

HOLISTIC APPROACH TO PAIN MANAGEMENT



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No Disclosures



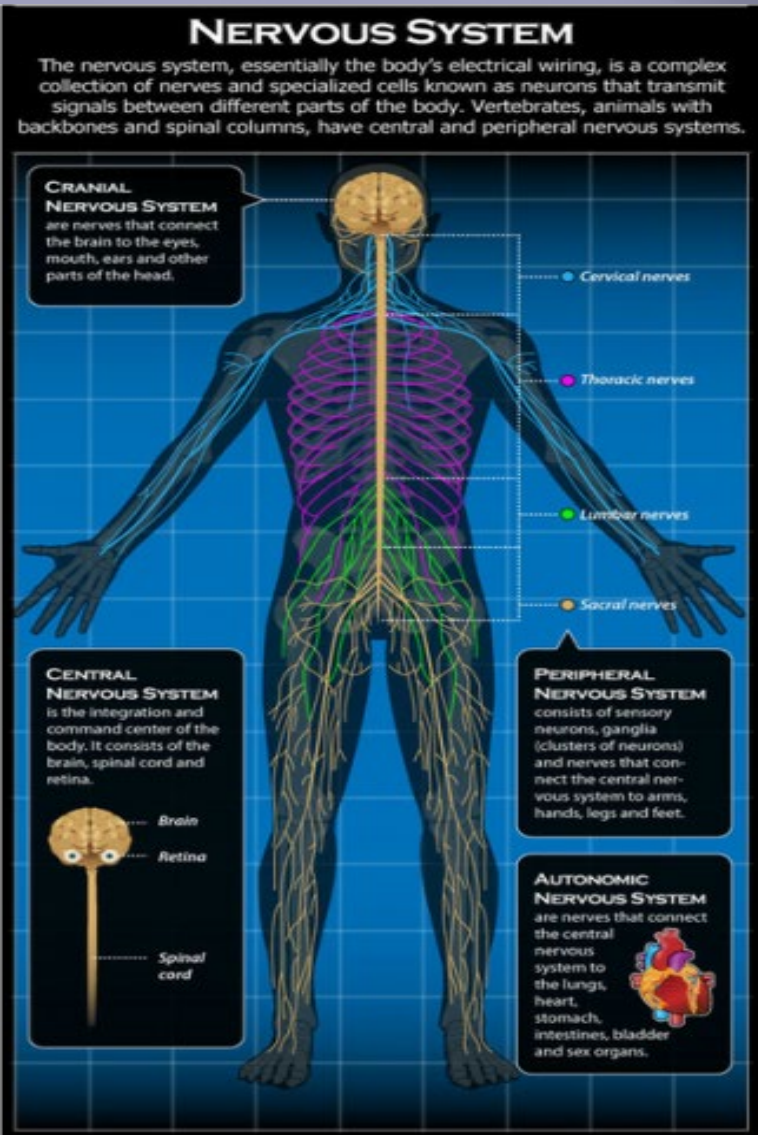
Objectives

- Define Acute versus Chronic Pain
- Discuss Holistic Pain Management Components
- Identify Alternative/ Complementary Therapy

Approaches to Pain Management



Definition of Pain



- An aversive sensory and emotional experience typically caused by, or resembling that caused by, actual or potential tissue injury (Raja et al,2020)
- Injury
- Work
- Repetitive movement
- Stress
- Psychosocial

Manifestation of Pain

- Sharp or Stabbing
- Burning
- Dull
- Ache
- Numbness/Tingling
- Pins
- Needles
- Skin Changes
- Swelling



Pain: Acute versus Chronic

ACUTE

- Pain less than 12 weeks
 - injury
 - Trauma
 - Surgery
 - Sprains Strains and falls
- Usually improves in 7-10 days

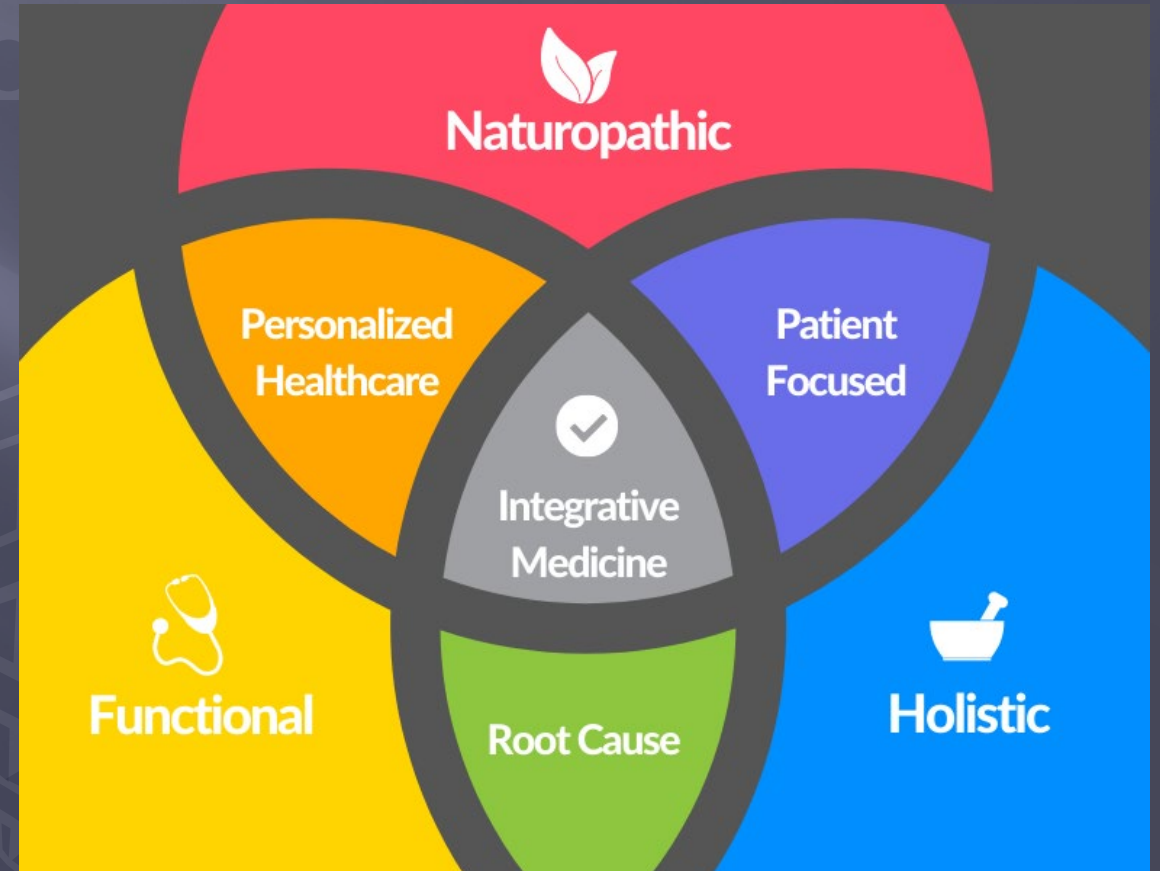
CHRONIC

- Ongoing process greater than 12-weeks
- Ongoing condition
- Surgery
- Trauma
- Chronic Disease
- Continues when treatment stops



Holistic Pain Management Approach

- Broadview approach
- Spiritual
- Biological dimensions
- Ethical
- Psychological
- Familial
- Social



Ancillary Treatments

- Heat
- Ice
- Massage
- Hydro-Massage
- Exercise
- Strengthening
- Manipulation
- Restore and Realign
- Short Term versus Long Term



*Physical Therapy...
will move you!*

INTERVENTIONS IN PAIN

- Bracing
- Injections
- Spinal Cord Stimulator
- Nutritional
- Spiritual
- Complimentary Therapy
- Supplementation



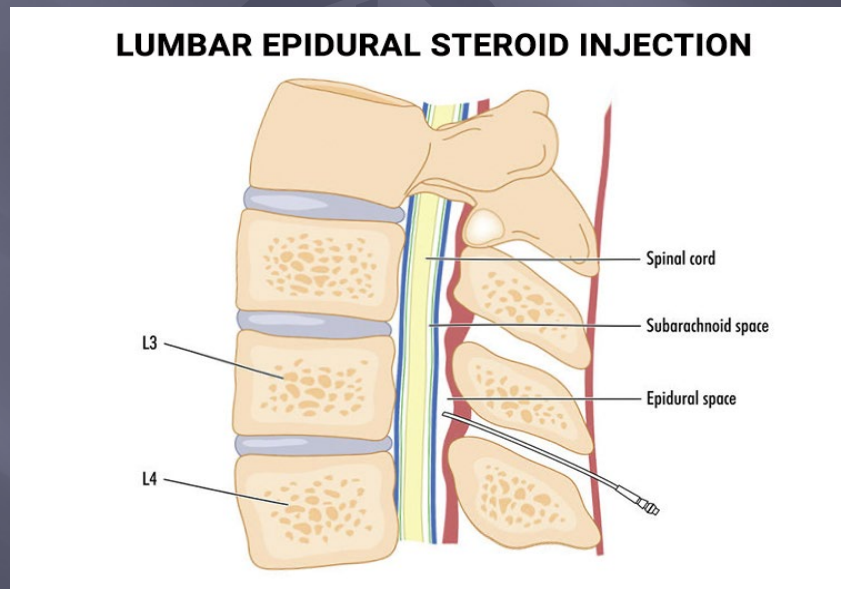
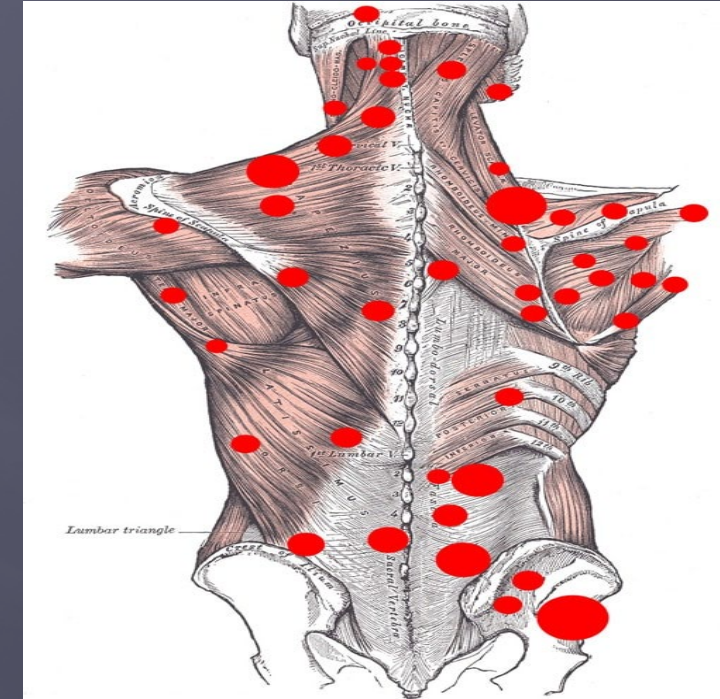
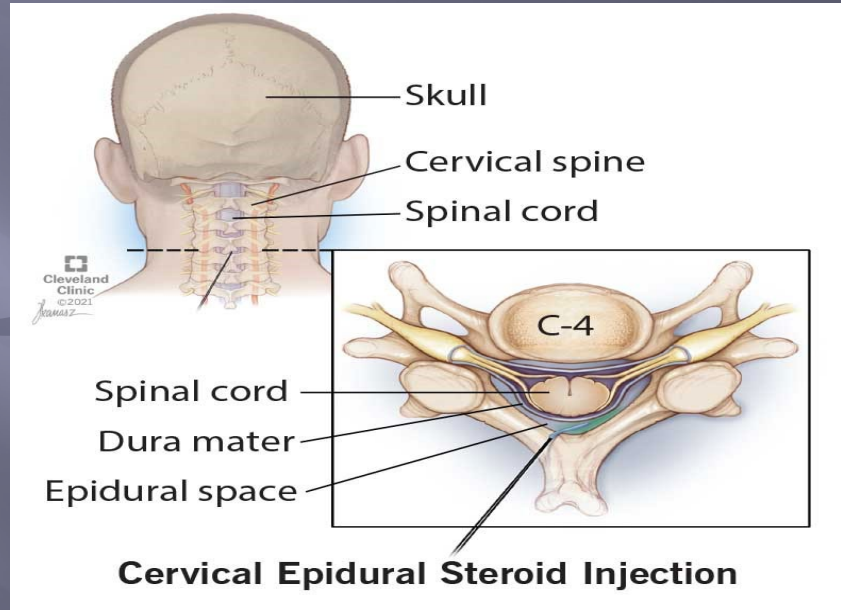
Bracing

- Cervical
- Lumbar
- Shoulder
- Knee
- Wrist
- Ankle



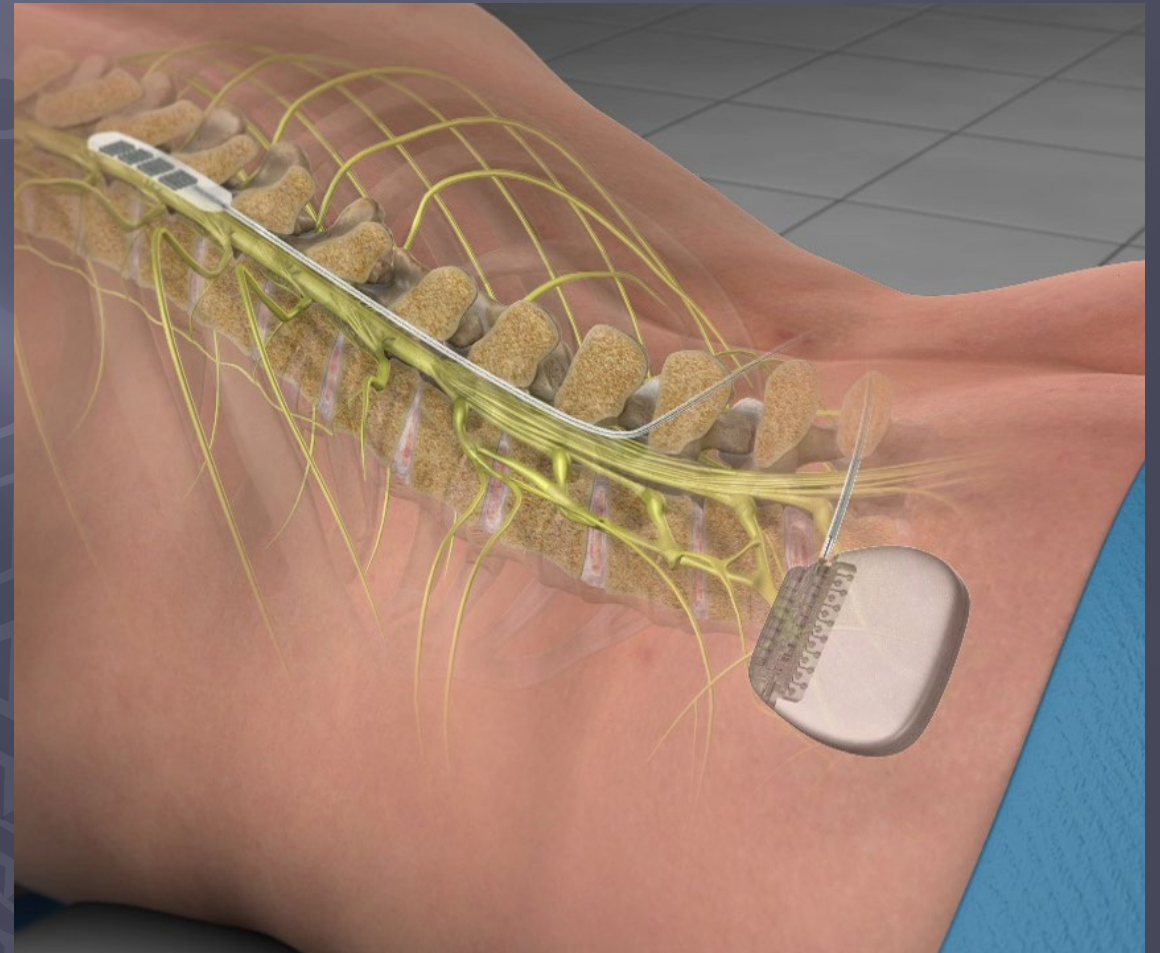
Steroid Injection

- Trigger Point Injection
- Cervical
- Lumbar
- Epidural Steroid Injection
- Medial Branch Block
- Radio Frequency Ablation
- Intraarticular Injection

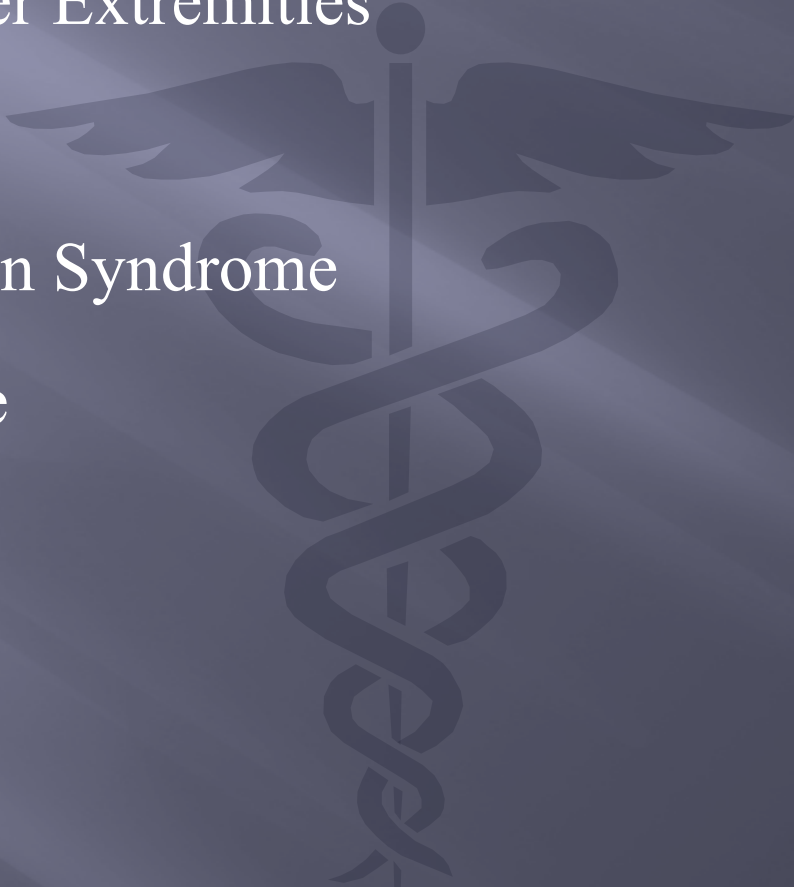


Spinal Cord Stimulator

- Electrical stimulation
- Trial of 5-7 days
- Implantation
- Programming
- **50-84%** improvement
- 12 months



Diagnosis for SCS Trial

- Pain to upper and lower Extremities
 - Diabetic Neuropathy
 - Complex Regional Pain Syndrome
 - Failed Back Syndrome
 - Cervical
 - Kyphoplasty
 - Lumbar
- 

Treatment of the Soul

NUTRITIONAL

- Weight Loss
- Appropriate Nutrition
- Smoking Cessation
- Exercise



SPIRITUALITY

- Prayer
- Meditation
- Support Groups
- Therapeutic Control



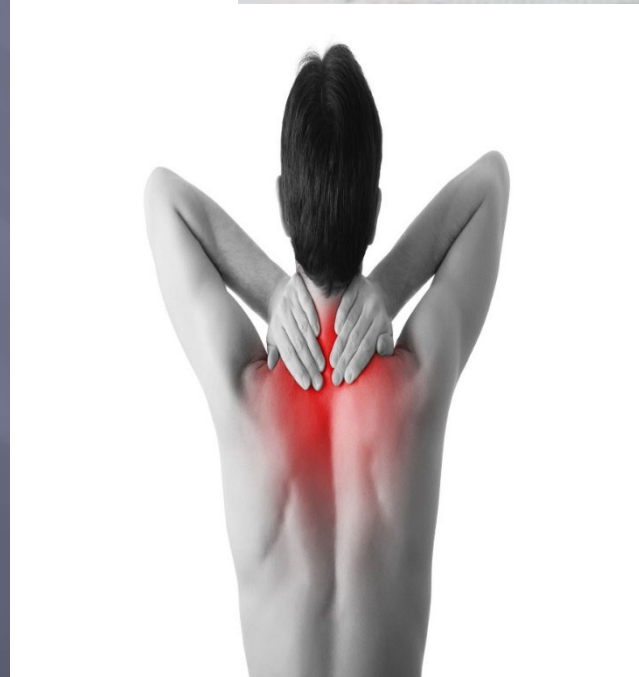
Complementary Therapies

- Massage
- Manipulation
- Acupuncture
- Reflexology
- Yoga
- Hypnotherapy
- Music



Supplementation

- Tart Cherry Juice
- Peppermint
- Lidocaine
- Topical Cream
- Soap



REFERRAL

- Primary Care
- Neurosurgeon
- Orthopedists
- Physical Therapy
- Acupuncture
- Chiropractor
- Massage Therapist



Questions?



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