



## **AdvaCare Clinics: Acute Pain Management & Relief**

Everybody feels pain at some time. Pain is your body's way of sending a warning to your brain that something may be wrong with part of it (for example, because of injury or a disease).

Whether through exercise, accidents and even the normal lifting, pulling and pushing of daily life, few of us get through life without an injury. Your shoulders, wrists, neck, back, jaw, feet, even fingers and toes are all vulnerable to injury.

Acute pain may be mild and last just a moment, or it may be severe and last for weeks or months. In most cases, acute pain does not last longer than six months and it disappears when the underlying cause of pain has been treated or has healed. Unrelieved acute pain, however, may lead to chronic pain.

### **Acute pain that often needs treatment includes:**

- Pain after surgery
- Pain from injuries – broken bones or spraining an ankle
- Pain associated with medical conditions such as back problems, arthritis, shingles, heart disease, kidney stones, gallbladder stones, abdominal pain, severe headaches and cancer and other illnesses
- Labor and childbirth

**It is important to treat the cause of the pain. But it is also very important to treat the pain itself. This can help to:**

- Lessen the effect of the injury or disease
- Reduce the chance that the pain will become chronic
- Return patient to the highest level of function and independence possible, while improving the overall quality of life—physically, emotionally and socially

People used to think that severe pain after surgery or injury was something they had to put up with. This is not the case. Medical research has led to a much better understanding of pain and how it is experienced.

Over the last several years the number of interventional treatments available for pain has grown. New methods of acute pain relief have been developed. Today, you can work with your health care provider to control just about any kind of pain.

**Pain control can help you to:**

- Be more comfortable while you heal
- Get well faster, and perhaps leave hospital sooner

In a significant number of cases, despite a reasonable treatment plan and consistent effort from the individual, residual pain and dysfunction may persist and may affect job performance, recreational activities and activities of daily living. Along the way a doctor may state that “you just have to live with it... there is nothing you can do about it” or say that surgery is the only option. That news is frustrating and discouraging.

Many chronic and acute pain patients, as well as athletes with sports injuries, are turning to Trigger Point Injections, Ligament Joint Injections, Prolotherapy, and Platelet Rich Plasma (PRP), for relieving pain. We prefer to use as little Cortisone as possible, due to the possible side effects.

Prolotherapy and Platelet Rich Plasma (PRP) are both forms of regenerative injections. These injections are a safe, non-surgical treatment for chronic injuries, pain and arthritis using injections to stimulate healing and repair. They have been used for decades on patients in pain from aging, overuse or injury with amazing results.

Prolotherapy and Platelet Rich Plasma (PRP) work on a very simple principle. Injecting a stimulating solution at the sites of pain, weakness and breakdown stimulates the body's own healing mechanism to repair and rebuild injured tissue. This repair process leads to a stronger and more supportive structure.

When injuries occur, the area may not heal completely due to poor blood supply and from lack of proper treatment. For this reason, ligaments, joints and tendons heal very slowly. If left untreated, damaged ligaments become loose, allowing bones in the joint to swing out of alignment causing pain, muscle spasms, and eventually arthritis. Arthritis development occurs in the joints and spine as a result of instability in the ligaments and structures supporting them. Through years of dysfunctional movement, the joints start to wear themselves out. This is where Prolotherapy and PRP can intervene stabilizing the structures and decrease the progression of pain and aging. If left untreated, the pain will continue.

Although you may not have heard about Prolotherapy and PRP until now, it has been used to treat pain and injuries for more than 50 years and there are many studies proving its effectiveness. In studies conducted on pain patients, up to 90% of patients receive good-to excellent results in pain relief and improved function.

Also, the use of pain medications can be greatly reduced or even eliminated after treatment. This is good news, because pain medications can be costly and have potentially serious side effects with chronic use. But, the best part of all is that treatment produces long-lasting relief through stimulating the body's natural healing response. Most other types of treatment provide only temporary relief. Surgery is often not needed if the area is treated appropriately by an experienced physician.

You may not have to live with painful injuries or conditions in the, knees, hips and shoulders, back, neck or other joints. Even if you have been told there is nothing that can be done for your painful condition, it is worth seeing a doctor who is skilled in Prolotherapy and PRP (Platelet Rich Plasma).

For more information regarding Prolotherapy and Platelet Rich Plasma Therapy, contact AdvaCare Clinic today at 952-835-6653.

