

PAIN MANAGEMENT

SPECIAL INTEREST GROUP

PRESIDENT'S MESSAGE

FACIAL PAIN AND PHYSICAL THERAPY

This past summer I seem to have had more patients with non-TMJ facial pain than ever before. One of my patients, who also happens to be on the Board of Directors of the Facial Pain Association, gave me an extremely helpful book that summarizes the diagnosis and treatments of all types of facial pain. The book is, "Striking Back! The Trigeminal Neuralgia and Face Handbook" by George Weigel and Kenneth Casey, MD. The book is written as a layman's guide to understanding and treating facial pain, but is a good general reference for anyone who sees facial pain. I found the most useful parts to be the clues to possible diagnosis, the many faces of face pain describing 33 conditions that can cause facial pain, and the comparison of medications used to treat facial pain, their side effects, and interactions. There are many chapters describing the good, bad, and ugly of the surgical techniques used for Trigeminal Neuralgia (TN) as well as nonsurgical therapies. The therapies are described in an informative nonjudgmental way with mention of research to support and refute their effectiveness.

My major disappointment was that physical therapy was not mentioned in the nonsurgical approaches to facial pain. Joint mobilization/manipulation, CAM supplements, Craniosacral therapy, TENS, laser, etc. are described but not with a mention

of using a physical therapist for pain control. A few people in the facial pain support groups have used physical therapy with mixed results as it appeared that some of the physical therapists used were not familiar with pain management.

The Facial Pain Association (formerly the Trigeminal Neuralgia Association) has a wealth of information for professionals and support groups for patients. If you or a patient needs information about facial pain, visit <http://www.fpa-support.org>.

We are slowly moving forward with our goal of having a series of home study modules leading to certification in pain management. Please let me know if you have any ideas or topics that you would like to see covered or suggestions for content writers. Presently, ideas for topics are: Basic Neurosciences, Life Span, Fibromyalgia, CRPS, Central Pain/Sensitivity Syndromes, Arthritis, Pediatric Pain, Psycho-Social Aspects, and Wound Pain.

Congratulations go to Marie Hoeger Bement who gave birth to twins this past May.

This is an election year for PMSIG officers; open offices include President and Vice President. I encourage all members to return your ballot before November 30th.

Have a great fall.

*John Garzione, PT, DPT, DAAPM
President*