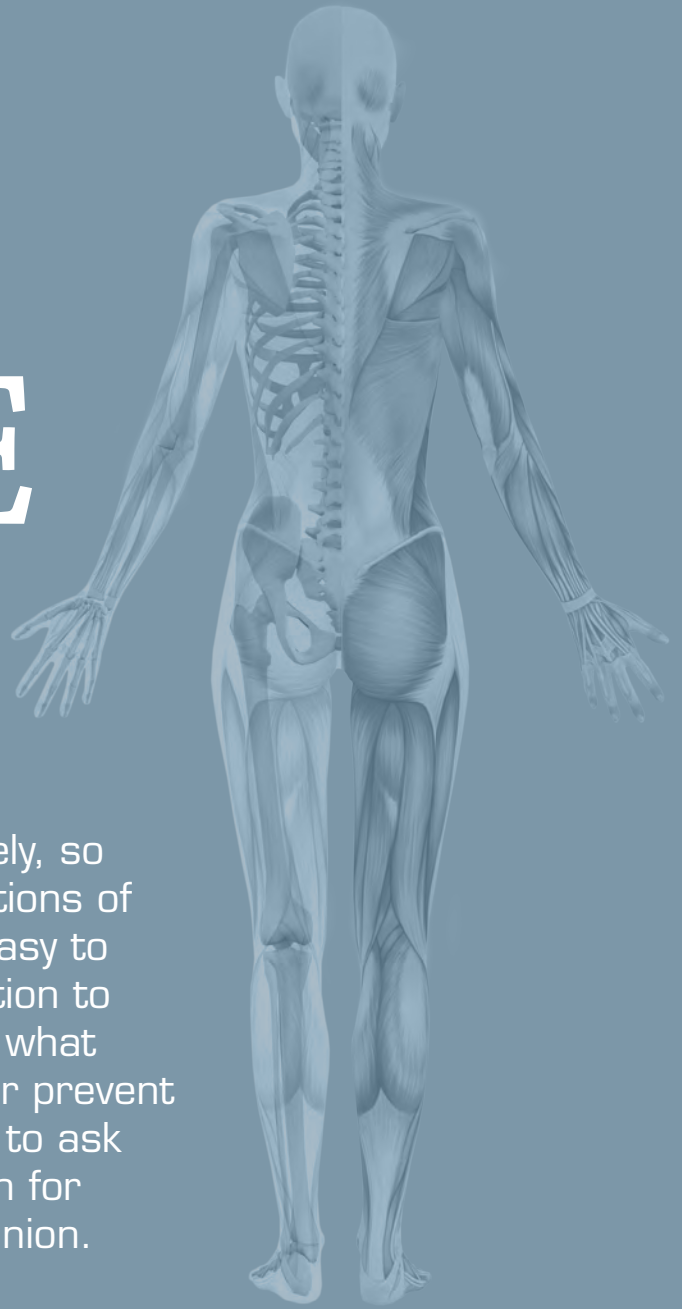


# PAIN GUIDE

## Defining Pain, Treatment and Prevention

Pain is complex, and unfortunately, so are the definitions and classifications of pain. Refer to this guide as an easy to understand resource of information to help define pain and understand what tools you can use to help treat or prevent pain. It is your right as a patient to ask questions, find the best physician for your care and seek a second opinion.



Pain Management Center is a caring organization that is committed to providing patients with innovative pain management services.

[Painmanagementcenterinc.com](http://Painmanagementcenterinc.com) • (386) 951-6684



Pain Management Center  
Jeffrey A. Kidd, M.D.

# ABOUT Pain Management Center

We focus on pin-pointing the source of pain and finding the right treatment option for each individual patient. At Pain Management Center, we focus exclusively on pain management and our multidisciplinary team of physicians has experience in the diagnosis and treatment of pain to help you restore your quality of life. Our priority is exceptional patient care and we mean it when we say, we know your pain.



Pain affects more Americans than diabetes, heart disease and cancer combined.<sup>1</sup>



Workers lost an average of 4.6 hours per week of productive time due to a pain condition.<sup>2</sup>



An estimated 20% of American adults (42 million people) report that pain or physical discomfort disrupts their sleep a few nights a week or more.<sup>3</sup>

<sup>1</sup>National Center for Health Statistics. *Health, United States, 2006, Special Feature on Pain With Chartbook on Trends in the Health of Americans*. Hyattsville, MD. Available at <http://www.cdc.gov/nchs/data/hs/hs06.pdf>.

<sup>2</sup>Results from the American Productivity Audit. <http://www.ncbi.nlm.nih.gov/pubmed/14665809>

<sup>3</sup>National Sleep Foundation (<http://www.sleepfoundation.org>). *Sleep in America poll*. 2000.

# WHEN TO SEE A PAIN SPECIALIST

Many symptoms of pain and painful conditions can be successfully evaluated and treated by a family physician. However, for severe or persistent pain, a pain management specialist can offer advanced therapies using specialized techniques that no other physician can offer.



---

## WHAT IS PAIN MANAGEMENT?

**Pain Management** is a highly skilled area of medicine and a distinct subspecialty of pain management (designated in 2001 by CMS).

Pain Management focuses on finding the cause of the pain and then, using a comprehensive and multidisciplinary approach, provides a full range of services and treatment options to relieve, reduce or manage pain to improve a patient's overall quality of life.

---

# HOW IS PAIN DEFINED?

Depending on whom you ask and where you look, you could be given a number of different definitions and classifications of pain. We hope to spell out some of the most common pain classifications in the following pages.



# PAIN CLASSIFICATIONS

Pain can be classified into a number of different types and definitions. Considering the time frame, location and feeling of the pain can help determine what treatment plan would provide the most benefit.

## Consider This

### TIME FRAME

**ACUTE PAIN** - Acute pain starts suddenly, such as after an injury or infection. The “injury” can be anything from broken bones from a fall to a recent surgery. Acute pain is most often described as sharp in quality. Pain from a minor injury should resolve in a few weeks, but more severe causes can take a couple of months. In most instances, acute pain can be treated with rest, ice/ heat, over-the-counter medications and, if necessary, a visit to your primary care provider.

*Example: Stubbed toe, burns and cuts, recent surgery, broken bones.*

**CHRONIC PAIN** - Chronic pain is persistent pain that remains even after a known injury has healed. An initial trauma or injury can lead to chronic pain, but sometimes chronic pain occurs with no prior injury or evidence of injury. The pain signals remain active for months to years and can cause significant distress to a person. This includes limited mobility, muscle tension, mood changes such as anger, frustration and depression and fear of re-injury. This can significantly limit a person's ability to work or enjoy leisure activities.

*Example: Back and neck pain, cancer pain, neuropathic pain (nerve pain).*

## Consider This

### PAIN TYPE

**NEUROPATHIC PAIN** - Pain caused by a lesion or disease of the somatosensory nervous system. To put simply, neuropathic pain is caused by nerve damage or disease producing an abnormality in nerve function. Neuropathic pain can be caused by an injury or malfunction in nerve signaling at the spinal cord and/ or peripheral nerves. Pain is most often described as burning, tingling, shooting, stabbing, piercing or ‘pins and needles’ sensations. Neuropathic pain tends to occur in waves of both frequency and intensity.

*Example: Complex regional pain syndrome, post-herpetic pain, diabetic neuropathy, phantom limb pain.*

**NOCICEPTIVE PAIN** - Pain that arises from actual or threatened damage to non-neural tissue and is due to the activation of nociceptors. To put simply, nociceptive pain is caused when nerve endings—called nociceptors—are irritated and activated. This is a normal response to pain signals.

*Example: Pain felt when you touch a hot stove, sprained ankle.*

## Consider This

### PAIN LOCATION

**SOMATIC PAIN** - Somatic pain is a type of nociceptive pain. Somatic pain is pain detected in the skin, joints, bones, tendons, muscles or other soft tissues.

**VISCERAL PAIN** - Visceral pain is a type of nociceptive pain. Visceral pain is pain detected in the thoracic, abdominal or pelvic internal organs. This type of pain is generally described as a vague or diffuse sensation that cannot be localized to a specific location.

## Consider This

### HOW THE PAIN FEELS

**AXIAL PAIN** - Axial pain is often called mechanical pain and can be localized, meaning you feel the pain where the source of pain is located. The pain is a direct result of some type of injury, disorder or structural breakdown. This pain is often described as sharp or dull and can be constant or intermittent.

*Common Causes: Muscle strain, arthritis, disc disease.*

**RADICULAR PAIN** - Radicular pain is caused by a spinal nerve root being compressed, injured, irritated or inflamed. The symptoms classically involve a deep, radiating sensation of numbness, tingling and even weakness in the extremities. Sciatica, a well-known type of radicular pain, is pain that shoots down the nerves of the leg traveling from the back down to the toes.

*Common Causes: Spinal stenosis, herniated disc, arthritis of the spine.*

# DIAGNOSING PAIN

A detailed medical history and physician evaluation are the first steps to making a precise and accurate diagnosis. Pain can be caused by many factors and can be a symptom of other underlying conditions or diseases, so seeing a pain expert early is often a good choice for care.

You will be asked about your medical, family and social history. In many instances, imaging or EMG testing can be helpful in diagnosing the specific cause of pain. MRI or X-ray images can show muscles strains, disc damage or fractures and even joint inflammation.

Your pain management specialist will take the information gathered at your appointment and work to pinpoint the cause of your pain and work with you to develop an individualized treatment plan to fit your goals and specific needs.

It is important to understand that you and your doctor will work as a team to identify an appropriate treatment plan for you.

*To reach an accurate diagnosis, your medical provider will ask you a number of questions that can help identify the source of pain.*

*These questions will focus on:*

- When the pain began
- Where the pain is located
- What the pain feels like
- What causes the pain to increase or decrease
- Lifestyle factors
- Whether your pain has responded to other previous treatments

# INTERVENTIONAL TREATMENTS

For some pain sufferers, ice, heat and reduced activities, in combination with physical therapy or chiropractic care, can provide relief from pain. More persistent pain that lasts longer than six weeks generally requires more attention and treatment. Interventional treatments are minimally invasive and require short recovery times – some procedures can be done in a simple office visit. Recent studies have shown that such minimally invasive procedures can help patients regain mobility and functioning, allowing patients to get back to work quickly and back to their active lifestyles.

---

***Pain Management Center offers the latest treatments and minimally invasive procedures available to help patients, including:***

- Epidural injections
  - Nerve blocks
  - Minimally invasive disc procedures
  - Neurostimulation therapy
  - Intrathecal drug delivery
  - MILD procedure
  - Sacroiliac joint injections/facet joint injections
-



# TREATMENT OVERVIEW BY PAIN CLASSIFICATION

## ACUTE PAIN

Acute pain, especially following an injury, is best treated with conservative measures first. This includes ice initially, followed by heat and rest. Over-the-counter medications can be used as well should you need it. If your pain lasts longer than four weeks, you should consider seeing your primary physician or a pain specialist.

## CHRONIC PAIN

If you have persistent pain even after your injury has healed (such as a broken bone) or for unexplained reasons, you may benefit from a consultation from a pain specialist. A pain specialist will help pin-point the source of pain and work with you to set goals and establish an appropriate treatment plan so that you can maximize and regain function for work or leisure.

## NEUROPATHIC PAIN

Treating neuropathic pain often involves a multidisciplinary approach. Combining therapies, like physical therapy and minimally invasive interventions can provide pain relief. In addition, advances in the treatment of chronic pain have led to increased options for pain relief, such as implantable devices. These devices provide low-dose electrical stimulation to decrease pain and have proven to be very effective in treating chronic neuropathic pain disorders.

## NOCICEPTIVE PAIN

Treatment for nociceptive pain can vary significantly; from physical therapy or chiropractic care to interventional treatments or even surgery. Remember that nociceptive pain is pain arising from an actual or impending damage to your body. This is a normal and healthy function of the nervous system. If there is persistent pain, seeking out a physician's care is appropriate. A pain management physician can help point you in the right direction for treatment by helping to pin-point the source of pain to determine the best treatment plan for you.

## AXIAL PAIN

If simple at home measures, like rest, ice and heat do not provide relief, axial pain responds very well to minimally invasive procedures. Diagnostic tests can be performed to determine the source of the pain. Simple procedures such as image guided epidural steroid injections or joint blocks can significantly decrease your pain. In addition, long-term treatment options, such as radiofrequency ablation, can be performed for persistent joint pain.

## RADICULAR PAIN

To ease feelings of shooting pain, your pain specialist may perform a series of diagnostic tests to determine the exact source of pain. Shooting leg pain, for example, could be caused from an inflamed nerve in the lower back. Long-term relief from persistent radicular pain can be achieved by utilizing implantable devices, such as a spinal cord stimulator. These patient controlled devices allow you to be in control of your pain and have proven to be effective for long term pain control.

## TENDINITIS PAIN

Even individuals who are otherwise healthy can experience pain from muscle or movement overuse. Repetitive movements can cause tendinitis pain, frequently seen with runners, golfers, tennis players, swimmers or even from work activities that require repetitive motion. Even after failing previous treatments, such as bracing, therapy and injections, a minimally invasive, non-surgical treatment option is available. Chronic tendinitis in the elbow, knee, shoulder, achilles and plantar fascia pain can be significantly reduced or eliminated using ultrasound and a specialized needle-sized instrument.



# PAIN PREVENTION

Here are a few helpful tips from our team of experienced pain experts:

- 1 Eat a healthy, well balanced diet** to keep your muscles and bones strong.
- 2 Maintain a healthy weight.** Excess weight puts added stress on your joints and muscles and can cause increased pain.
- 3 Exercise regularly.** Staying in shape will allow your joints and muscles to properly support you in various activities. Being active will also help your joints and muscles stay loose and prevent aches and strains.
- 4 Strength training.** The best way to avoid pain is to ensure that the muscles that support your movements are healthy and strong. Doing strengthening exercises regularly will not only help improve your posture, it will also help protect your body from injury.
- 5 Choose sports and activities,** such as walking, swimming and biking, that are low impact and do not place your body at risk of injury.
- 6 Focus on good posture and body mechanics.** This is a simple tip that will greatly reduce everyday aches and pains. Do not sit or stand in one position for a long period of time. Keep your back straight and head lifted and never slouch, especially in front of a computer.
- 7 Quit smoking.** Studies show that smokers are more at risk for developing pain. Nicotine interferes with blood flow to the muscles, inflames nerves contributing to pain, and can slow healing and reduce recovery.



# LIVING WITH PAIN

In some circumstances, patients may have to manage pain for the long term. The good news is that there are many management techniques that can be helpful to minimize pain flare ups and keep pain at a tolerable level.

1

**Lifestyle modification** can make a big difference. Simple things you do at home can help prevent chronic pain from worsening. These include maintaining a proper weight, eating a healthy diet and quitting smoking.

2

**Exercise, stretching and strengthening.** Many people find that exercise can actually help reduce feelings of pain. Gentle stretching can help keep joints and muscles loose and strengthening exercises can help support an active lifestyle.

3

**Stress reduction.** Stress can often increase feelings of pain. Reducing or eliminating sources of persistent stress can help you reduce your overall pain levels.

4

**Stay active and involved.** One of the best strategies for living with chronic pain is to maintain healthy relationships and stay busy. Working, hobbies and social outings will allow you to keep a positive outlook on life and maintain self-esteem and may help distract you from pain.

5

**Medication compliance is important.** If your APM provider has prescribed you pain medication for long-term use, it is important that you take your medication as prescribed. Pain medications can be used successfully to facilitate an active lifestyle and allow for increased mobility and functioning.



Pain Management Center is a caring organization that is committed to providing patients with innovative pain management services.

### Conditions Treated

- Back and Neck Pain
- Joint Pain
- Herniated Disc
- Sciatica
- Spinal Stenosis
- Work and Sports Injury
- CRPS and more

### Available Treatments

- Minimally invasive procedures
- Discogenic procedures
- Implantable therapies
- Medication management
- Psychological services
- Biofeedback
- Alternative therapies

