



# Pain MANAGEMENT

**SPECIAL INTEREST GROUP • ORTHOPAEDIC SECTION, APTA, INC.**

## **Pain SIG Business Meeting Minutes February 4, 2000, 5:00 – 10:00 PM**

Tom Watson, President, called the meeting to order.

Present: 8 members

Observing: Ann Grove, Board Liaison Orthopaedic Section.

The 1999 annual Pain SIG business meeting minutes, made available to the members through *OP*, were summarized and accepted.

### **OLD BUSINESS:**

- A) Tom Watson asked members to submit articles to the SIG newsletter in *OP*.
- B) Members who wish to become certified in pain management may do so through the American Academy of Pain Management and possibly through the APS in the near future. There will not be sponsorship of certification by the Orthopaedic Section.

### **NEW BUSINESS:**

- A) Mary Lu Galatino was thanked again for her well received presentation on Nutrition, Exercise, and Movement in patients with chronic pain.
- B) The Preconference course for CSM 2001 program was discussed and the speakers were procured. The course will be "The Paradigm of Physical Therapy and Pain Management in the 21st Century."
- C) Home study and weekend courses were discussed, and Tom Watson will be contacting Carolyn Wadsworth about this.
- D) The regular CSM 3 hr. course topic ideas are:
  - 1) Chronic Pain Management for the nonpain management therapist.
  - 2) Round table discussion with case studies of patients with pain (CRPS, headaches, myofascial pain, HIV/cancer pain). A presenter will do a presentation and case studies will be discussed in smaller groups. Mary Lou Galatino will get input from the Oncology Section. Joe Kleinkort will contact other sections for joint programming.
- E) A 3-day workshop was discussed for the year 2002.
- F) **ELECTIONS:** The position of Vice President is to be elected. Joe Kleinkort was nominated by Tom Watson,

who temporarily relinquished his duties as president, and seconded by Russell Foley. There were no other nominations. Joe was elected by proclamation. The meeting was adjourned at 5:59 PM.

*John E. Garzione*  
Secretary

### **Alternative Approaches to Pain and Healing**

*By Tom Watson, PT, MEd, FAAPM, President*

Traditional approaches to pain management have included pain medication, therapeutic exercises, physical therapy modalities (including ultrasound, electricity, heat, or cold) Swedish massage, mobilization, and other forms of manual therapy. The majority of these interventions have been used for less than 100 years. We really do not understand how any of our interventions truly heal the body. In the rapid changing arena of emergency medicine, cancer intervention, cardiac restoration, organ transplants, and even extremity/limb transplants, there seems to be an acceptance by the general population regarding the new advances in emergency medicine. But there exists a void—the treatment of chronic pain and other chronic conditions. As it turns out, we really do not have a good handle on pain treatment/management.

*Alternative Healing* by Mark Kastner, L.A.C.Dipl.Ac (La Mesa Calif: Halcyon Publishing, 1993) lists more than 150 alternative approaches to maintaining good health and reducing the pain problem. These areas include acupuncture, bee venom therapy, chelation therapy, cross friction massage, HellerWork, magnetic therapy, movement therapy, myofascial release therapy, physical therapy, trigger point therapy, and yoga. Although I do not agree with many of these alternative approaches, many involve a direct hands on approach to restoring movement and reducing pain. These approaches have been used for hundreds of years and have a place in ancient folklore as well as modern medicine.

The San Diego Union Tribune, June 2, 1999, reported that in 1997, 33.8% of the population sought alternative therapy and 42.1% of the population sought alternative therapy. In 1997, that equates to nearly 386 million visits to a primary care physician and nearly 629 million visits to an alternative medicine practitioner. In 1969 there were 15