

AN INTEGRATIVE MEDICAL APPROACH TO PAIN MANAGEMENT

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Integrative Medicine

- Designations
 - Alternative
 - Complementary
 - Integrative



Integrative Medicine

- Osteopathic Manipulation Medicine
- Acupuncture
- Healthy Life-Style



Pain is Expensive

- In 2010:
- 100 million American individuals experienced pain
- Estimated cost: \$560 billion to \$635 billion
 - Direct health costs: \$261 billion to \$310 billion
 - Days of work missed: \$11.6 billion to \$12.7 billion
 - Hours of work missed: \$95.2 billion to \$96.5 billion

• *National Institutes of Health 2010*



Opioid Overdose (and Addiction) Crisis

- In 2019:
- 50,000 died of opioid involved overdose
- Cost of Prescription Opioid Misuse: \$78.5 billion





OSTEOPATHIC MANIPULATION THERAPY

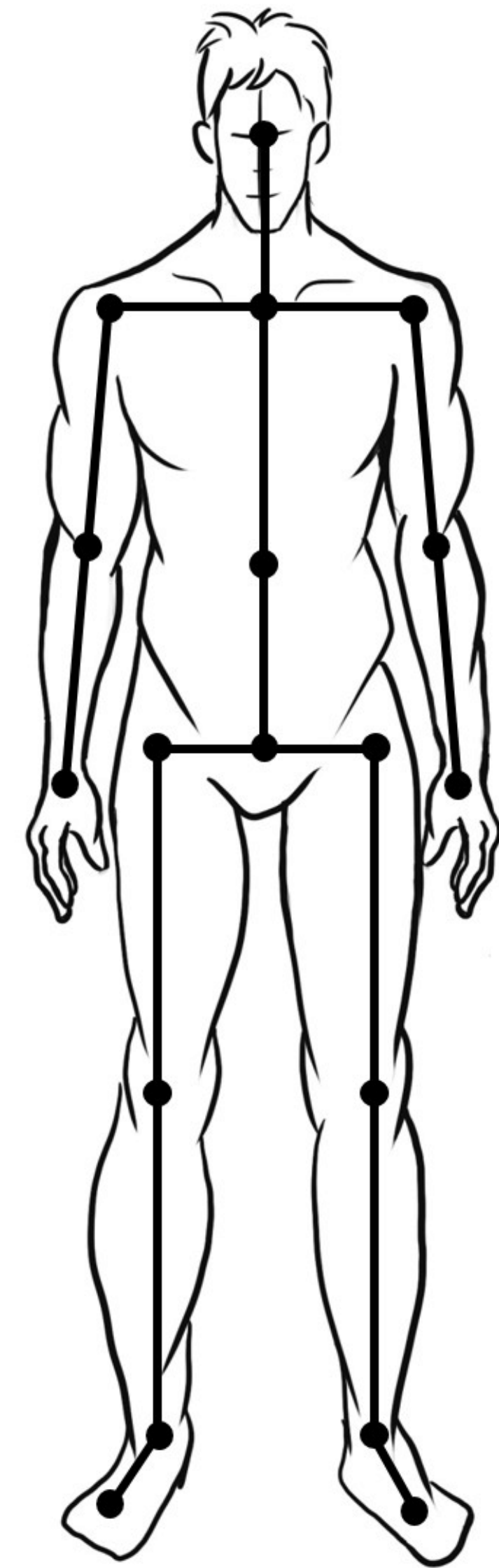
Chronic Pain Patient

- Chronic Pain involves physiological changes
- Chronic Pain is Complex Multiple Problems
- Can't Cure; Can Manage



Alignment

- Two Girdles
 - Pelvic Girdle
 - Shoulder Girdle
- Compensation



Exam

- Full History & Physical
 - History
 - Allopathic Physical
 - Osteopathic Exam



Osteopathic Screen & Exam

- Pelvis is Central
- Short Leg Syndrome is over diagnosed; scoliosis is under diagnosed
- Head & Neck Problems can't be separated from pelvic problems.



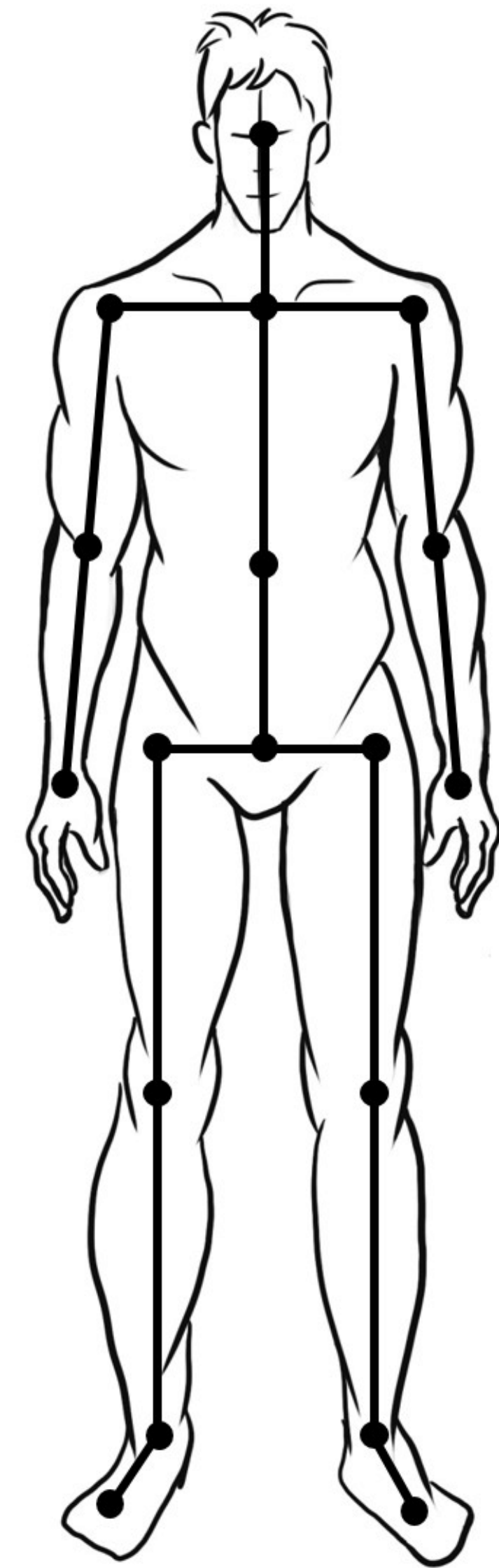
Pelvic Screen

- Forward Flexion Test
- Restricted PSIS with Extension Test
- Stork (Gillet) Test
 - Upper Pole
 - Lower Pole (PIIS) Test
- Pelvic Crest Symmetry



Alignment

- Two Girdles
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 - Shoulder Girdle
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Common Problem

- Left Innominate Upslipt
- Sacral Extended Oblique Torsion
(usually to the right)
- Left Pubic Rami Descended
(spasmodic left hip adductors)



Further Structural Components

- Scoliosis
 - Mild or Not
- Somatic Dysfunction Type I



Case Study 1

- 35 year old non obese female
- 6 months ago bent over and experienced incapacitating low back pain. She missed work for several days and then got a little bit better.
- She went back to work with periodic episodes of crippling low back pain.
- She was referred by one of my colleagues having failed neural blocks and only some relief with muscle relaxers and NSAID's.
- Relevant PMHx.: Chronic Low Back Pain; L5, S1 Disc Bulge
- The patient has a high stress career, single mother with 2 children



Case Study (2)

- She presents with Left Innominate Upslipt.
- Sacral Torsion Right on Left
- Left Pubic Ramos descended & restricted
- T8-L5 Side Bent right Rotated left
 - Curvature mild
 - Diagnosis of scoliosis as adolescent
- Right Scapula higher than left
- Right first rib and clavicle elevated & restricted



Case Study 3

- Realignment
- Considerable Relief
- Episodic Return of Pain
- Management:
 - Monthly OMT treatments with occasional “emergency” episodes
 - Muscle Relaxers discontinued
 - Occasional use of NSAID’S
 - Daily Walks



Treatment

- Indirect:
 - Modified Functional
 - Myofascial Release
 - Ligamentous Release
 - Cranial Sacral
 - Headache
 - Finishing Technique
- Direct:
 - Muscle Energy
 - HVLA (cautiously)



Acute Patients

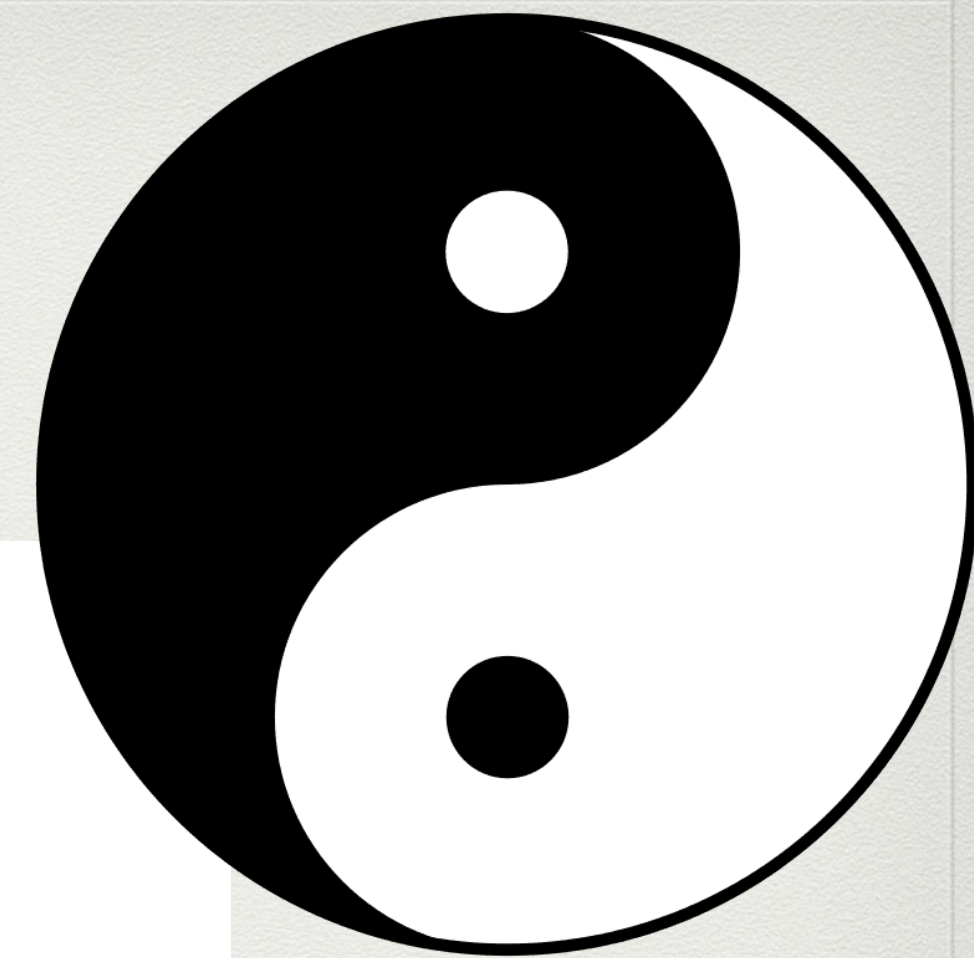
- I am talking about chronic patients
- Most acute pain problems can be solved by directed OMT.
- For example: treat just the neck for neck problems.



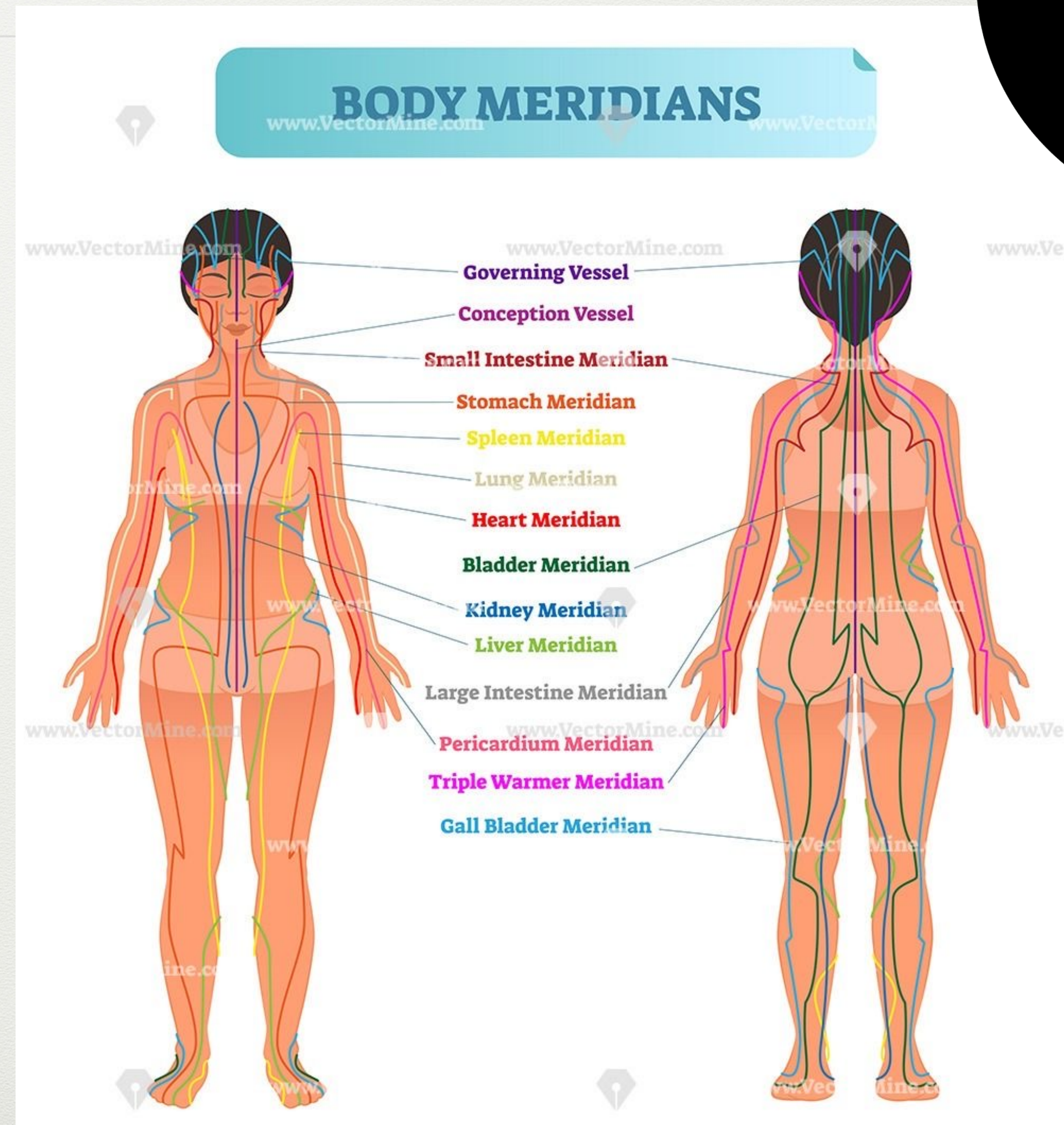


ACUPUNCTURE

Acupuncture is Eastern Medicine



- Acupuncture is at least 2,000 years
- Balance of Yin and Yang Qi
- Treatment is often through circuits based upon meridian lines



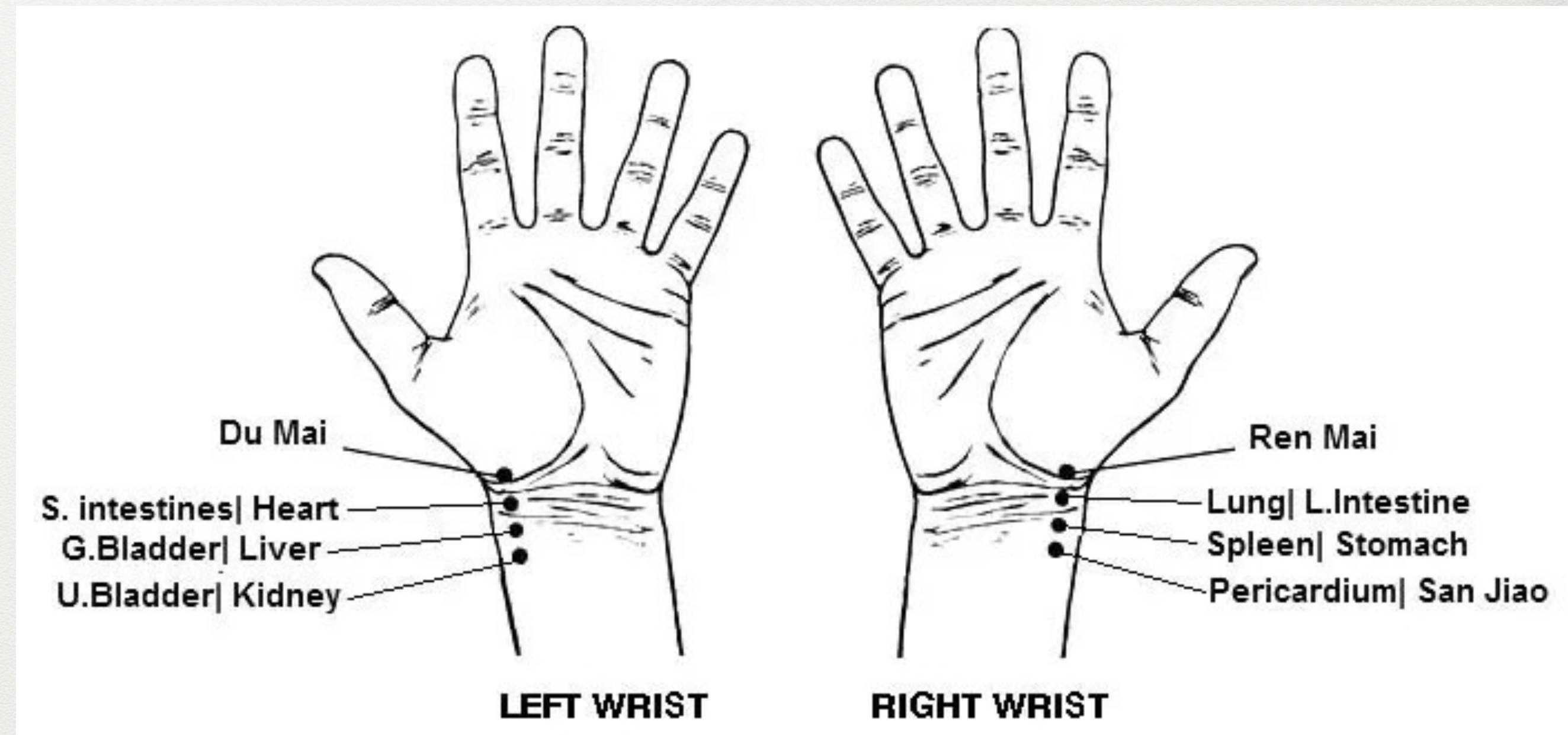
5 Element Acupuncture

- Everything is made up of the 5 elements
- People's personality and physiology is made up of these 5 elements
- Treatment is based in part on the elemental make up of people's personality



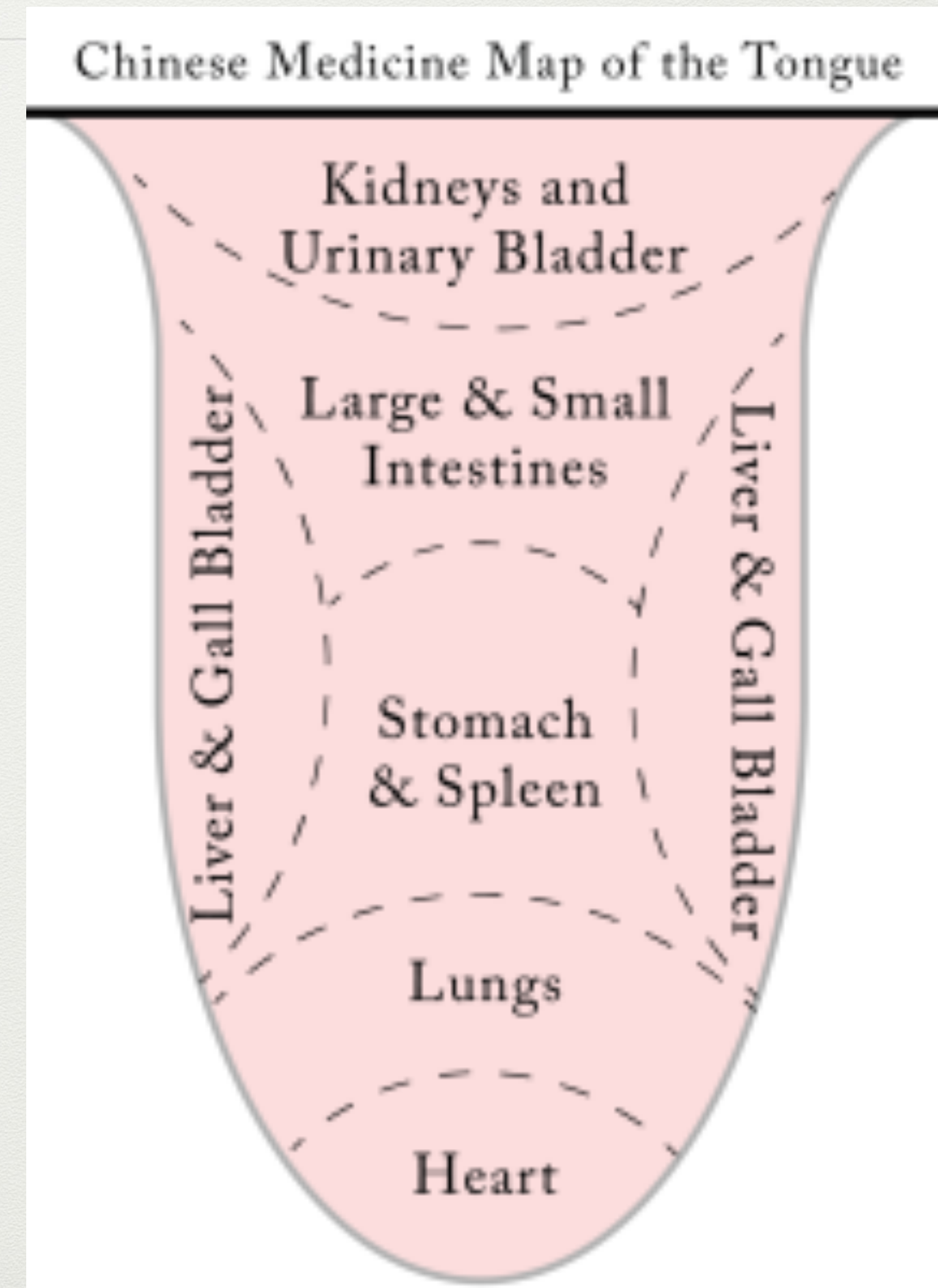
Pulse Diagnosis

- The diagram shows the position of relevant pulse points.
- To every point there is depth and quality



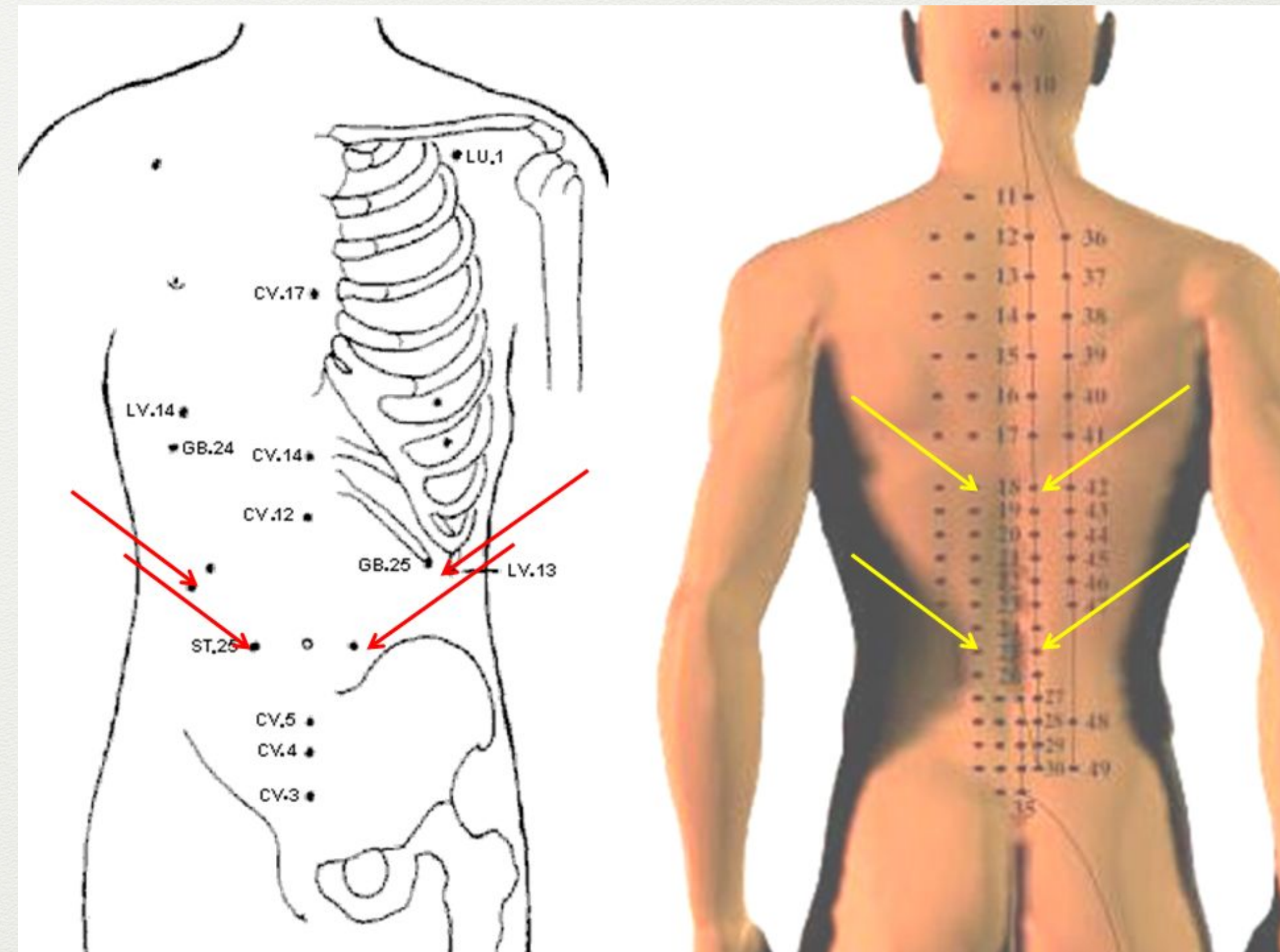
Tongue Diagnosis

- The tongue can be divided organ zones
- The color, fullness, moisture, presence of precipitate can all be informative



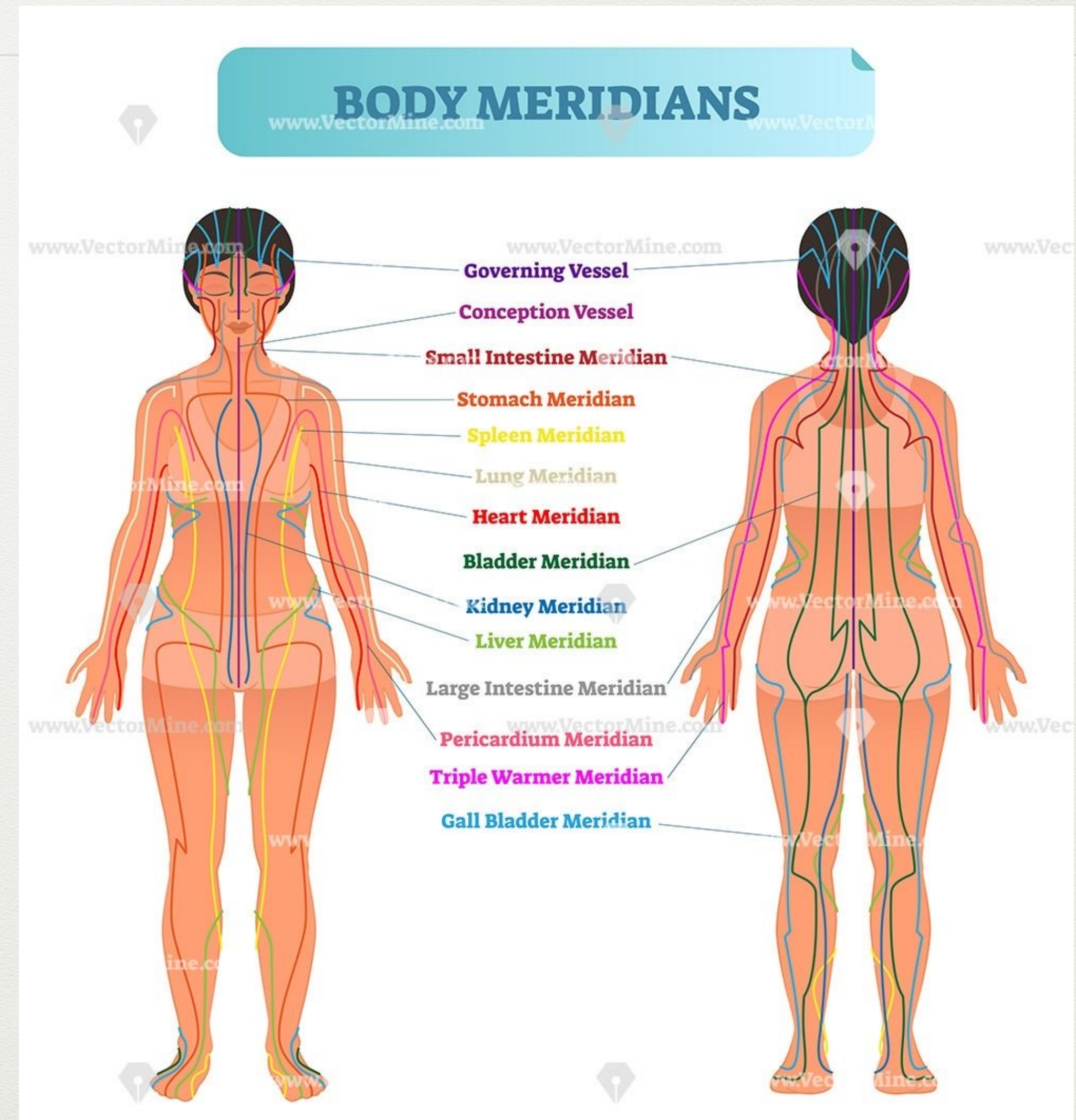
Mu Shu Points

ZANG-FU ORGAN	BACK-SHU POINT	FRONT-MU POINT
Lung	UB13	L1
Pericardium	UB14	Ren17
Heart	UB15	Ren14
Liver	UB18	Liv14
Gallbladder	UB19	GB24
Spleen	UB20	Liv13
Stomach	UB21	Ren12
Sanjiao	UB22	Ren5
Kidney	UB23	GB25
Large Intestine	UB25	S25
Small Intestine	UB27	Ren4
Urinary Bladder	UB28	Ren3



Meridian Lines

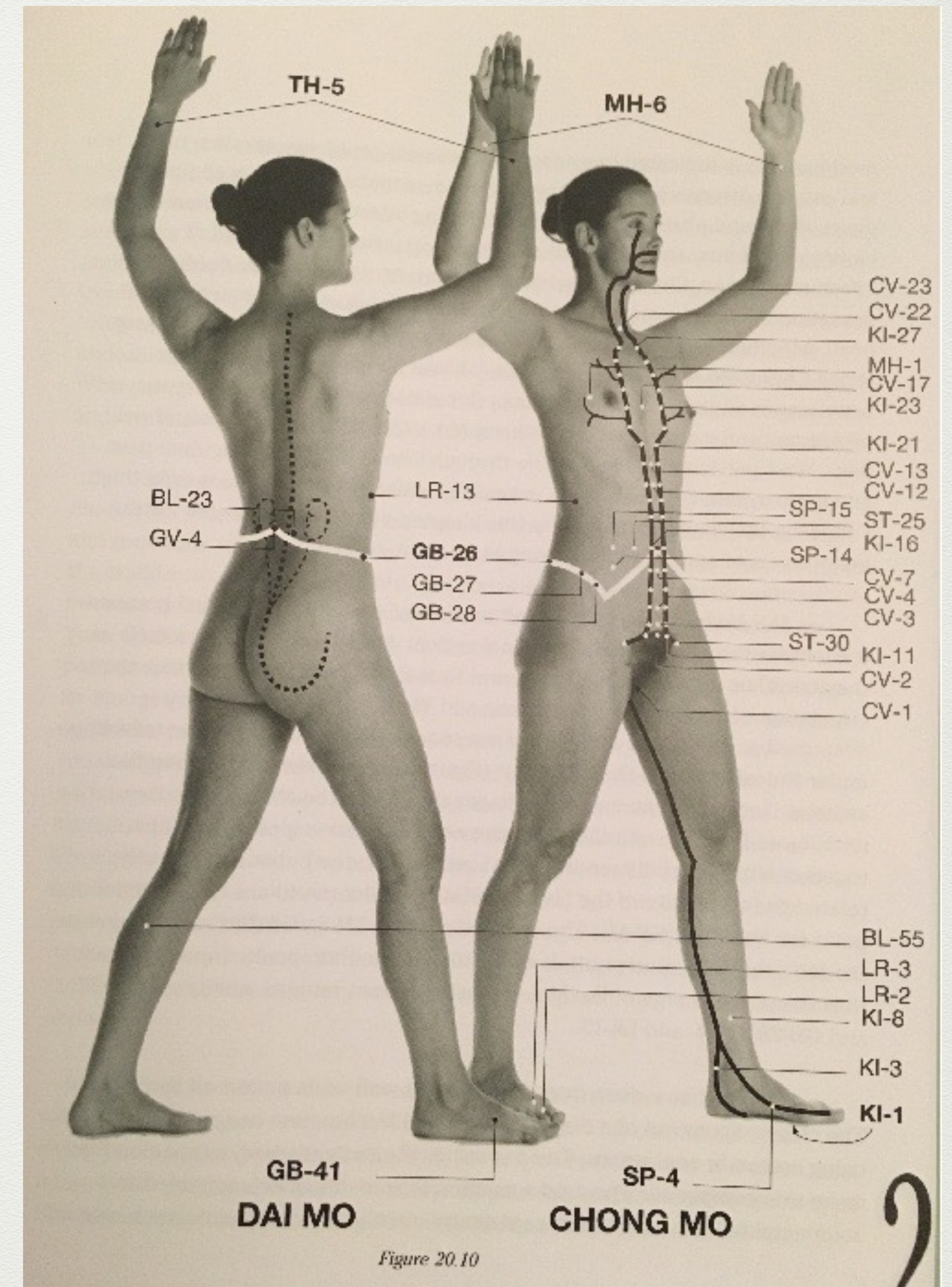
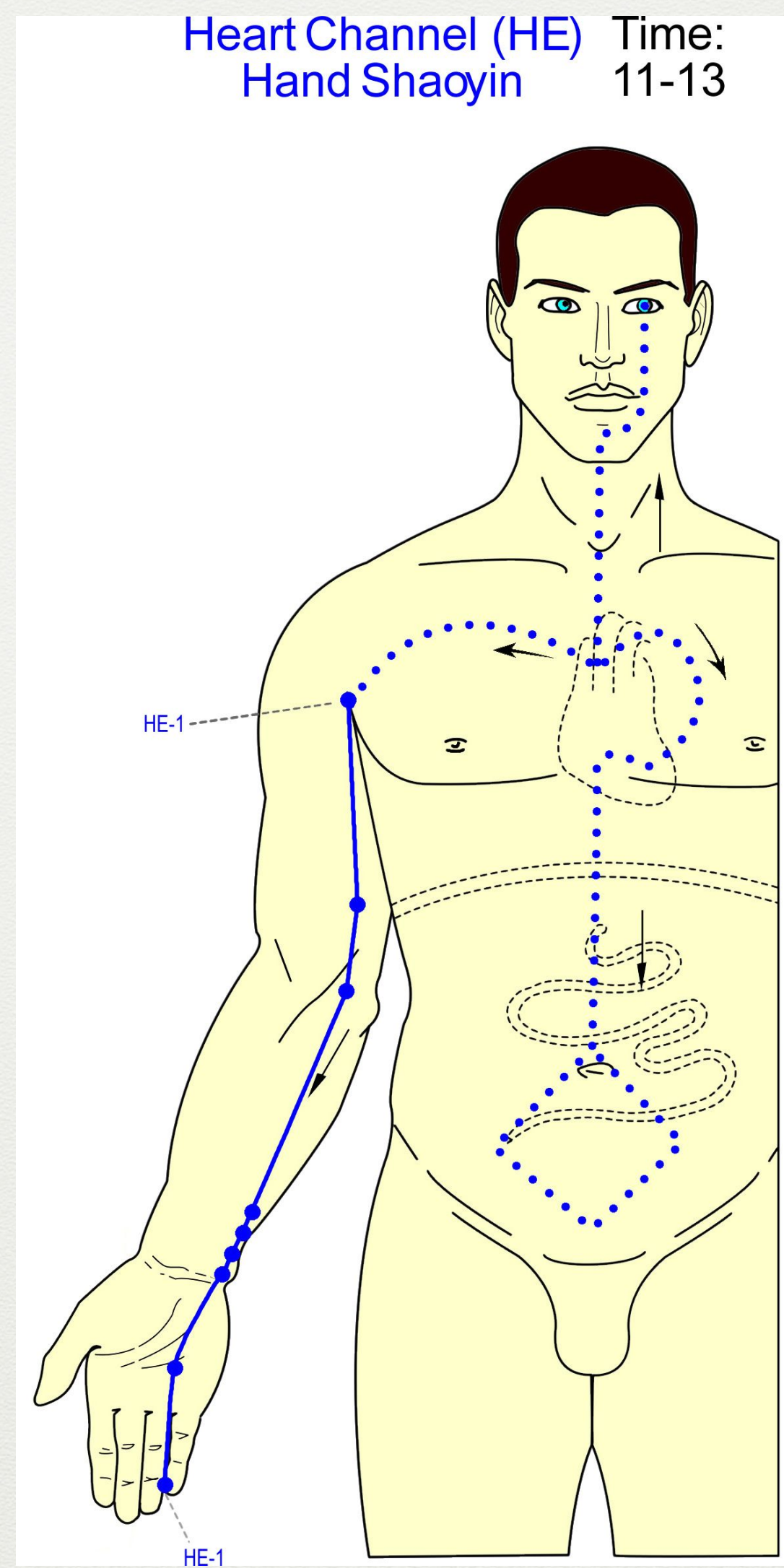
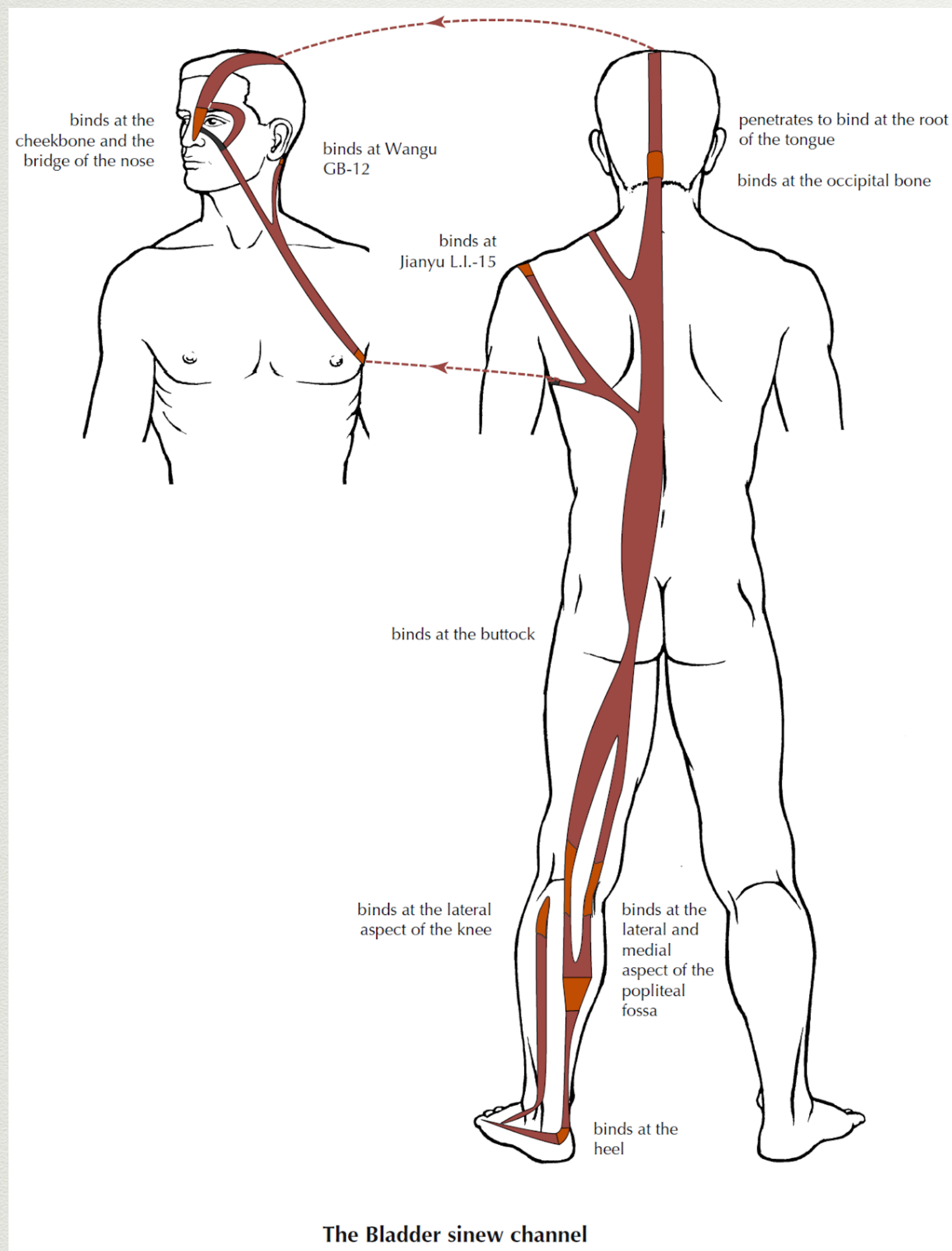
- Meridian Lines are associated with organs
- There are 3 major circuits made up of 4 segments each (12 meridian lines)
- These are surface meridians but they are not the only meridians
- Meridians travel throughout the body and surface meridians are connected by internal meridians



Meridian Types

- Tendinomuscular
- Distinct
- Curious





Typical Acupuncture Initial Visit

- The patient has already been realigned by OMT
- Subjective: Biopsycho-Type Questionnaire
- Objective:
 - Pulse Diagnosis
 - Tongue Diagnosis
 - Mu Shu Points
- Assessment
 - ICD-10
 - Tradional Chinese Diagnoses
- Treatment



Western Science and Acupuncture

- Acupuncture for chronic pain: update of an individual patient data meta-analysis; J Pain. 2018 May ; 19(5): 455–474. doi:10.1016/j.jpain.2017.11.005.
- Acupuncture for the treatment of obesity: a review of the evidence. JM Lacey, AM Tershakovec, GD Foster; International journal of obesity, 2003 27(4):419-27.
- Acupuncture Treatment fort Chronic Pelvic Pain in Women: A Systematic Review and Meta-Analysis of Randomized Controlled Trials. So-Hung Sung et al. Modern Tools of Traditional Oriental Medicinel volume 2018.d



Difficulties

- *From the JM Lacey et al.:*
- Adequate Placebo Controls
- Standardized Treatment
- Evaluate as a Complementary Therapy
- Long Term Studies





FOUR PILLARS

Four Pillars

- Diet
- Exercise
- Sleep
- Stress



Colleagues

- Teresa Dews, MD
- Robert Saper, MD
- Ryan Love, OMS 4
- Lorna Fletcher, OMS 2
- Katelyn Lotz, OMS 3
- Joseph Robitalle, OMS
- Achtou Waiga, OMS 4
- Nick Thompson, OMS 4



Diet



Guidelines

1. No simple carbohydrates;
no bread, sugar, pasta, etc.
2. very small amounts of dairy:
eggs, milk, cheese
3. no red meat
4. large amounts of fish esp. cold
water fish (tuna, salmon, herring,
char)
5. 8 to 9 servings of vegetables and
fruit
6. nuts for snacks

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Approaches

- Pick a food group and move on it
- Substitute groups
- Eat Less



Fad Diets

How do I spot a fad diet?

There isn't a set approach to spotting a fad diet, but these general tips can help. Fad diets tend to have:

- Recommendations that promise a quick fix.
- Claims that sound too good to be true.
- Simplistic conclusions drawn from a complex study.
- Recommendations based on a single study.
- Dramatic statements that are refuted by reputable scientific organizations.
- Lists of "good" and "bad" foods.
- Recommendations made to help sell a book or product.
- Recommendations based on studies published without peer review.
- Recommendations from studies that ignore differences among individuals or groups.
- Elimination of one or more of the five food groups (fruits, vegetables, grains, protein foods, and dairy) or subgroups (grains, dairy, fruit).
- Diets that have “testimonials.”



Exercise



Exercise Cochrane Report Reanalysis

- 21 reviews includes 381 studies
 - 37,143 participants
- 284 controlled studies
 - 19,642 participants



Reanalysis

- Meta analysis of the Cochrane Report:
- Summarizing:
 - Significant increased analgesic effect with increased frequency per week.
 - Decreased analgesic effect with increased time period per week and duration of study
- Exercise-induced hypoalgesia: A meta-analysis of exercise dosing for the treatment of chronic pain Anna M. Polaski^{1,2}, Amy L. Phelps^{2,3}, Matthew C. Kostek^{2,4}, Kimberly A. Szucs^{2,5}, Benedict^{1,2} J. Kolber^{ID=}



Exercise Shoulder Pain

- Shoulder Pain improved by lower quarter exercise.
 - 30 healthy young, shoulder injury-free
 - evoked pressure pain
 - Significant pain reduction with lower quarter exercise

• LOWER EXTREMITY AEROBIC EXERCISE AS A TREATMENT FOR SHOULDER PAIN Craig A. Wassinger, PT, PhD Logan Lumpkins, DPT1. Gisela Sole, PT, PhD2. The International Journal of Sports Physical Therapy | Volume 15, Number 1 | February 2020





Exercise Neuropathy

- Human Studies
- Moderate-intensity
 - 10 min 30-40% MHR
 - 30 min 50-60% MHR
 - 10 min 30-40% MHR
- High-Intensity
 - 5 min warm jump
 - 8 sec. sprint; 12 sec low speed for up to 30 repetitions (85-95 % MHR)
 - 5 min cool down, stretches
- The High Intensitryt Group reported significantly lower neuropathic pain scores.
- *Leitzelar & Koltyn Sports Medicine 7:21*



Sleep

- Relaxation Therapy
- Meditation
- Sleep Hygiene
- CBT
- Mattress Selection



Stress

- Meditation
- CBT
- Prayer
- Tai Chi



Integrative Therapies

- Osteopathic Manipulation Therapy
- Acupuncture
- Life Style Therapy
- Massage
- Hypnosis
- Meditation
- Reiki
- Yoga/Tai Chi





If It Works, Don't
Change it
Learn about it





Leg Length Difference

- Actual vs. Functional Leg Length
- Only measure leg length after realignment of the pelvis.
- X-ray Study is the Gold Standard

