



# Pain MANAGEMENT

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

## **PRESIDENT'S MESSAGE**

*Joseph A. Kleinkort, MA, PhD, PT, CIE*

As our adult population grows older (65 or higher) and lives longer, it is estimated that 35% or 50 million people are either partially or totally disabled due to chronic pain. Chronic disease is also on the rise with an estimated 105 million with some type of chronic disease at an annual cost of \$500 billion a year. It is estimated that by the year 2010, 120 million will be affected with chronic disease.

With the tremendous rise in both chronic pain and illness in general, it is imperative that the therapists sharpen their skills and knowledge in the area of addressing this population. Therapy will be more and more in demand with fewer trained to address this growing populace. It is critical that we grow in our knowledge of how to address these individuals, as we will be the main source to provide care to them.

On a lighter note, I wish to thank Sandi Pomeroy for updating our Pain Management web site found at [orthopt.org](http://orthopt.org). I would suggest that you read her article and go to view the new information posted. Any additions are surely welcome and can be addressed to her directly. Thanks Sandy for a job well done and for all your hard work.

I hope you all have a wonderful summer and again if you have anything to contribute, please send it to me so that we can add it to the fall copy.

## **INFORMATION CORNER**

*Sandi Pomeroy, PT*

The Pain Management SIG is trying to give members a new reason to visit their area of the Orthopaedic Section website. We are now in the process of updating the information available to you.

Up to now you could access the usual Directory of Officers with their email addresses and the minutes of the Section. By the time this goes to print, we will have added some practical information that we hope will be useful to the clinical physical therapist interested in pain management on a daily basis.

The first additions will be links to relevant sites and pain definitions. Then we will make it much easier to get to past Pain Management columns from *Orthopaedic Physical Therapy Practice* if you are looking for information on Low Level Cold Laser, Reflex Releases%, the most recent Power Plate%, or past messages from the President.

We are also adding a regular hints and tips column to stimulate recent graduates to take an interest in pain patients. We are beginning with that very basic practical information that may or may not have been specifically covered in other coursework. It is designed to help the beginning therapist in working more successfully with pain patients. It will certainly evolve according to the needs of the Pain Management SIG but will start with a feature called Positions of Comfort. This will be a 3-part series on how to instruct a patient in comfortable positions of support. Part 1 is Pillow Talk: How to Evaluate and Instruct Patients in Pillows. Part 2 is positions of comfort for sitting, and Part 3 is for sleeping. A preview for part 3 is the use of abdominal wedges (similar to those used by pregnant women) and a discussion of the reasons why so many people sleep half way on their sides and half way on their stomachs causing rotation to their low backs all night. Measurements of the wedges for low back pain will be shared and instructions on how to make or obtain the wedges will be included. If there is enough interest, downloadable patient handouts may be added. The column will then focus on physical therapists sharing unique solutions to problems that may benefit other therapists and patients.

We hope to make the web site more user friendly with information helpful to Section members and encourage more participation and information sharing within the membership. We welcome your ideas and suggestions to improve the site as well. If you have suggestions, please contact the Orthopaedic Section office at [tfred@orthopt.org](mailto:tfred@orthopt.org).

**A complete SIG Board listing can be located on our website at [orthopt.org](http://orthopt.org)**