

Glossary of Pain-Related Terms and Treatments

- Aching Back** - Painful back usually caused by pulled, strained or torn muscles.
- Acupuncture** - Vital energy is balanced throughout the body by inserting fine needles on specific meridian points for the purpose of relieving tension, stress, and pain. Highly useful in the treatment and relief of back pain.
- Addiction** - Psychological, emotional, or physical dependence on the effects of a drug.
- Alexander Technique** - A form of movement therapy where practitioners instruct on proper posture, coordination, and muscle balance. Efficient methods of sitting, standing, walking, and proper posture are taught. Generally effective in back pain relief as it teaches proper posture.
- Alternative Medicine** - See Complementary Medicine.
- Analgesics** - Medicines that are used to relieve pain - aspirin is an example.
- Anesthesiologist** - A physician who specializes in giving drugs or other agents that block, prevent, or relieve pain.
- Antidepressant** - A medicine used to treat depression.
- Ayurvedic Medicine** - An ancient system of medicine from India, which emphasizes proper nutrition, massage, meditation, and natural medication.
- Back Extension** - Bending backward of the spine.
- Back Flexion** - Bending forward of the spine.
- Biofeedback** - Utilizing sensitive machines patients see the effects of muscle tension and learn to relax muscle systems.
- Bodywork** - A general term that relates to a wide variety of hands-on therapies, such as massage and some movement therapies.
- Breath Work** - The general term that describes numerous techniques relating to different breathing patterns to relieve stress and pain.
- Bulging Disc** - The annulus portion of the lumbar disc weakens causing the nucleus to press against it resulting in the annulus pinching or pressing against a nerve causing pain.
- Chemotherapy** - Treatment with anticancer drugs.
- Chinese Medicine** - The general term to describe the numerous techniques utilized in China for many thousands of years to heal bodily ailments. These may include massage, herbs, acupuncture, Qi Gong. Practitioners have hospital privileges at hospitals in some of the more progressive areas of the United States.
- Chiropractic** - A therapy which emphasizes proper alignment of the spine.
- Chronic Pain** - Pain that has lasted for more than three months generally having significant psychological and emotional affects and limiting a person's ability to fully function.
- Cognitive Restructuring** - A therapy whose emphasis is on learning to recognize and then change, or restructure thought processes, reframing thoughts in less stressful terms. Learning to make molehills out of mountains.
- Complementary Medicine** - The use of various non-drug, non-surgical related therapies. Using natural means of treatment.
- Compressed Nerve** - Material from a bulging or herniated disk pushes against a nerve in the spinal cord causing severe pain.
- Cordotomy** - Surgery to cut some of the fibers of the spinal cord; used to relieve pain.
- Cranio-sacral Therapy** - A manual therapy focusing on manipulation of the bones in the skull and sacrum.
- Degenerative Arthritis** - The wearing away of cartilage that protects and cushions joints including those in the spine, hands and feet.
- Degenerative Disc Disease** - A general term applied to degeneration of the lumbar spinal discs which serve as cushions between the spinal vertebrae.
- Disk Annulus** - The outer lining of a disk.
- Disk Nucleus** - The inner core of a disk.
- Distraction** - A pain relief method that takes the attention away from the pain.
- Dose** - The amount of medicine taken.
- Duration of Action** - The length of time that the effect of a medicine lasts.
- Epidural** - Into the spinal column but outside of the spinal cord.
- Facet Joint Syndrome** - Pain resulting from degeneration, wear, pressure exerted on and inflammation of the facet joints, which are the joints at the back of each vertebrae linking the vertebrae together.
- Fascia** - A band of connective tissue separating muscles and organs in the body.
- Fibromyalgia** - Fibromyalgia is a condition that causes pain in muscles, joints, ligaments and tendons.
- Fibrositis** - Pain arising from damaged tendons or muscles.
- Foraminal Stenosis** - Narrowing of a vertebral opening.
- Frequency** - How often medication is taken.
- Healing Touch** - A general term that relates to a wide variety of hands-on therapies, such as massage and some movement therapies.
- Herniated Disc** - The nucleus of a lumbar disc oozes out of the center of the disk, pressing against a nerve causing severe pain, after the annulus of the disk ruptures.
- Imagery** - A method of pain relief that uses mental images produced by memory or imagination.
- Infusion** - A method of giving pain medication into a vein or under the skin; unlike an injection, which is pushed by a syringe, an infusion flows by gravity. Some continuous infusions are given using a mechanical pump.
- Intramuscular (IM)** - Into a muscle.
- Intrathecal (IC)** - Into the spinal cord.
- Intravenous (IV)** - Into a vein.
- Kinesiology** - The study of muscles and their relation to movement and pain relief.
- Kyphosis** - Normal curve of the upper back is severely rounded.
- Local anesthetics** - Drugs that block nerve conduction in the region where it is applied.
- Lordosis** - An abnormal accentuated arch in the lower back swayback.
- Lumbago** - A general term meaning pain in the back.

Lumbar Spine - The 5 weight bearing vertebrae that are located between the thoracic vertebrae and the lumbosacral area.

Lymph Drainage Therapy - A therapy that emphasizes the movement and drainage of lymph in the body.

Magnetic Therapy - Utilization of magnets to treat numerous conditions. Particularly effective for circulatory problems.

Massage Therapy - A general term to describe various bodywork techniques.

Meditation - A general term for numerous practices where one focuses awareness on one thing such as breath or a short phrase in order to quiet the mind.

Metastasis - The spread of cancer from one part of the body to another.

Muscle Tension - A state where the muscles are in a general state of contraction.

Muscles Related to Back Pain - The following muscles, when in a state of contraction, can contribute significantly to back pain.

- Abdominal Muscles
- Adductor
- Gluteus Maximus
- Gluteus Medius
- Hamstrings
- Latissimus Dorsi
- Piriformis
- Psoas
- Quadratus Lumborum
- Quadriceps
- Sacrospinalis
- Tensor Fascia Lata

Myofascial Pain - Referred pain caused by trigger points, or hard nodules in muscle tissue.

Myofascial Release - Releasing the fascia (the sheath around a muscle) by gentle movements.

Narcotic - Pain relieving drug related in action and structure to the opiates.

Nerve Block - Pain relief method in which an anesthetic is injected into a nerve.

Neurosurgeon - A physician who specializes in operations on the brain, nerves, and spinal cord.

Network Chiropractic - A chiropractic method that emphasizes gentle adjustment techniques.

Nonprescription (over-the-counter) - Pain relievers, analgesics that can be bought without a doctor's order.

Oncologist - A physician who specializes in the treatment of cancer.

Onset of Action - The length of time it takes for a medicine to start to work.

Opiate - Pain-killing drug chemically related to opium; also called a narcotic.

Osteopathic Medicine - Particular attention is paid to muscles, joints, bones, and nerves through defined osteopathic manipulations.

Osteoporosis - A disease characterized by the loss of calcium in bones resulting in brittleness, generally affecting vertebrae in the spine and the hip bones.

Painful Back - Sore back usually caused by pulled, strained or torn muscles.

Pain Management Plan - Using a variety of strategies to lessen or eliminate pain.

Pain Threshold - The level of pain at which a person becomes aware of it.

Pediatric Oncologist - A physician who specializes in treating children with cancer.

Physical Therapy - The health profession that treats pain in muscles, nerves, joints, and bones with exercise, electrical stimulation, hydrotherapy, and the use of massage, heat, cold, and electrical devices.

Polarity Therapy - Practitioners utilize touch techniques to balance a flow of energy in the body.

Prescription Pain Relievers - Analgesics that can be bought only with a physician's order.

Prolapsed Disk - Herniated disk where material from the disk pushes through the outer lining of the disk.

Radiation Therapy - Treatment with high energy from x-rays or other sources to kill cancer cells.

Reiki - A healing system that redirects energy in the body by the utilization of gentle hand placements on the body.

Relaxation Techniques - A natural process that can be learned by anyone to reverse the effects of stress on the body's physiology. Methods used to lessen tension, reduce anxiety, and manage pain.

Rheumatoid Arthritis - An inflammatory disease that affects the facet joints in the spine as well as other joints in the body including the hands, elbows, shoulders, fingers and toes.

Rhizotomy - Incision of nerve roots within the spinal cord.

Ruptured Disk - Herniated disk where material from the disk pushes through the outer lining of the disk.

Sacroiliac Syndrome - Pain induced by strain of the sacroiliac joint.

Sciatica - Sciatica is a characteristic pain in the distribution of the sciatic nerve in the leg caused by compression or irritation of the nerve. The pain may resemble an electric shock and be associated with numbness and tingling in the skin area served by the nerve. Sciatica is a catch-all term for lower-back disorders that cause pain along the course of the sciatic nerve, which travels from the back down through the buttocks and into the leg.

Scoliosis - The curving of the spine to the side.

Shiatsu Massage - A Japanese massage technique that balances energy throughout the body.

Shingles - An infection which causes pain along a nerve pathway.

Short Leg Syndrome - A difference in leg lengths causing pain in the low back.

Side Effect - An unintended symptom that results from using a drug.

Skin Stimulation - The use of pressure, friction, temperature change, or chemical substances to excite the nerve endings in the skin.

Slipped Disk - Herniated disk where material from the disk pushes through the outer lining of the disk.

Sore Back - Painful back usually caused by pulled, strained or torn muscles.

Spina Bifida - A congenital defect of the spine.

Spinal Fracture - Broken vertebrae in the spine.

Spinal Stenosis - The narrowing of the spinal canal which impacts a nerve. Pain in buttocks and back areas induced by walking or climbing.

Spondylitis - Inflammation of the spine generally caused by an infection.

Stage - The extent of disease.

Strained Muscles in the Back - The over stretching of a muscle that can cause severe pain.

Stress Management - A wide variety of techniques that are utilized to treat the physical and emotional effects of stress.

Subcutaneous - Under the skin.

Swedish Massage - A form of bodywork that uses relaxing strokes to increase circulation of blood and lymph.

Tai Chi - A martial art that emphasizes gentle movements. Highly effective for stress and pain relief.

Therapeutic Touch - Generally practiced by registered nurses. A person's energy field is adjusted and balanced by the placement of hands on various positions on the body.

Tolerance - Decreasing effect of a drug with the same dose or the need to increase the dose to maintain the same effect.

Trager Bodywork - A movement education approach developed by Dr. Milton Trager for the purpose of releasing muscle tension.

Tranquilizer - A drug used to treat anxiety.

Trigger Point Therapy - The application of pressure on tender trigger points in the muscles to relieve pain and tension.

Trigger Points - A generally small area of a muscle that is tightly knotted and in spasm causing referred pain.

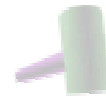
Touch for Health - Applied kinesiology techniques that balance the body's energy through a system of muscle testing and various massage techniques.

Yoga - A gentle exercise system consisting of numerous stretching movements that is extremely helpful in healing.

Yoga Therapy - The use of various Yoga postures to deal with various mental and physical problems.

Chronic Pain Management

Pain keeps hammering away!!!



Dr. Gary Flegal provides effective Non-Drug Management of Chronic Pain for many of his clients. Dr. Flegal utilizes a number of therapies, including:

- ▶Trigger Point Therapy
- ▶Myofascial Release
- ▶Breath Work

- ▶Relaxation Response Training
- ▶Cognitive Restructuring
- ▶Healing Touch

The goal of these natural therapies is to compliment and enhance the effectiveness of traditional therapies. Application of these therapies has been effective in helping to reduce or eliminate clients' dependence on drug and medical therapies. These therapies have proven helpful for:

- ▶Chronic Pain
- ▶Headaches
- ▶Fibromyalgia

- ▶Chronic Fatigue Syndrome
- ▶Discomfort and pain associated with Chemotherapy

It is wise to be cautious about practices that are new to you, but it is not necessary for most people to remain in pain.¹

Upon leaving her first visit with Dr. Flegal, a woman who had suffered chronic pain both from inoperable disk problems in her upper back and Fibromyalgia commented, "Thank you. This is the first time in seven years I have been without pain." This is not too good to be true.

If you have questions, please contact Dr. Flegal through this website or by calling (615) 812-7280 to discuss the potential for using these techniques for your better health. If you are curious about these procedures, it will only take one session to know if they will work for you, a friend, or a loved-one.

¹ As with any procedure, including drug therapies and surgery, there is no guarantee that these therapies will be successful for any individual. Only the high rate of success from working with current and former clients is offered as evidence upon which to base these claims. Consider, however, that dependence upon drugs, both prescription and over-the-counter varieties, merely masks the sensation of pain, allowing the individual's pain threshold to increase and almost guaranteeing that the problem will be back. Why not go directly to the source of the problem and deal with it!