



FOUNDATIONAL PRINCIPALS:
Restore Function by Minimizing Pain



Minimize pain by treating the underlying cause, rather than covering up pain with opioids. Minimize patient surgeries; most surgery is medically unnecessary and often makes the patient worse.

*“Minimally Invasive, Cost Effective,
Pain Management”*

① Metabolic

Metabolic Pain Treatment Options:

Medication: Trental & Topamax
Exercise/Weight Loss
a-Lipoic Acid & L-citruline
Diabetes Prevention Program

Metabolic Assessment:

ENFD
Blood Panel
Diabetes Risk Assessment

Metabolic Pain Caused by:

Small Fiber Neuropathy
Diabetes/Metabolic Syndrome
Obesity/Prediabetes
Autoimmune or Infectious Disease

② Anatomical

Anatomical Pain Treatment Options:

Nerve Blocks
Guided Injections: Fluoroscopy &
Ultrasound
Acupuncture
PRP, Stem Cell Therapy

Anatomical Assessment:

Physical Examination
Imaging: X-ray, MRI, Ultrasound, SDAF
EMG/Nerve Conduction Velocity Test

Anatomical Pain Caused by:

Disease
Physical Injury/Trauma
Physical Injury

③ Psychological

Psychological Pain Treatment Options:

Mental Health Counseling
Substance Abuse Counseling
Mindfulness Meditation Classes
MAT (Medication Assisted Treatment)

Psychological Assessment:

ACE Evaluation
ASI Evaluation
Clear Assessment
Screen for Opioid Misuse

Psychological Pain Caused by:

Depression/Anxiety/Stress
Isolation
Substance Abuse Disorder
Childhood Trauma