InterveneMD l A Fresh Look at Back Pain Transcript

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Introduction to Chronic Pain and Performance

I help I help high performers overcome the brain fog, pain, lack of sleep, and low energy that, lack of sleep, and low energy that prevent them from performing at their best prevent them from performing at their best at work, at home, and everywhere in between at work, at home, and everywhere in between. And one of the most common things.

Why Common Back Pain Treatments Fall Short

And one of the most common things that holds people back, one of the things that holds people back, one of the things I hear about most often, is I hear about most often, is back pain. If you are back pain. If you are experiencing this, you may have already experiencing this, you may have already tried several methods. Maybe you've tried several methods. Maybe you've had steroid injections.

had steroid injections. Maybe you've had Maybe you've had physical therapy. Maybe you take medication every physical therapy. Maybe you take medication every day just to survive. Maybe day just to survive. Maybe someone suggested surgery, but someone suggested surgery, but you are still in pain. I want you you are still in pain. I want you to know something important. It's to know something important. It's not your fault. You do what not your fault. You do what you are told. You you are told. You follow the existing procedures. It's just that follow the existing procedures. It's just that the procedure wasn't designed to the procedure wasn't designed to fix the problem. I fix the problem.

From Interventional Spine Care to a New Approach

I spent the beginning of my career doing spent the beginning of my career doing what I was taught. what I was taught. Interventional spine medicine. Interventional spine medicine.

Steroid injections, nerve blocks, Steroid injections, nerve blocks, surgical referrals, pain management. I specialize in surgical referrals, pain management. I specialize in that area, and I see patients that area, and I see patients undergoing the same treatments over and over undergoing the same treatments over and over again, getting temporary relief, again, getting temporary relief, or getting worse. And I or getting worse. And I keep asking the keep asking the same question. Why don't we fix same question. Why don't we fix this problem? Steroids reduce this problem? Steroids reduce inflammation temporarily, but inflammation temporarily, but do not heal the tissue. In fact, do not heal the tissue. In fact, repeated steroid injections can actually repeated steroid injections can actually weaken the surrounding structures weaken the surrounding structures over time. Surgery over time.

Why MRI Findings Don't Always Explain Pain

Surgery addresses anatomy, but addresses anatomy, but most back pain is not most back pain is not simply an anatomical problem. Physical therapy strengthens simply an anatomical problem. Physical therapy strengthens muscles, but if joint instability muscles, but if joint instability or tissue damage is not addressed, or tissue damage is not addressed, you are building on a you are building on a broken foundation. Then what about broken foundation. Then what about pain relievers? The drug simply manages pain relievers? The drug simply manages the signals without ever asking the signals without ever asking the cause. I abandoned the cause. I abandoned that model because I couldn't continue to that model because I couldn't continue to offer patients a management plan offer patients a management plan when they needed a when they needed a healing plan. This is something that may healing plan. This is something that may surprise you, and frankly, it surprise you, and frankly, it should change the way you view should change the way you view your diagnosis. About 80% of people your diagnosis.

Ligament Laxity and the Root Cause of Instability

About 80% of people walking around today without walking around today without back pain have bulging discs, arthritis, or, arthritis, or degenerative changes on their MRI. 80% are degenerative changes on their MRI. 80% are asymptomatic, living their lives to asymptomatic, living their lives to the fullest. So, when your doctor the fullest. So, when your doctor shows you an MRI and points to a shows you an MRI and points to a bulging disc or arthritis bulging disc or arthritis and says that's the problem, the science and says that's the problem, the science doesn't actually support doesn't actually support that conclusion. Your imaging findings and that conclusion. Your imaging findings and your pain are often two your pain are often two separate things. This means that a separate things. This means that a scary-looking MRI result is not a death sentence.

Regenerative Treatments for Spine Healing

scary-looking MRI result is not a death sentence. That's not the end of everything. That That's not the end of everything. That is information, and information is information, and information we can use. What we we can use. What we find in most find in most chronic back pain patients is something chronic back pain patients is something that is almost never talked about, that is almost never talked about, and almost never addressed in the and almost never addressed in the standard model. Ligament laxity, standard model. Ligament laxity, joint instability. The connective tissue joint instability. The connective tissue that holds your spine together that holds your spine together has been stretched, strained, or damaged, and has been stretched, strained, or damaged, and never healed properly.

never healed properly. This instability creates a This instability creates a cascade of muscle tension, cascade of muscle tension, nerve irritation, and inflammation that manifests nerve irritation, and inflammation that manifests as daily pain. That's where as daily pain. That's where prolotherapy comes in.

prolotherapy comes in. Prolotherapy is an injection-based treatment Prolotherapy is an injection-based treatment that uses that uses precision solutions to stimulate precision solutions to stimulate your body's own healing response, right your body's own healing response, right in the damaged connective tissue. We in the damaged connective tissue. We don't cover up the pain. We don't cover up the pain. We spark real improvement.

spark real improvement. New collagen, restored stability, a New collagen, restored stability, a spine that functions spine that functions as it should. We as it should. We combine it with PRP, combine it with PRP, shockwave therapy, and MLS laser. A tool shockwave therapy, and MLS laser. A tool that accelerates tissue healing, that accelerates tissue healing, reduces inflammation, and restores reduces inflammation, and restores function at the cellular level. This is a function at the cellular level.

Patient Results and a Call to Seek Real Healing

This is a regenerative treatment applied regenerative treatment applied to the spine, and the results are to the spine, and the results are amazing. We track our results amazing. We track our results closely because results are what closely because results are what matter most. Our patient satisfaction rate matter most. Our patient satisfaction rate in spine in spine and orthopedic care is approximately 93%. That's not a and orthopedic care is approximately 93%. That's not a number we just mentioned.

number we just mentioned. It is the result of actually It is the result of actually fixing what is broken, rather than fixing what is broken, rather than simply managing the pain. Patients simply managing the pain. Patients who came to us after who came to us after years of injections, years of injections, failed physical therapy, and failed physical therapy, and surgical recommendations, told there was surgical recommendations, told there was nothing else to try, are now nothing else to try, are now hiking, golfing, sleeping hiking, golfing, sleeping soundly, and holding their grandchildren. That's what soundly, and holding their grandchildren. That's what healing looks like, and healing looks like, and it's available to you. Most it's available to you. Most back pain patients have back pain patients have spent years being spent years being treated based on MRI images, not treated based on MRI images, not on the person in pain. If on the person in pain. If you're ready to find out what's causing you're ready to find out what's causing your pain and fix it, your pain and fix it, we'd love to talk to you. Come see we'd love to talk to you. Come see us at InterveneMD because you haven't us at InterveneMD because you haven't failed treatment yet. It's failed treatment yet. It's the treatment that has let the treatment that has let you down, and I think we can do you down,

and I think we can do better.