

Help Available For Chronic Pain and Many Other Conditions

BY DR. STEPHANIE NANI

Pain is one of the most common reasons for patients to visit their doctor each year. Conventional medicine, while brilliant in urgent and emergent care situations, is often lacking when it comes to the treatment of chronic pain. The goal of conventional therapy is the alleviation of discomfort, but the underlying causes of pain are often overlooked. As a result relief is often just temporary. In this article we will discuss the unique combination of Osteopathic Medicine and Neural Therapy. Each of these approaches, when used individually works very well, but when used in combination offers an extremely safe and effective option for the treatment of a wide range of conditions including chronic pain.



Osteopathic Medicine:

A doctor of Osteopathy is a fully licensed physician whose education includes a minimum of 7 years of training in all aspects of medicine and surgery. While most osteopathic physicians provide care within the various medical specialties (such as internal medicine or surgery) some focus on a more traditional practice which allows them to diagnose and treat with a hands-on approach that is often referred to as osteopathic manual medicine (OMM). The goal of traditional osteopath medicine is simply to assist the body in healing itself. This is done through various methods that address the body's structure, thereby improving the body's ability to function.

Osteopathic physicians acknowledge that all body systems function in unison and that a disturbance in one system may alter function in another. It is very common for symptoms to actually be caused by seemingly unrelated injuries. For example, chronic sciatica is often the result of strain patterns caused by old ankle or knee injuries, chronic headaches may be from an old injury to the tailbone. Therefore to find relief from these conditions the underlying issues must be dealt with. Osteopathic medicine offers a great way to find and treat the underlying causes of many chronic conditions, including those that were previously thought untreatable.

Neural Therapy

Neural Therapy is a method used to diagnose and treat problems that are otherwise difficult or resistant to treatment. Neural Therapy is based on the theory that any kind of trauma can produce "interference fields" which are long standing imbalances in the electrochemical function of various tissues throughout the body. These disturbances can result in chronic pain or other illness that can be seemingly unrelated to the original trauma.

Neural therapy was discovered much by accident in 1925. Two physicians, Ferdinand and Walter Huneke were trying to help their sister who suffered from severe migraines for many years. During one of these migraines the doctors injected her with medicine to try and relieve what they thought was a rheumatic condition. Much to their surprise the migraine immediately vanished and never returned. After witnessing this miraculous recovery the doctors realized that the medicine they injected contained a drug called procaine (or Novocaine, the numbing medicine commonly used in dental offices). With much further research it became clear that procaine and other local anesthetics of the "caine" family could also be used to correct electrochemical imbalances of tissues that were altered through various injuries, illness or trauma. When administered correctly Neural Therapy can often resolve acute and chronic pain or illness rapidly, with long lasting or permanent results.



Dr. Nani specializes in Neuromusculoskeletal medicine with a particular emphasis on osteopathic manual medicine. Dr. Nani is covered by many insurances, including Medicare. You can reach her at 503-620-9811 or Doctornani.com.