



Pain MANAGEMENT

SPECIAL INTEREST GROUP • ORTHOPAEDIC SECTION, APTA, INC.

PRESIDENT'S MESSAGE

Joe Kleinkort, PT, MA, PhD, CIE

I have just returned from taking my boards and meeting many pain management practitioners at the American Academy of Pain. I was surprised to note that less than 1% of the members are physical therapists. The percentage of members in our SIG is far higher in the Orthopaedic Section. I want to thank each of you for supporting and coming together to share and grow in our cumulative approach to pain management. The challenge both physically, mentally, and spiritually is great with every patient. The rewards are often subtle and not obvious. But it is each of you not giving up, staying the course, and learning new and different techniques that touch each patient's life in a variety of ways. We must constantly strive to be open to new and fresh ideas that often seem strange and unusual. It is that care and that openness of mind along with the tremendous heartache of our patients that motivates us to delve ever deeper into our unusual specialty. *Attitude* is key to both practitioners and patients. It is often difficult to have an uplifting attitude when dealing constantly with chronically ill patients. However I have noticed that most of the therapists who treat these types of patients have 2 things in common—a great and uplifting attitude and previous experience with chronic pain themselves or in their immediate family. They know how important it is to have a coach who empathizes and cares. In one recent study taken over 20 years with 13,000 patients, Dr Hans Eyseneck evaluated patients in relation to attitude and broke them into 4 categories. Type 1 had a lifelong attitude of hopelessness or were severely depressed. Type 2 had a lifelong pattern of severe anger or feeling that someone had wronged them. Type 3 individuals seemed to drift between hopelessness and anger. Type 4 individuals were considered well adjusted. After 15 years, he found that 75% of all who died of heart disease were Type 2 and 75% who died of cancer were Type 1. Further he found that 15% who died of cancer were Type 2, and 15% who died of heart disease were Type 1. Less than 1% of those who died from cancer or heart disease were Type 4! Our attitude is contagious and often it is one of the things that our patients can hold on to and helps to bring them back from the brink. As therapists we become confidants and often can steer proper courses for attitudes just by listening and pointing out strategies for improvement just as we do home exercise. As Ben Sweetland once said, "Success is a journey, not a destination."

In closing, I wish to congratulate our previous President, Tom Watson on attaining his DPT with the Ola Grimsby Institute and to each and every one of you who is presently working toward advancement in our special practice area. Remember Voltaires' words, "No problem can stand the assault of sustained thinking."

Have a wonderful and blessed holiday season. Keep those new ideas flowing into this media so that we can all share in our growth. I hope to see many of you at the CSM in New Orleans this February.

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