procedures utilized. Examples include:

- Spinal stimulation
- Radiofrequency nerve ablation

Behavior Pain Intervention

Manifestations of pain can include depression, anxiety, anger, and fatigue resulting in personal, marital, family, and employment difficulties. A variety of therapies are available as an adjunct to medical therapies and can be employed to enhance one's quality of life:

- Biofeedback
- Cognitive behavioral therapy
- Stress management
- Relaxation training
- Psychophysiological training
- Imagery
- Group/Family therapy
- Hypnotherapy

Physical and Occupational Therapy

Pain can lead to functional problems such as decreased mobility, ambulatory difficulty, muscle weakness, etc. To prevent and restore function, the physicians at PDTC may utilize a full range of physical therapy services such as:

- Physical therapy—strengthening, modalities, etc
- Myofascial release and massage
- Aquatics
- Electrical nerve and muscle stimulation
- Desensitization of painful areas, scars
- Adaptive equipment

Patients need to be referred to the Pain Diagnostics and Treatment Center by their physician or surgeon. Referrals can be made by the physician's office by telephone or fax .

If you have further questions, you can ask the Pain Management Specialist at the time of your appointment.

At **Pain Diagnostics and Treatment Center** we are dedicated to improving the quality of life for patients whose lives have been affected by both acute and chronic pain conditions. Our goal is to prevent acute pain conditions from progressing to debilitating chronic pain syndromes and to allow for a better quality of life.

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