

AN INTEGRATIVE MEDICAL APPROACH TO PAIN MANAGEMENT

William Welches DO, PhD

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



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





OSTEOPATHIC MANIPULATION THERAPY

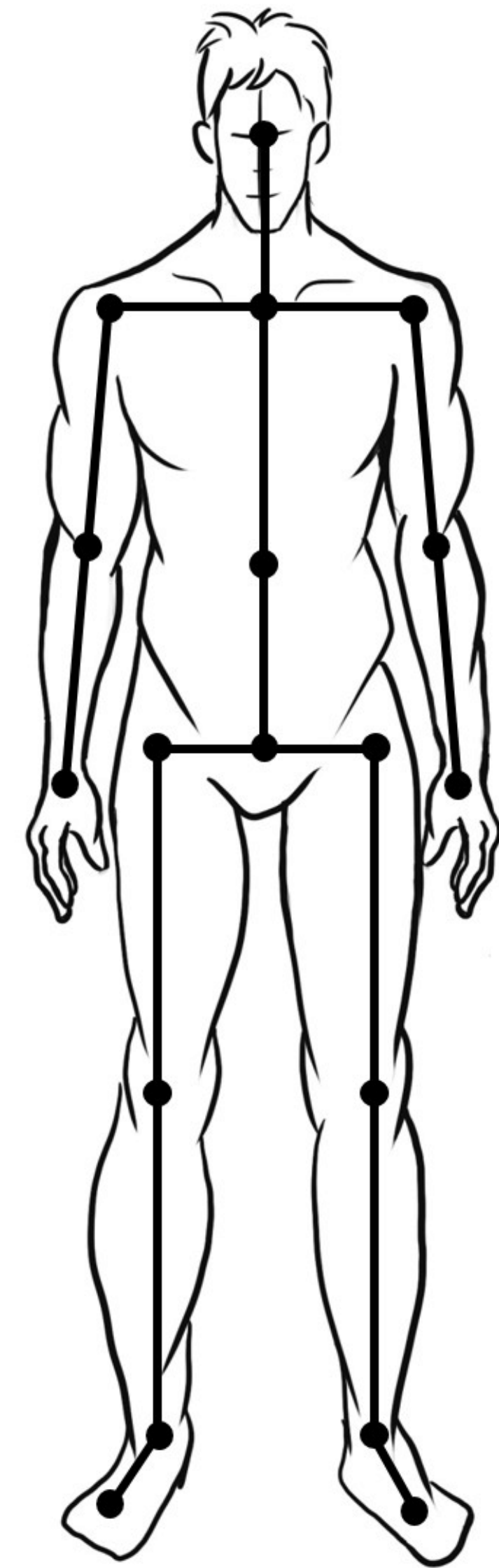
Chronic Pain Patient

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



Alignment

- Two Girdles
 - Pelvic Girdle
 - Shoulder Girdle
- Compensation



Physical Exam

- Full Exam
 - Allopathic Exam with Osteopathic Screen
- Osteopathic Exam



Osteopathic Screen & Exam

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



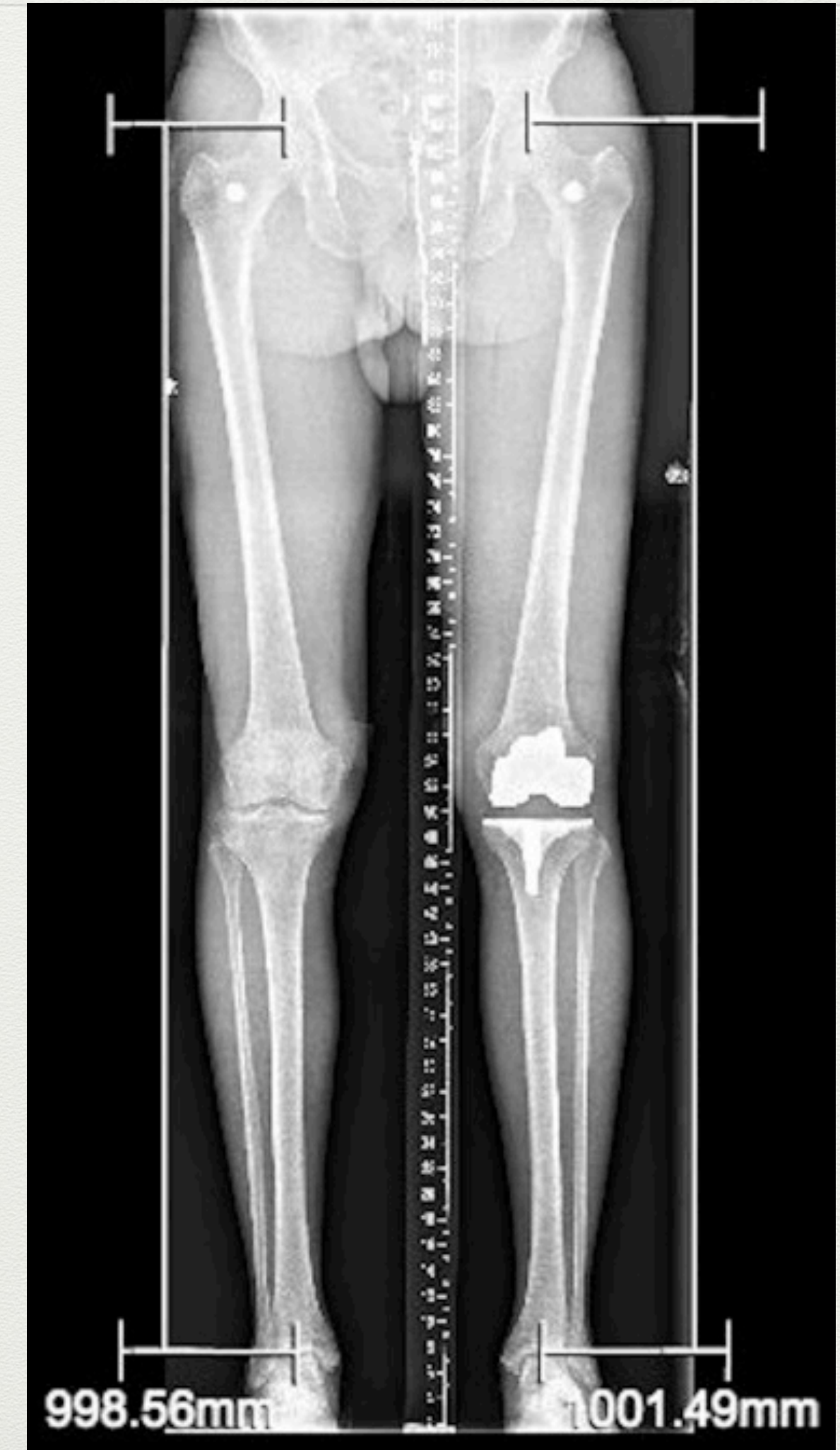
Pelvic Screen

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



Leg Length Difference

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



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 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 Upslilt.
- Sacral Torsion Right on Left
- Left Pubic Ramos descended & restricted
- T8-L5 Side Bent right Rotated left; muscle energy does not correct.
 - 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

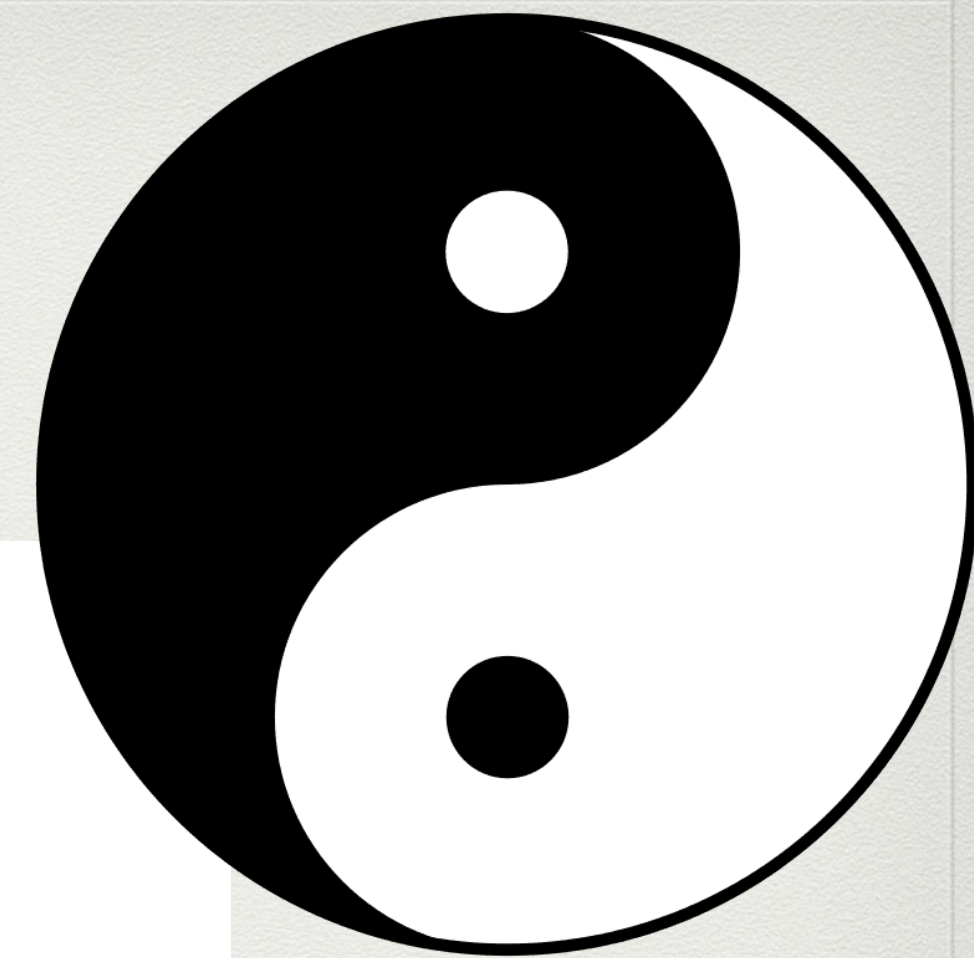
- I am talking about chronic patients
- Most acute pain problems can be solved by directed OMT.
- For example: treat just the neck for neck problems.



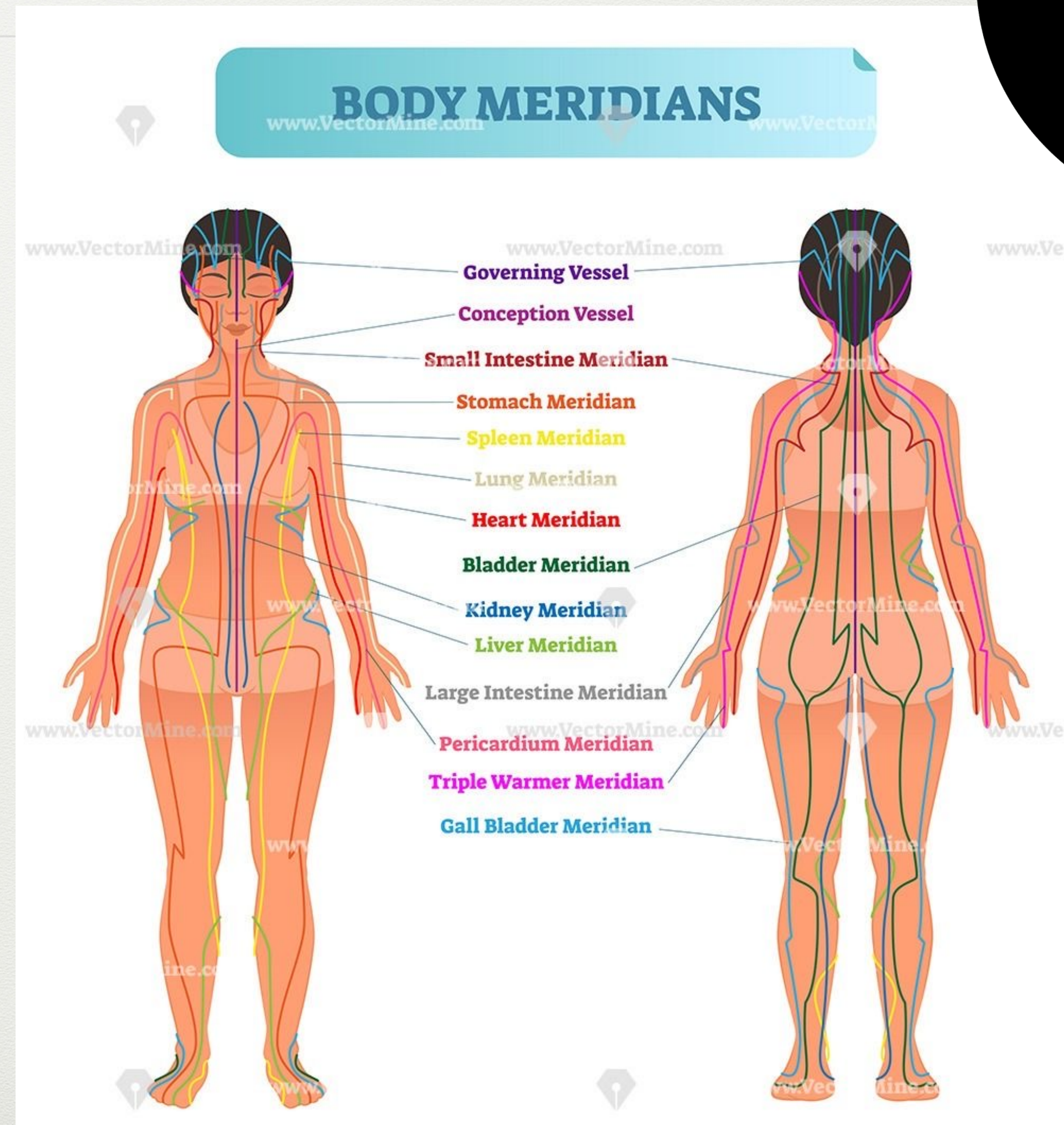


ACUPUNCTURE

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



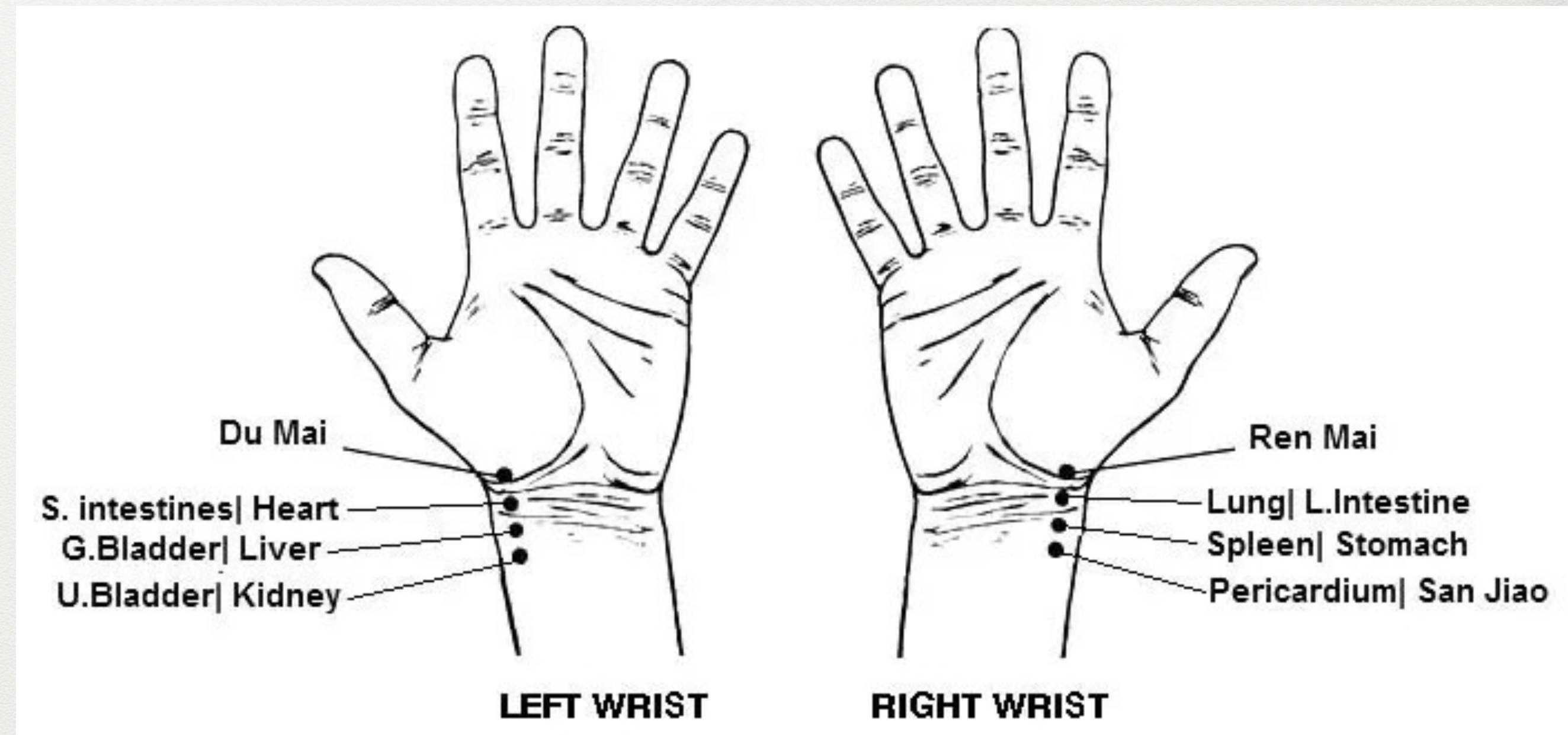
5 Element Acupuncture

- 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



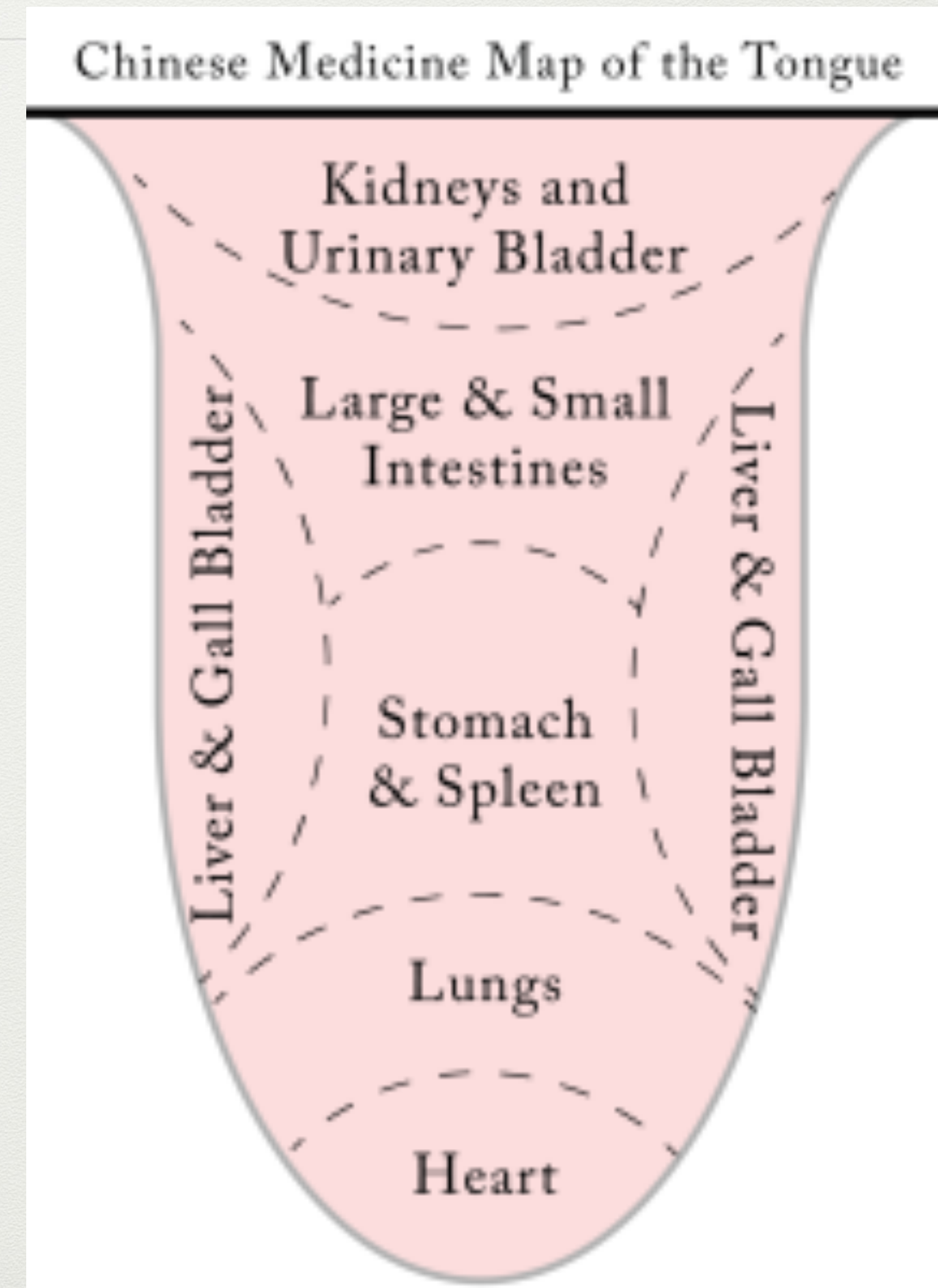
Pulse Diagnosis

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



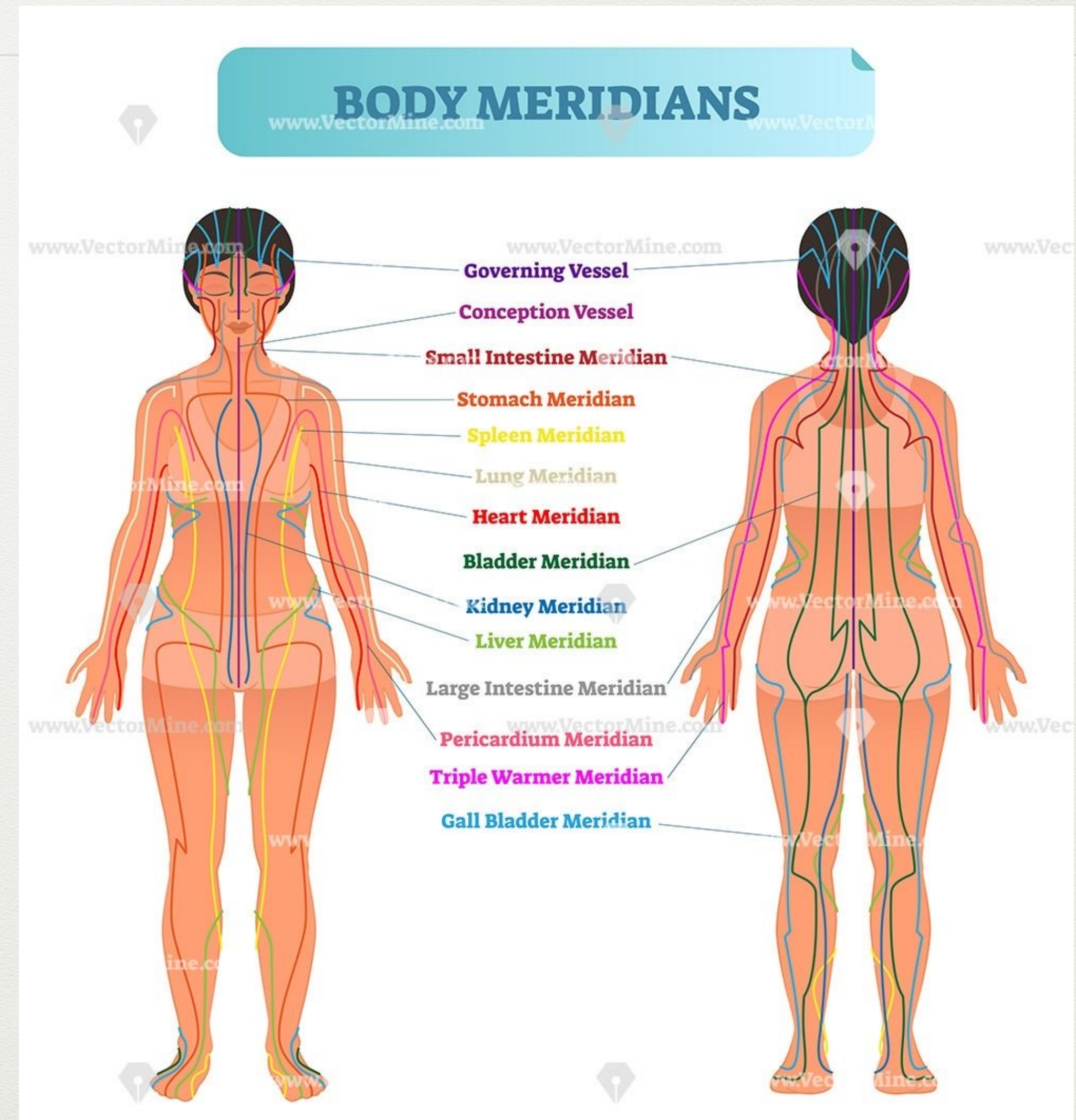
Tongue Diagnosis

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



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



Additional Meridian Lines

- Tendino-muscular
- Distinct
- Curious



Typical Acupuncture Initial Visit

- The patient has already been realigned by OMT
- Subjective: Biopsycho-Type Questionnaire
- Objective:
 - Pulse Diagnosis
 - Tongue Diagnosis
- 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 for 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 Medicine 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
- 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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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.”



Approaches

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



Exercise



Exercise Cochrane Report Reanalysis

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



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 and Stress

