

SquareONE Rehabilitation

Educational Tips

A road warrior's guide to chronic pain recovery

Frank has a history of back and joint conditions and being sedentary was taking a cumulative toll on his body. Over the past 2 years, his back pain became unbearable. He tried epidurals, surgery, and physical therapy, but none made a lasting difference. His doctor prescribed opioids, but Frank quickly tired of waking up every 3 hours to take a pill that only masked but did not address the cause of his pain. Frank's lowest point came when his wife had to carry her own delivery bag into the hospital while she was in labor with their child because Frank was in too much pain to help.

Frank had broken bones at the base of his spine and he shared, **"I was bed-ridden for the month of December. I'd tried everything and surgery was my last option."** Desperate to get back to doing the things he loves, like playing with his children, getting back to work, and even a chance to play basketball and golf again, he reluctantly completed pre-admission testing for his second surgery even though he knew surgery was unlikely to be a permanent solution.

Frank isn't alone—in fact his story illustrates an all-too-common experience. Half of Americans— many in desk-based jobs — suffer from musculoskeletal (MSK) pain each year, and many have resigned themselves to the fact that surgery is inevitable. But it doesn't have to be.

Why is chronic pain so common in the professional services industry?

Frank is typical of MSK sufferers within the professional services sector. Professional services employees are susceptible to chronic MSK pain, like back and joint pain, because of their sedentary jobs. People with chronic joint pain become progressively less active and this amplifies pain for multiple reasons, including because muscles weaken around their joint. Many patients with chronic pain also struggle to fit in physical therapy appointments. Given these constraints, it is easy to see why professional services workers are at higher MSK risk.

How a Digital Care Program helps patients with limited time - anytime & anywhere

In the convenience of his home, Frank was able to get the essential components that make up the best-practice back pain care: exercise therapy, behavioral health, and education. Frank said "The exercise therapy seemed to start out slow but by the end of the month, I couldn't believe how much better control I had of my pain." For research-proven better long-term outcomes, SquareONE Rehabilitation goes beyond just physical therapy and delivers exercise therapy, interactive education and behavioral health with unlimited 1-on-1 health coaching.