

# PhysicianAlert

Physical Therapy and Sports Assessment Center

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## Physical therapy provides relief and long-term management of back, neck, leg and arm pain.

### Introduction.

For far too many people in the United States, living with pain is a way of life. Whether acute or chronic, the statistics of misdiagnosed conditions, unsuccessful pain care and the misuse of prescription pain medications are alarming. These statistics lead to many questions. For example, why does one person sustain an injury, experience pain, possibly go through surgery, then recover fully while another person can have a similar or lesser injury, go through a similar procedure and experience ongoing pain? What determines whether a patient will recover from pain and be able to manage that pain in the long term or be susceptible to pain for life? The answer is early and appropriate individualized medical treatment, therapy, counseling and support by a knowledgeable, experienced physician and physical therapy team.

### Identifying the symptoms of musculoskeletal pain.

Many mechanisms can trigger musculoskeletal pain, and an expression of pain can exhibit a wide variety of

behaviors, depending on the mechanisms that contribute to or produce the pain, such as:

- *Constant ache - Mechanism may be inflammation or venous hypertension*
- *Pain on movement - Mechanism may be the result of noxious mechanical stimulus, e.g., stretching, pressure, crushing motions*

- *The American Academy of Orthopedic Surgeons reports that 80 percent of Americans will experience back pain at some time in their life.*
- *According to a national U.S. survey commissioned by Partners Against Pain, at least one member of almost half of America's 44 million households (43 percent) suffers from chronic pain.*
- *One-third of pain sufferers do not believe people understand how much pain they are in.*

- *Pain that accumulates with activity - Mechanism may be repeated mechanical stress, inflammation or spinal misalignment due to regular use*
- *Pain that increases with sustained postures - May be triggered by*

*activities that fatigue the supporting muscles*

- *Latent nerve root pain - May result from movements that produce acute and temporary neuropathia*

### A multitude of pain sources.

The physical therapists at Physical Therapy and Sports Assessment Center treat and counsel patients every day who suffer either acutely or chronically from:

- *Postsurgical pain*
- *Neurological disorders*
- *Work-related injuries*
- *Pain from an auto accident*
- *Sports-related injuries*
- *Myofascial pain syndrome/fibromyalgia*
- *TMJ dysfunction*
- *Pain associated with conditions or illnesses of the spine*
- *Pain from obstetric or gynecological problems*

### Pain prevention and management through education.

Physical therapists trained in pain relief, rehabilitation and management work closely with physicians to educate patients. A licensed physical therapist can provide consultation and valuable information regarding stretching, home exercise, ergonomics, posture and body mechanics, which can help patients effectively manage pain.

## Early intervention, when possible, can reduce pain symptoms.

A pain intervention program usually begins two to six weeks after an injury has occurred or surgery is completed. Early intervention includes:

- *Regular monitoring of the patient's condition*
- *Moderate exercise and stretching*
- *Aerobic exercise, if appropriate*
- *Controlling symptoms as they flare up*
- *Providing full patient support through counseling, advice and education*

## The benefits of early intervention under ideal circumstances include:

- *Restoration of normal movement with minimal or no pain*
- *Elimination of postural guarding*
- *Normalization of range of motion*
- *Promotion of muscle symmetry*

## Goals of physical therapy treatment.

At Physical Therapy and Sports Assessment Center, treatment always depends on the individual needs of each patient. Some may benefit from active light exercise and passive range-of-motion activities. Others may find relief and experience restored mobility from specialized therapies such as ultrasound or TENS. In general, the goals of most any physical therapy treatment program include:

- *Pain relief*
- *Restore range of motion*
- *Increase strength*
- *Improve endurance*
- *Promote functional activities*
- *Educate patient in proper body posture and body mechanics*

## Excellent patient care. Leading-edge technologies.

Physical Therapy and Sports Assessment Center prides itself on exceptional patient service through consistent, personal attention and support, thorough evaluations, individualized treatment plans, accurate documentation and patient education. Exercise, of course, is a crucial part of all pain rehabilitation. PTSAC provides state-of-the-art exercise equipment and therapies, including:

- *Therapeutic exercise*
- *Postural evaluation and retraining*
- *Back school*
- *Gait training*
- *Neuromuscular re-education*
- *Soft-tissue mobilization/massage therapy*
- *Electrical muscle stimulation*
- *Ultrasound*
- *Iontophoresis/phonophoresis*
- *TENS*
- *Biofeedback and exercise for incontinence*
- *Cryotherapy/moist heat*
- *Isokinetic testing and exercise*
- *Joint mobilization*

## Conclusion.

Patients in pain need the fastest relief and the best rehabilitative care possible. Pain presents itself in many areas, such as the neck, lower back, arm, shoulder and leg. It has become a major imperative among patients and their physicians to find the least invasive means to relieve and manage both acute and chronic pain. Physical Therapy and Sports Assessment Center offers patients noninvasive treatments to help them manage and overcome the pain of injuries, conditions and more.

For more information, please contact one of our six convenient locations to serve your patients' needs.

## Edward P. Lee, PT Owner/Director

BS: (*Summa Cum Laude*) Physical Therapy, Howard University, Washington, DC

Postgraduate Studies: Oakland University, Rochester, MI

BS: Physical Education/Minor in Biology, South Carolina State College (with honors)

Member: American Physical Therapy Association — Orthopedic & Private Practice Sections, National Football League Players Association

Continuing Education: Topics include Functional Orthopedics I, World-Class Care in Orthopedic Rehabilitation & Sports Medicine, among others

## Physician-trusted solutions for:

- *Back & neck pain*
- *Spinal conditions*
- *Headaches*
- *Shoulder & arm pain*
- *Leg, hip, knee, ankle & foot pain*
- *Hand pain/carpal tunnel syndrome*
- *Sports injuries/reassessment*
- *Work injuries*
- *Auto injuries*
- *Arthritis pain*
- *Postsurgical rehabilitation*
- *Adolescent orthopedics*
- *Women's issues*
- *Numbness & tingling*
- *TMJ pain*
- *Incontinence*

# (301) 588-7778

### Main office:

8300 Colesville Road, Suite 200  
Silver Spring, MD 20910  
Fax: (301) 588-0843

[www.ptsac.com](http://www.ptsac.com)

e-mail: [EdwardLee@ptsac.com](mailto:EdwardLee@ptsac.com)

### Clarksville, MD

(443) 535-9810

### Washington, DC

(202) 966-5904

### Washington, DC

(202) 833-1003

### Mitchellville, MD

(301) 333-2703

### Oxon Hill, MD

(301) 567-7877

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