

# Integrative Health AND Lewiston Family Chiropractic

## Chronic Pain

**Chronic pain** is pain that has lasted for a long time. In medicine, the distinction between *acute* and *chronic* pain has traditionally been determined by an arbitrary interval of time since onset; usually being 3 months and 6 months since onset, though some theorists and researchers have placed the transition from acute to chronic pain at 12 months.

Others apply *acute* to pain that lasts less than 30 days, *chronic* to pain of more than six months duration, and *subacute* to pain that lasts from one to six months. A popular alternative definition of *chronic pain*, involving no arbitrarily fixed durations is "pain that extends beyond the expected period of healing."

While acute pain is a normal sensation triggered in the nervous system to alert you to a possible injury and the need to take care of yourself, chronic pain is different. Chronic pain persists.

Pain signals keep firing in the nervous system for weeks, months, even years. There may have been an initial mishap -- sprained

back, serious infection, or there may be an ongoing cause of pain -- arthritis, cancer, ear infection, but some people suffer chronic pain in the absence of any past injury or evidence of body damage. Many chronic pain conditions affect older adults.

Common chronic pain complaints include headache, low back pain, arthritis pain, and all those listed to the side of the newsletter. A person may have two or more co-existing chronic pain conditions. Such conditions can include chronic fatigue syndrome, endometriosis, fibromyalgia, inflammatory bowel disease, interstitial cystitis, or temporomandibular joint dysfunction. It is not known whether these disorders share a common cause.

Some 30 million American suffer from some form of chronic pain. Read through this newsletter and find some new solutions to dealing with and healing chronic pain.

For more information call us today at 208-799-3333.

**Chronic pain, is "pain that extends beyond the expected period of healing."**

## Dealing with and Healing of Chronic Pain

There are many ways of dealing with chronic pain. We at Lewiston Family Chiropractic utilize therapy in conjunction with manual manipulation. Thus in turn healing and repairing the muscles and tissues along with correcting any subluxation.

Integrative Health of Lewiston utilizes other forms of treatment for chronic pain which include **Neuro Prolotherapy, Trigger Point Injections, Dry Needling** and **Prolozone**. Read more about these methods inside this newsletter or call us today at 799-3333.

Do you suffer from:

Chronic Back Pain

Sciatica

Headaches

Migraines

Rheumatoid Arthritis

Fibromyalgia

Sports Injuries

Shin Splints

Bursitis

Plantar Fasciitis

Bone Spurs

Scar Tissue Adhesions

Carpal Tunnel

Osteoarthritis

Spondylolisthesis

Tendonitis

Herniated Disc(s)

TMJ Syndrome

Ligament Sprains

Meniscal Tears

Muscle/ Tendon Strains

Bunions

Golf/ Tennis Elbow

Unresolved Joint Pain

Chronic Ankle Sprains

These conditions can be helped with treatments talked about in this newsletter.

Ask Dr. Bailey today!

208-799-3333

# Trigger Point Injections

A trigger point is a tight band of muscle, or a "knot" that can occur when a muscle cannot relax. The muscles are regions of hyper excitability in soft tissue, that lead to exceedingly tender points in muscles and chronic pain surrounding the area.

Trigger points can often cause referred pain, in well established patterns, leading to symptoms extending beyond the simple area of affected



muscle - such as headaches being due to

referred neck muscle dysfunction.

There are numerous techniques to eliminate these points. In our office we utilize massage, ultrasound, current and chiropractic adjusting. When these methods do not produce the results desired, we also can use injection therapy.

Trigger Point Injections are utilized to alleviate pain that results when the trigger points irritate surrounding tissue and muscle. Injections of procaine, Traumeel or other similar substances, is an easy and quick method to often immediately reduce

or eliminate musculoskeletal pain. It allows chronic, tight or inflamed muscles to relax, allowing increased blood flow and oxygen, toxic metabolite elimination, and the establishment of a more functional muscle group.

Trigger Point Injections are quick and cause only minor discomfort at the injection site. The relief is almost always immediate.

Talk to our office today and see if you are a candidate for Trigger Point Injections.



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## Food Allergy Testing

Food hypersensitivity contributes to many health problems/ complaints such as fatigue, abdominal pain, rhinitis, asthma, eczema, rashes, anxiety and others. Identifying and avoiding foods to which a person is sensitive can solve many of these problems. Food hypersensitivity may be caused by many factors such as stress, infection, overeating, preservatives, additives, etc.

A food allergy is present when your immune system perceives a component of the food, usually the protein, as a threat and attacks it with the inflammatory response. Allergies differ from intolerances, which are digestive rather than immunological reactions.

Histamine is an inflammatory substance released during an allergic reaction. The inflammatory response attempts to block off threats from the rest of the body, kill the threat and promote healing. In the case of an allergic reaction, however, the inflammation caused by histamine is excessive and attacks the body itself. Any of the body's muscles and joints can become inflamed during an allergic reaction, resulting in pain and soreness.

If you have a food allergy you are unaware of, you may be in a state of chronic reaction. This can be the source of your chronic muscle and/or joint pain.

We have allergy testing available in our office. A simple blood draw can give many answers to food allergies and sensitivities. Check at the front office for further information.



# Neuro ProloTherapy

When you feel pain, this is the body's way of telling you that tissue is breaking down. The goal of Neuro Prolotherapy is to build the tissue back up.

## What is it?

Neuro Prolotherapy is a natural, non-surgical method of assisting the body in healing ligaments and tendons. This form of injection treatment is for pain caused by weakened ligaments and tendons. "Prolo" is short for proliferation. This treatment causes the proliferation or growth and formation of new ligament or tendon in areas where it has become weak or injured.

Ligaments are the structures that connect bones to bones and support joints.

Tendons are the structures that connect muscles to bones and move joints.

## How does it work?



When ligaments or tendons are injured they don't always heal to their original strength or endurance due to limited blood supply where they attach to the bone. These attachments have many small nerve endings and will cause pain when they are injured.

Prolotherapy involves an injection of a solution into

the area that the ligament or tendon attaches to the bone. This causes localized inflammation in the injured area. Inflammation increases the blood supply and flow of nutrients to the area stimulating the body to repair itself. The result is a stronger bond between the ligament or tendon and the bone. Therefore reducing the pain that is caused by loose or injured ligaments and tendons.

**Neuro Prolo  
Therapy stimulates your body's  
natural repair  
mechanisms at  
the site of the  
original injury.**

## Why Neuro Prolotherapy?

Unlike treatments such as medication and cortisone injections, prolotherapy contains safe ingredients. Repeated cortisone injections can cause damage and weaken tendons and ligaments. Long-term use of pain relievers and anti-inflammatory drugs (aspirin, ibuprofen and naproxen) can mask symptoms without healing. In addition the success rate of surgery for chronic ligament injuries is unpredictable.

## Success of Neuro-Prolotherapy

In our office the success rate of Neuro Prolotherapy is extremely high. Patients are getting the results of being pain-free in just a few treatments.

Call us today and see if you are a candidate for Neuro ProloTherapy injections.

You are just a phone call away from being pain-free!  
208-799-3333

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## Dry Needling

This is a unique treatment that we offer to patients with a variety of conditions. Just some of the benefits include decreasing pain on an acute and chronic level, promoting healing, increase range of motion and function.

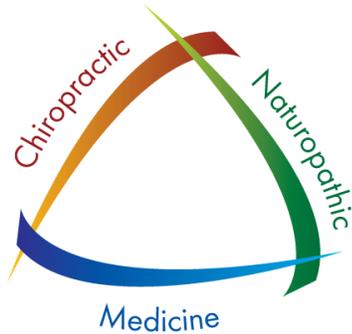
Dry Needling is known as intra-muscular manual therapy and is the use of monofilament (very small) needles inserted through the skin into muscles, tendons, ligaments and/ or close to the nerves to reduce pain. Typically the needling is into the myofascial trigger points. These are painful "knots" in tight muscle tissue. The "painful knots" are related to the production and maintenance of the pain cycle.

Dry needling is an effective treatment for acute and chronic pain, rehabilitation from injury, and even pain and injury prevention, with very few side effects. This technique is unequalled in finding and eliminating neuromuscular dysfunction that leads to pain and functional deficits.



Integrative Health of Lewiston  
Lewiston Family Chiropractic  
3510 1<sup>st</sup> 2th Street  
Lewiston, ID 83501  
208-799-3333

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Thank You for your continued support!

Best Chiropractic Clinic for 2013!!

