



TRIO REHAB | Monthly Newsletter | triorehab.com

## Fibromyalgia

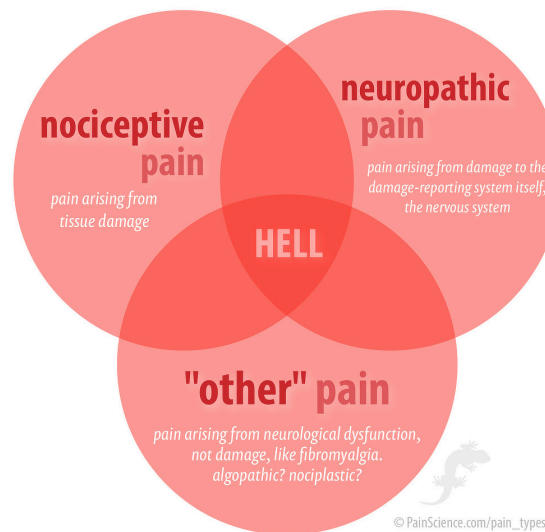
At times, hands-on is the best approach to addressing pain relief. Myofascial release (MFR) has been found to reduce the sensitivity to pain points and improve pain perception in those with fibromyalgia. MFR also reduces anxiety and improves sleep quality!

## Neuroscience of Pain

Think about it. “Chronic pain is in the brain,” Dr. D. Borsook. At Trio, we teach our chronic pain patients about the neuroscience of pain with handouts and help them set realistic goals for pain reduction.

## Hand Therapy Week

June 3rd-9th is Hand Therapy Week. Kathy Baker, Certified Hand Therapist is an upper quadrant specialist with **25+ years of experience**. Follow us on Facebook to read the blogs.



## Focus of the Month: PAIN

During the Month of June, Trio Rehabilitation will focus on pain.

- Arthritis Pain
- Headaches/Neck Pain
- Thalamic post-stroke pain
- Tendinitis/Tendonosis/Tenosynovitis
- Edema/swelling due to limited mobility
- Tissue shortening due to tone/spasticity
- Shoulder subluxation, impingement, and frozen shoulder
- Carpal Tunnel Syndrome
- Lower Back Pain\*\*\*
- CRPS

\*\*\*If the first provider is P.T for routine and non-surgical back pain, the patient is 75-90% *less likely* to have exposure to an **opioid** per Dave Elton of Optum/United Healthcare. P.T. is highly protective against the use of an opioid but only 38% of patients are using us. The best outcomes occur with early intervention; often 0-7 days after the precipitating event, which caused the pain!

