



**June 2022
Newsletter**

TAYLOR
PHYSICAL THERAPY

CHRONIC PAIN

Taylor Physical Therapy offers a specialized approach to help treat those living with persistent pain. This approach is led by Jennifer Burke, DPT, a certified Therapeutic Pain Specialist through the International Spine and Pain Institute.

WHAT IS PAIN, AND HOW DO CHRONIC AND ACUTE PAIN DIFFER?

Pain has been defined as a multiple system output activated by an individual's specific pain neural signature whenever the brain concludes the body is in danger and action is required. Chronic pain, defined as pain lasting beyond normal tissue healing time, affects at least 116 million Americans each year. Research over the past decade has brought an increased understanding of the various functional and structural changes in the human brain due to persistent pain. With changes due to neuroplasticity, the central nervous system can become hypervigilant, resulting in central sensitization. Central sensitization is often characterized by a presence of allodynia, pain to typically nonpainful stimuli, as well as hyperalgesia.



Jenn Burke, DPT



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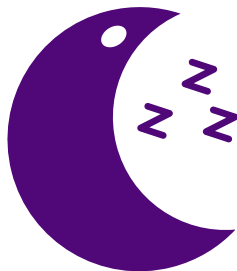
Taylor Physical Therapy

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WHAT TAILORED INTERVENTIONS EXIST FOR PATIENTS WITH PERSISTENT PAIN AT TAYLOR PHYSICAL THERAPY?

- Pain Neuroscience Education.
- Cardiovascular and general strengthening exercise with an emphasis on graded exposure and pacing.
- Goal setting, sleep hygiene, nutritional suggestions and stress management techniques.
- Traditional adjunct passive treatments including: manual therapies, modalities, and external supports as appropriate.



WHAT IS PAIN NEUROSCIENCE EDUCATION?

Pain Neuroscience Educational (PNE) is an educational intervention that explains the pain experience to a patient in patient-friendly terms. Current best evidence demonstrates that when a patient truly understands the biology of pain, there is a significant improvement in pain, disability, healthcare utilization and an improvement in mobility.

WHO COULD BENEFIT FROM SEEING A CHRONIC PAIN SPECIALIST?

Anyone! However, patients that may benefit most greatly are patients with exhibit one or more of the following:

- Patients with history of multiple treatment failures
- Acute or chronic pain patients that display high levels of fear or pain catastrophizing
- Patients that display central sensitization mechanisms of pain