

Living Pain Free!

Special Back Pain Relief Edition

Conquering Back Pain!

Continue Reading Now To Learn What Some Doctors Are Calling a Non-Surgical Breakthrough In Back Pain Treatment That Is Helping Chronic Pain Sufferers Just Like You Say...

“I Can’t Believe The Pain Is Gone!”

Inside My Life Changing FREE Report You’ll Learn The Untold Truths About:

- ✓ *How Nearly 95% of All Neck and Back Pain Originates From a Small Area In the Spine the Size of Your Thumbnail and What Can Be Done To Correct It!*
- ✓ *The 8 Causes of Most Neck and Back Pain and How, If Missed, They Can Lead To Arthritis Unnecessary Treatments, Even Risky Surgery!*
- ✓ *What Are Some of the Most Effective Non-Surgical Treatments For Eliminating Chronic Back Pain That Are Helping Area Residents Just Like You Say Good-Bye To Their Chronic Pain and Once Again Enjoy the Things They Love Most In Life! (Hint: They Don’t Involve the Use of Addictive Drugs or Surgery!)*
- ✓ *Why Certain Types of Headaches, Known As Muscle Tension Headaches, Will Never Go Away With Medication Alone and What You Can Do To Correct Them!*
- ✓ *What Some Doctors Are Calling the Most Effective Treatment For Bulging or Herniated Discs!*
- ✓ *How To Choose Your Pain Relief Physician. Don’t Even Think About Consulting With a Doctor For a Pain Management Procedure Without Knowing These 3 Criteria!*
- ✓ *And Much More!*

Attention Chronic Back Pain Sufferers:

It Is Estimated That Over 20 to 50 Billion Dollars Is Spent Annually Because of Back Pain Each Year and Eight Out of Ten People Will Have a Problem With Back Pain At Some Time During Their Lives...That’s The Bad News!

“The Good News Is That There Are Now Some Effective, Non-Surgical Medical Alternatives For Your Chronic Pain... Even If You’ve Suffered With It For Years and Tried Everything Else, Relief Is Now Just Down The Street!”

Dear Friend:

Picture this for a moment.

The morning alarm clock sounds, awakening you to what is one of the most beautiful summer mornings; however, instead of jumping out of bed and greeting the day like you once did not too long ago you lie in bed dreading the day to come.

You now slowly and carefully make your way to the edge of the bed and grimace in pain as you struggle to stand and make your way to the bathroom.

As you walk slowly down the hall, you say to yourself, "Boy, do I feel old!" Cautiously, you begin your morning routine, a routine that once took minutes but now takes an hour due to your debilitating lower back pain.

Once you are done, you apply the finishing touch; a pain relief gel that not only has the distinct aroma of menthol, but is also strong enough to clear out even the stuffiest nose.

This is followed by putting on the latest addition to your wardrobe, your faithful companion... a back support brace.

Carefully, you make it down the stairs to the kitchen...

"Feeling any better today honey?" is the question posed to you as you enter the room.

Trying to sound optimistic while looking believable at the same time, you momentarily stand a little straighter and reply, "Great... I'm feeling as strong as a rock!"

Frustrated, as you take your daily dose of pain medication with your breakfast, you say to yourself, "I can't keep living like this! There has to be a way to get rid of this back pain!"

Does this sound familiar to you?

Are even the simplest of tasks, such as getting yourself ready in the morning, becoming an impossibility thanks to your lower back pain?

Have you become frustrated with having to take medication for your pain?

Maybe you've begun to avoid doing the things you enjoy most in life out of fear they will only make your back pain worse?

Well, if you answered yes to any of these questions you're not alone! In fact, you share the same frustrations four out of five adults experience at least once in their lifetime!

That's right! Back pain alone affects 65-85% of the population of the United States at some point in their lives and is one of the leading causes of lost time from work, second only to the common cold!

So besides dealing with your pain, the economic burden that it can cause if your pain results in lost time from work is something you must contend with as well!

Well, Now You May Be Able To Finally Get Rid of Your Agonizing Pain and Once Again Live Pain Free, Thanks To Some Groundbreaking Pain Treatments That Work Without Resorting To Addictive Drugs or Surgery!

That's right! Even if you've already seen several doctors, ranging from your family practitioner to quite possibly a physical therapist, chiropractor or orthopedic surgeon, keep reading as I explain how these breakthrough medical treatments may finally help make your dreams of *living pain free* come true!

But, to understand exactly how this can be done, we must first explore some of the most common causes of neck and back pain. (Of course, these causes are in addition to those you've already been made aware of by healthcare providers, such as poor posture, excess weight, and improper or heavy lifting.)

Here Are The 8 Most Common Causes of Neck and Lower Back Pain ...

- 1. Muscle strains/ sprains:** When you overwork yourself or are involved in a work, auto or sports accident, what usually results is *strained* muscles and tendons or *sprained* ligaments that surround the affected joint (spinal joints of the neck or back). These inflamed joints and muscles can cause neck and back pain as well as muscle tension headaches...and if not treated, can become chronic.
- 2. Muscle spasms:** Similar to a strained muscle, muscle spasms are a common response to a single or repetitive injury (an example of a *Repetitive Stress Injury* would be a lower back injury from lifting boxes every day for 8 hours). The muscle spasm initially acts as a protective mechanism to immobilize the painful area and prevent further damage. However, as the area heals the spasm remains and actually interferes with the healing process. There are several types of treatments, including physical therapy, that can quickly address this problem and get you on the road to recovery!
- 3. Osteoarthritis:** Perhaps you heard about this condition on T.V. or in a health magazine. What happens here is due to overworking, injury or simply the aging process, an uneven "wearing and tearing" on a joint begins to occur. Over time the cartilage (protective tissue that covers the surfaces of the joints of the spine or extremity) slowly breaks down or wears out. *This condition results in neck and back pain (but can also affect any joint of the body) and usually occurs as we age.* Treatment in this case is geared toward using therapies that will inhibit the pain while restoring the function to the affected joint.
- 4. Disc Herniation:** Another outcome of wear and tear on the spine is disc herniations or bulges. What happens here is part of the cushion (disc) that separates two of the vertebrae (bones of the neck and back) begins to breakdown and push out (herniate). This condition can become painful when excessive bulging or herniation of the disc places pressure on nearby nerves. Again, there are several types of treatments that can address this problem and provide fast pain relief often negating the need for medication or surgery!
- 5. Sciatic Neuritis (Sciatica):** This condition results from excessive or prolonged pressure on one or several of the nerves of the lower back. Over time, this pressure can cause the nerve to become inflamed and painful. *A common symptom of sciatica is pain into one or both legs. If left untreated, sciatica may lead to the need for surgery to release the pressure on the nerve!* Fortunately, there are now treatments available that can help avoid such drastic measures!
- 6. Osteoporosis:** Usually occurring in people older than 50 (particularly women), osteoporosis can affect the spine and lead to brittle, weakened bones. *The result can be painful fractures of the spinal bones of the vertebral column.* Exercise, nutrition and certain medications can help prevent and sometimes reverse this condition.

7. **Myofascial Trigger Points:** Myofascial trigger points are hyperirritable areas within a muscle and its coating (fascia). They are also associated with taut muscle bands. When touched, these trigger points often produce local muscle pain as well as pain traveling away from the area of muscle irritation. *Besides being the source of most pain, including neck and back pain, these trigger points are responsible for a type of headache known as muscle tension headache.* Fortunately, a treatment known as *Trigger Point Therapy* has been successful at correcting this chronic condition.
8. **Spinal Joint Instability:** In most cases, the cause of neck and back pain comes from the joints of the spine (facet joints). That's right, just like we have joints in our fingers and other areas of our body, which allows movement, we have similar types of joints in our spine. *It's the ligaments that surround these joints that are actually the root of most, if not all, back pain.* You see, when these ligaments are injured, they become loose and are unable to support the joint in its normal position causing the ligaments to stretch. To make matters worse, these ligaments have a rich nerve supply, so when they become overstretched, boy do you feel it! Injection therapy, combined with physical therapy, can help restore stability to these unstable joints and treat your pain *at its source!*

Whatever the Cause, One Thing Is For Certain:

Once You Have Back Pain It Seems To Just Get Worse Over Time! Pain Relief Creams, Medication and Home Remedies Just *Don't* Work!

Well, now there's a solution to your chronic pain, and it is available right in the neighborhood!

Introducing My... Spine & Joint Pain Relief Program “Closing the Gates of Pain”

Developed specifically for joint pain sufferers including those with back and neck pain, even arthritis, the success of my program lies in the multi-directional approach to first closing the “gates of pain”, using treatment techniques that will help increase your physical activity and eliminate the use of addictive medications, then keeping it closed with lifestyle changes, diet and exercise!

This last is of utmost importance because even though with treatment the “pain gates” can be closed and the pain cycle broken, if they aren't *kept* closed, long-term pain relief will never be achieved!

This is why my unique pain relief program beats popping pills hands down! In fact, in many cases results are obtained almost immediately!

Allow Me To Introduce Myself.

My name is Dr. Demetri Adarnes, and I am a physician practicing right here in town. My office is located at 4840 E. Indian School Rd, Suite 104; Phoenix, AZ 85018. In fact, my office is probably just a short walk or ride from your home.

In addition to Internal Medicine, I also have specialty training in non-surgical pain management techniques that are helping local residents just like you once again live *pain free!*

So, keep reading now as I unveil to you some of my pain relief treatments I offer as a solution to your pain...

Physical Therapy The Conservative Treatment That Helps Build Strength and Flexibility While Decreasing Your Pain!

Now I know for many of you reading this report, physical therapy within itself is no new news for your pain. However, where my use of physical therapy differs is I offer it as part of a *complete* pain relief program.

For severe lower back pain resulting from herniated and degenerative discs, in addition to physical therapy, we use interventional x-ray guided spinal injection procedures.

This combined approach of treating the 8 causes of back pain, I have found to maximize the benefits exponentially!

At the conclusion of treatment, you will also be provided with a customized home exercise program to help maintain your results!

Another effective treatment I use to address the *cause* of most pain is...

Trigger Point Therapy

As mentioned earlier, myofascial trigger points are irritated areas within a muscle and its coating (fascia). When present, trigger points can cause both local and referred pain (pain that is also felt in a remote area away from the actual source of irritation) and are the root of most neck and back pain syndromes as well as muscle tension headaches.

Trigger Point Therapy can be performed using one of three different techniques.

The first is *manual*; by locating the trigger point and applying gentle pressure directly over it, the area of localized muscle tension slowly releases and the pain subsides.

The second technique is *mechanical* through a physical therapy treatment known as electrical stimulation and neuromuscular reeducation. These treatments are utilized to help break up the trigger point.

The third and in many cases most effective treatment (especially if the trigger point is located deep in the muscle belly) is *trigger point injection therapy*. In this case, a series of very tiny injections (smaller than a paper clip) of a local anesthetic is administered directly into the knot or “mini-spasm” causing the trigger point to dissolve.

Facet Joint Blocks

This type of treatment is used to treat one of the most common sources of neck and back pain, the spinal or facet joints. These areas are only about the size of your thumbnail, but when affected causes pain so great you wouldn't think it was coming from such a small area! To make matters worse, since the joints are deep to the overlying muscles, in many chronic pain cases, physical therapy or chiropractic alone isn't enough to correct this problem.

Therefore, to help address this source of pain, a tiny injection (again, smaller than the thickness of a paper clip) of an anti-inflammatory pain relieving medication is introduced into the painful area to reduce joint inflammation and provide you with long lasting pain relief.

What else does this procedure do?

Well, since pain, inflammation or injury often makes nerves more sensitive, thus producing pain more easily, these injections can provide periods of dramatic pain relief by desensitizing the nerves that go to the painful joints.

Also, they provide diagnostic information as well: For instance, if after the treatment, there is a decrease or total removal of pain it confirms that the source of the pain was indeed the facet joint.

Epidural Steroid Injections

The epidural space is the area between the spinal sac and spinal canal. It runs the length of the spine, from the base of your skull to just above your tailbone. Steroids are potent antiinflammatory medications that help suppress the inflammation of the nerves in the spinal canal.

Epidural steroid injections are typically administered by an interventional pain management specialist using x-ray guidance. These injections are very effective for the treatment of inflamed or irritated nerves in the spine. Several different epidural approaches are available to specifically target your pain.

Successful resolution of your pain depends on the cause of your pain and how long it has been present. These injections are most effective if they are performed within several weeks of the onset of the pain. Sometimes two or three injections are required to resolve this problem, however, only a single injection is given if complete pain relief is achieved.

Sacroiliac Joint Blocks

The sacroiliac joint is a common potential source of lower back and buttock pain. It may or may not be associated with lower extremity pain. X-ray or ultrasound guided injections of local anesthetic and cortisone into the sacroiliac joint can be performed to determine whether the sacroiliac joint is the source of your pain and at the same time treat this problem. Without X-ray or ultrasound guidance of the injection, successful injection rates are low.

So there you have it, some of the most effective pain relief treatments available today all wrapped up into one complete program. And the beauty of it all is because these are non-surgical procedures, most patients are able to resume normal activities the same day they are treated!

Now I'd Like To Answer Some of the Common Questions I Get Regarding My Spine & Joint Pain Relief Program ...

Q. Who Is The Best Candidate For Non-Surgical Pain Relief Treatments?

A. As we described earlier, anyone suffering from any or all of the 8 causes of neck and back pain can be successfully treated with my non-surgical pain relief program. Additionally, auto and work injury victims as well as other joint pain conditions such as arthritic joint pain respond well to these forms of treatment. Whether your condition is new or chronic, non-surgical pain relief treatments like physical therapy and injection therapy can not only help get you out of pain fast but can also restore function to the area!

Q. If I Am Presently Treating With a Chiropractor or Going For Physical Therapy Can I Still Go For Non-Surgical Pain Management Treatments?

A. Absolutely! In fact, many of our referrals come from surrounding doctors, including chiropractors.

To help maximize the treatment, many times after I am finished performing an injection procedure, the patient is immediately referred back to their chiropractor or physical therapist while the numbing medicine is still working for spinal manipulations or massage (the temporary relief of the medicine allows the chiropractor or physical therapist to treat that joint more efficiently).

So if you are already going for physical therapy, let me know; I will only perform injection therapy, and your therapist can continue with your rehabilitation program.

Q. Will You Communicate To My Primary Care Doctor My Condition and Progress?

A. As far as ongoing communication with your other doctors or therapists, it has always been my policy to keep the healthcare providers that are already working with my patients informed every step of the way about their treatment and progress while under my care. I do this by sending them periodic progress reports.

Q. Are The Treatments Painful?

A. Non-surgical pain management treatments are usually not painful. In the case of injection therapy, the area to be treated is first numbed and then the treatment is administered using a very tiny needle. Some patients may experience a slight burning sensation at the individual injection sites, lasting only a few seconds.

Q. Once I Am Done With The Treatments Will I Be Given Recommendations To Help Prevent My Pain From Returning?

A. As mentioned earlier, at the conclusion of your treatment plan, my assistants or I will provide you with a customized home exercise program to help maintain your pain relief!

Additionally, to help prevent your condition from returning I also recommend lifestyle changes; for example, avoid prolonged sitting, maintain ideal body weight, exercise regularly, when performing any activity that requires prolonged or repeated bending at the waist (e.g. gardening), straighten your back and use proper body mechanics when lifting objects from the ground. These are just a few examples of the many ways you can help prevent future pain by paying attention to your activities.

Q. How Many Treatments Are Necessary And Will My Insurance Cover Them?

A. The number of visits varies and is based on the severity of your condition as well as what treatment you are going to receive. Most insurance companies do cover physical therapy and spinal injection therapy that is medically necessary.

For your convenience, I have the friendliest staff you will *ever* meet and they will be happy to answer questions about our practice. If the procedure is covered by your particular insurance company, they are trained in handling the often-confusing paperwork that needs to be filled out if you are using your insurance. In the case of no insurance coverage, we accept credit cards for your convenience.

Well, I hope you've found this report informative and educational, and that by reading it I was able to shed some new light on neck and back pain and how non-surgical pain management can help you once again live pain free. Well, I think I covered all there is to cover...

Wait a minute; I nearly forgot the most import question of them all.

That is...

Now That You Know Just About All There Is To Know About Non-Surgical Pain Management, How Do You Go About Choosing The Right Doctor?

The answer to this question is simple and is based on 3 criteria... First, choose someone who has advanced training in the procedures you will likely need. Second, make sure the doctor you are considering has experience in performing the treatments you are considering. And last but definitely not least, choose a doctor you feel comfortable with.

So do your research! You see, like anything in life, whether it's buying a car or shopping for a house, you must do your research. Choosing a doctor for pain management is no different. Therefore, you should do your homework and look for someone who has completed advanced training in non-surgical pain management and has experience in performing these specialized medical procedures.

As I mentioned earlier, I am not only licensed to practice medicine but I also have advanced training in Interventional pain management techniques that are helping local residents just like you live *pain free!*

You see, in this day and age you need to work with the right professional who is trained and experienced in the area you need help in. That's why being "familiar" or "knowledgeable" about non-surgical pain management procedures isn't even *close* to being enough. You need someone like myself who *specializes* in performing these techniques and has the results to prove it!

In fact, over the years I've helped several people just like you find a better way to resolve their chronic neck and back pain. So, as you can now see, I fit two of the three main criteria for choosing the right doctor. But as I mentioned earlier, advanced training and experience aren't the only important criteria. While these are important, you should also choose a doctor who you feel comfortable with, someone who listens to your concerns and is easy to talk to.

Here's What To Do Now...

If you're interested in taking me up on my offer and would like to explore your treatment options, pick up the phone now and call my office at **(480) 347 – 0941**. Let them know you received my special report on non-surgical pain management and would like to schedule your consultation.

That's it. We'll take care of everything from there. But don't procrastinate! If you would like to do something about that annoying neck or back pain make that call right now!

I look forward to meeting with you in the not so distant future and maybe I can help you like I've helped many other local residents *live pain free!* So why not take the time, to find out if my non-surgical pain relief program is right for you? What have you got to lose? Either way, I wish you good luck and good health!

Sincerely,

Demitri A. Adarmes, M.D.

Board Certified in Internal Medicine

Board Certified in Physical Medicine and Rehabilitation

P.S. Picture how your life will be in a few weeks if you decide to do something about your agonizing neck or lower back pain *right now!* How many days of misery will it save you? Will you do a better job at work? Is there a chance you could be pain-free, and once again be a fun person to be around? Unfortunately, we'll never know unless you take the next step. Call today for your pain evaluation!

P.P.S. If you are not quite ready to visit with us, feel free to give this report to a friend or loved one who you feel may benefit from these services!

The information provided in this report is meant as a general source of information only and should not be substituted for sound medical advice. If you are considering one of these procedures, you should consult further with a medical professional for complete information on the benefits and risks of all treatments described in this report.