



**Monday through Friday**  
8:00 A.M. to 8:00 P.M.

**Saturdays & Holidays**  
9:00 A.M. to 1:00 P.M.

**Sundays & Christmas**  
Noon to 4:00 P.M.

## ***IT'S ABOUT PAIN***

A monthly service of Kirkpatrick Family Care

Vol 3, Number 11, July 2019

### **WHAT ABOUT PHYSICAL THERAPY AND CHIROPRACTIC THERAPY FOR PAIN**

From reviewing the Inventory of Non Opioid Therapies, which we compile on every patient for whom we are prescribing pain medicine, it's clear that most folks have tried one or more of these alternate treatments....temporarily. Was it ineffective? Or just prohibitively expensive.

If the issue has been cost, some relief is coming.

One of the more reasonable and thoughtful results of all the noise about the Opioid Epidemic is a growing consensus that people with pain need to consider physical therapy, chiropractic therapy, and acupuncture. And, to make that feasible, insurance coverage is improving.

So here are some local providers with whom we have shared patients:

#### **PHYSICAL THERAPY**

- PT Northwest (Longview, Castle Rock, Woodland)
- Longview Physical Therapy
- Pavel's Russian Massage

#### **CHIROPRACTIC**

- Dr. Clay Bartness
- Drs. Ryan and Stephanie Chilton (Synergy)
- Dr. Harold West
- Dr. Clint Van Fleet
- Dr. Nancy McCown
- And others

#### **ACUPUNCTURE**

- Patty Kucher, Acupuncture Northwest

It certainly is true that these therapies don't always work. But if they allow you to reduce the amount of opioid or muscle relaxer medication, they are worth consideration. And whereas costs have been a major barrier, the coverage and copays are improving.

#### **Also worth your consideration is counseling.**

That, too, is expensive and poorly covered by insurance. For the moment, I'd suggest you read ***Managing Your Pain Before It Manages You***, by Margaret A. Caudill, MD, PhD, MPH. First published in 1994, it's still a classic. That teaches you to focus on what you CAN do, rather than CAN'T. Used, it's \$7-14 (4<sup>th</sup> edition), and \$1.25-\$5 for the 3<sup>rd</sup>. Get the 3<sup>rd</sup>. (AMAZON)



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