

M.D. NEWS

Special Feature



Team Approach for Treating Severe Pain in Chronic Difficult Conditions

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By Jeanne Davant, Senior Medical Writer

A visit to the doctor meant that Katie had to lie down on pillows in the back of her car while her husband drove. Walking to the car was more than just difficult; it was excruciating.

Katie was hurt in a car accident that left her with a neck injury and two herniated discs in the lower back at L4/5 and L5/S1, causing her long-term pain. In addition, Katie was getting headaches and having difficulty using her right arm, which interfered with her work as a hairstylist.

Katie had pursued every possible avenue for pain relief: steroid injections in her back, acupuncture, chiropractic, medications and massage. She was told that she would need surgery or end up crippled in a wheelchair. Eventually, a friend referred her to Adams County Spine & Accident Center, the Westminster clinic of Brian S. McCain, D.C. The clinic specializes in comprehensive injury care, rehabilitation and pain management.

Led by Dr. McCain, Katie's care team treated her with spinal decompression, rehab and chiropractic care. A comprehensive nutritional workup helped her lose weight and get back to exercise, and

the team worked with her to implement lifestyle changes so she could return to her normal activities.

Today, she is so happy about how great she feels that it brings tears to her eyes when she talks about it. The 33-year-old says, "I got my life back. I'm so happy and grateful. Who knows where I would be now if the people in this office didn't care so much about me."

MULTIDISCIPLINARY APPROACH

Now in its fourth year of existence, Adams County Spine & Accident Center, Inc. is a unique multidisciplinary clinic dedicated to the non-surgical treatment of acutely and chronically injured patients using the most advanced techniques to increase functional health, help people return to normal daily activities and improve their quality of life.

"Our staff is very experienced in treating herniated discs, whiplash, accident-related injuries, fibromyalgia and carpal tunnel syndrome," Dr. McCain says. "With our comprehensive team approach, we do it all, based on what a person needs."

All types of acute injuries are treated at the clinic. Whiplash to the neck and mid- to lower-back region due to rapid deceleration/acceleration and herniated discs causing sciatic leg pain are the most common injuries seen. Many patients have been injured as a result of repetitive wear and tear from work or sports, as well as automobile accidents. Bending, lifting, twisting and even walking become painful.

Some of the other common conditions treated are carpal tunnel, headaches and fibromyalgia.

The clinic offers a full spectrum of injury treatment and rehabilitation using noninvasive methods, including:

- Physical therapy and rehabilitation
- Massage therapy
- Spinal decompression technology for neck and back conditions using the revolutionary DRX9000
- Computerized functional testing that

Dr. McCain carefully analyzes a patient's x-ray using digital technology before offering treatment options.



- includes flexibility and muscle strength
- Pharmacotherapy and injection therapy
- Chiropractic and acupuncture treatments
- Medical-grade therapeutic cold laser therapy
- Computerized balance and strength training utilizing the state-of-the-art LPG One SPINEFORCE
- Electromyography and nerve conduction testing
- A complete range of nutritional testing that includes blood, bone density and tissue mineral analysis
- On-site computer digital X-ray.

DIAGNOSIS AND TREATMENT PLANNING

Starting with a comprehensive evaluation by Dr. McCain, a plan of care is created specifically for each patient's particular injury or condition. At Adams County Spine & Accident Center, nothing is left to chance regarding a patient's health. A thorough examination and review of the patient's health history establish and confirm the patient's diagnosis and point the way to safe and effective treatment for the particular condition. Diagnostic testing in the office prevents patients from having to go to other facilities for testing, minimizing the burden on the patient and making care more convenient and pleasant.

X-rays and/or MRI are appropriate and necessary diagnostic tests for most neck and back injuries. These tests can detect bone spurs, disc bulging, pinched nerves, abnormal curving, such as scoliosis, and ligament injuries from whiplash.

"We must see the condition that we are treating," Dr. McCain says. "It is necessary to see the structure that is affected so that we can determine the severity and the appropriate treatments to get optimal results for the patient."

The clinic uses state-of-the-art diagnostic equipment such as digital X-ray and computerized functional assessments for range of motion and muscle strength.

In some severe cases it is necessary to see how the injury affects

The DRX9000 is the only medical device cleared by the FDA to provide true spinal decompression.



PHOTO BY DON JONES, DON JONES PHOTOGRAPHY

The Cost of Back Pain

Back symptoms are the most common cause of disability for persons in the United States under the age of 45. Treating back pain costs Americans about \$35 billion-\$40 billion a year; half of that goes for surgeries and ongoing pain management, including drugs.

A study from Duke University concluded that the cost is far higher when disability payments, worker's compensation and lost wages from time off work are considered.

Breakdown of Major Expenses

- Office visits \$11.1 billion
- Hospitalization \$4.5 billion
- Prescription drugs \$3.9 billion
- Outpatient services \$4.7 billion
- Emergency Room \$1.1 billion

Source: Dr. Xeumei Luo, lead researcher of the Duke University team.

the nerves that run down the arms and legs. In such cases, one of the clinic's board-certified neurologists can provide advanced neurodiagnostic testing to determine when a particular nerve or muscle is damaged and also whether treatments are helping the problem get better. This type of testing is particularly important with carpal tunnel, injuries involving trauma and leg pain.

Lawrence Janowski, M.D., the clinic's Medical Director, performs a medical evaluation and often recommends rehab or diagnostic testing and other pain relief treatments.

The clinic is concerned with the patient's entire physical condition. Follow-up includes continual assessment and re-evaluation to monitor progress and determine the necessity for further care or referral to another professional. If needed, the patient can be referred for surgical consultation. It is estimated that only 8-10% of the patients seen in the clinic may be candidates for or actually need surgery.

HOW SPINAL DECOMPRESSION WORKS

Decompression of the cervical and lumbar discs relieves pressure on the spinal nerves often caused by herniated, bulging and degenerative discs or posterior facet syndrome. The DRX9000 is the state-of-the-art technology for spinal decompression. This technology has proven to relieve pain by enlarging the disc space, reducing herniations, strengthening the outer ligaments and reversing high intra-discal pressures through the application of negative pressure. It can automatically adjust to the proper angle of distraction, and in combination with an air bladder system that acts as a fulcrum, can target specific discs during treatment.

The DRX9000 is the only device of its kind approved by the FDA to provide true spinal decompression, although manufacturers of other types of equipment make similar claims. Incorporated into the design of the DRX9000 are more than 30 critical components that are protected by existing patents or patent applications held by the suppliers. Fifteen of these components are

unique and specialized to the DRX9000 and are necessary to achieve true nonsurgical spinal decompression.

Quality technology and experience with treating these conditions is essential to achieving optimal results — the most important concern at Dr. McCain's clinic.

"We do not cut corners here. I believe that patients deserve the highest standards in health care," Dr. McCain says.

"We will never turn away an individual who wants to get better and, of course, whom we can help. There are no guarantees in health care, but by offering the highest quality treatments, we can assure the best chance at getting results and pain relief from these serious conditions."

NEUROMUSCULAR TRAINING

One of the newer options for disc-related pain is a combination treatment using nonsurgical spinal decompression followed by core muscle stabilization and strengthening. Using state-of-the-art LPG One SPINEFORCE neuromuscular training technology, Dr. McCain has designed protocols that have produced 90% results or better.

The core strengthening and stabilization component of the therapy program is key to long-term success and management, Dr. McCain says. Patients with injuries need this additional bridge of support as they recover and learn to maintain their health on their own.

The computerized LPG One SPINEFORCE technology is designed specifically to strengthen the interior spinal musculature to improve posture and stabilize the spinal column. This system targets the core muscles and also strengthens the trunk, shoulders, legs, hips, ankles and knees, which can be affected in long-term chronic problems related to the spine and posture.

It is equally important for patients to learn about self-care and continue to exercise at home. Dr. McCain and the team prepare and coach patients to take an active part in their health and care for themselves.

Home support may include hot and cold packs, back braces, Swiss balls for stretching and exercises, and hand weights or other equipment. Many patients receive instruction on diet, weight loss, food planning and lifestyle changes.

STAFF EXPERTISE

Dr. Brian McCain, Clinic Director, is a chiropractic doctor with



(Left) Lawrence Janowski, M.D., Medical Director, is a board-certified internist and pain management specialist, and (right) Brian McCain, D.C., Clinic Director, is a chiropractic doctor with postgraduate education and specialty in whiplash injuries, impairment and permanent injury evaluations, and functional medicine.

PHOTO BY DON JONES, DON JONES PHOTOGRAPHY

postgraduate education and specialty in whiplash injuries, impairment and permanent injury evaluations, and functional medicine. As a young male athlete, Dr. McCain suffered back and shoulder injuries and gained a passion for helping people with similar debilitating conditions so they can avoid risky medicines and surgical procedures. He attended Metropolitan State College of Denver and Logan University of Health Sciences in St. Louis. He is a board-certified clinical nutritionist and Diplomate of the International Academy of Medical Acupuncture.

Dr. Lawrence Janowski, Medical Director, is a board-certified internist and pain management specialist. He uses therapies such as trigger point injections and effective but minimally invasive procedures and medications to accomplish pain relief. He also recommends that patients undergo rehabilitation so that they regain their strength.

Several medical doctors work as special consultants to the clinic, including board-certified neurologists and specialists in physical medicine.

The staff consists of professionals who specialize in neuromuscular and musculoskeletal health, including three licensed massage therapists.

QUALIFYING FOR TREATMENT

The clinic accepts many insurance plans, but in cases where the patient does not have certain benefits or insurance coverage, the office has financing and payment plans for all situations.

The clinic works with attorneys in personal injury cases and can handle billing of services on the patient's behalf with most insurance companies. Any questions or concerns regarding insurance or individual billing can be addressed by contacting the patient relations or billing manager. ■

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Office hours are 9 a.m.-6:30 p.m., Monday through Thursday. Most patients can be seen within 24 hours.