



# Pain MANAGEMENT

SPECIAL INTEREST GROUP • ORTHOPAEDIC SECTION, APTA, INC.

## President's Message

Joe Kleinkort, PT, MA, PhD, CIE

"Life can be counted on to provide all the pain that any of us might need." Sheldon Kopp

Pain is a common denominator in our human existence. It is part of the very essence of life itself. Many if not all who read this have experienced short periods of pain but few have experienced chronicity. The devastation that it deals to mind, body, and soul is significant. It is that very issue of chronicity of pain that some of you have chosen to tackle. Many if not most of us feel so incomplete to address all the issues that arise in a patient's life with regard to chronic pain. The medical field, on a whole, is very poorly prepared to handle it in general. Certainly, physical therapists come out of school with less than adequate training in this arena. However, in many ways the physical therapist is blessed with the one thing that few other medical professionals have left, that is time with the patient. It is with the use of that time that we can be such a blessing. It is a time to *listen* and hear what the patient has gone through as well as give counsel as to how they are to physically and mentally work through recovery. The patient with pain needs the therapist to lean on and to coach in the rehabilitation progress. This may sometimes be done with *tough love*. Working through pain is so hard and so lonely! The hardest part is usually exercising through the pain. Few of us choose to hurt worse as we work through pain, but there is a fine line when working harder to regain our strength.

One of the major problems a patient with pain may encounter is the experience of *myopic self-absorption*. There is no greater waste of time that one goes through with pain than self-pity and self-preoccupation. As we try to cut ourselves from pain we also can be seen cutting ourselves from joy! True joy is one of the hardest things to mix with pain and yet it is one of the most complete and important feeling that we have.

"You and I were created for joy, and if we miss it, we miss the reason for our existence...if our joy is honest joy, it must somehow be congruous with human tragedy. This is a test of joy's integrity! Is it compatible with pain? Only the heart that hurts has the right to joy!" Lewis Smedes

It is joy that holds love and peace together and is very different from happiness. Joy is found in depth to the core of our being where happiness is superficial and fleeting. Joy is a choice! Failures and difficulties along the road to joy are part of the growing process that allows joy to stand on the firm concrete slab of trust that all has reason and there is nothing done in vain in our lives. Choose each day to have an attitude of **JOY** as you walk the difficult walk of life in pain and you will uncover an entire new

dimension of life that you never knew existed.

"The longer I live, the more I realize the impact of attitude on life. Attitude, to me, is more important than facts. It is more important than the past, than education, than money, than circumstances, than failures, than successes, than what other people think or say or do. It is more important than giftedness, appearance, or skill. It will make or break a company...a church...a home. The remarkable thing is that we have a choice every day regarding the attitude we will embrace for that day. We cannot change our past...we cannot change the fact that people will act in a certain way. We cannot change the inevitable. The only thing that we can do is play on the one string we have, and that is attitude... I am convinced that life is 10% what happens to me and 90% how I react to it. And so it is with you...we are in charge of our Attitudes!" Charles Swindoll

## Sympathetic Therapy

Joe Kleinkort, PT, MA, PhD, CIE

Almost a year ago I reported about a new modality-sympathetic therapy system or STS-for those who suffered from chronic pain that seemed to show promise and I was able to report a few case histories.<sup>1</sup> In this issue Teena Petree, PT has graciously agreed to share a few more cases with some very unusual and beneficial side effects. Since my last report on this topic I have received numerous requests from around the country for more studies. There are two that have been written that I will try to summarize. Both of these show promising statistical results.

The first is by Dr. Ernesto Guido, MD, a neurologist, and is published in the *American Journal of Pain Management*.<sup>2</sup> Guido's study is on 20 patients suffering chronic pain caused by peripheral neuropathies. The subjects were treated for 28 days. At the onset of the study, 73% reported moderate to severe pain. By day 5 this number was reduced to 50%. By the end of the study, only one third of the subjects reported moderate to severe pain, and 50% of the subjects reported total relief of the pain. After the treatments were completed, 80% reported significant improvement in the quality of life, 80% reported sleeping better, and 40% were able to significantly reduce medications. The subjects had been previously unresponsive to numerous other treatments and medications. The increase in the quality and quantity is a tremendous side effect that seems to be effective even when pain relief is not complete or even partial. This in itself may be a significant benefit to the 44 million Americans who have sleep disorders.

The second paper is Retrospective Study of Sympathetic Therapy for Pain Attenuation in 197 patients (unpublished data). It is a retrospective study of a much larger group of 197 patients with