

# Back Pain Relief

Unresolved pain can be a source of daily discomfort, but patients can find relief with various treatment options.

Stephanie Lutsky suffered for years from what she describes as “chronic” back pain.

She attributes her pain to a long-ago car accident, coupled with heavy lifting and intense workouts at the gym.

“When you’re younger, you feel you’re invincible,” Stephanie reflects. “I did everything on my own, including moving items that were really meant for two people.”



**SOUTHWEST FLORIDA  
NEUROSURGICAL  
& REHAB ASSOCIATES**

JAMES P. WEINER, MD  
ROBERT D. MEHRBERG, MD  
PIERRE R. HYPOLITE, MD  
CINDY BASSFORD, PA-C, PHD

After years of taking muscle relaxants and receiving care from various doctors, she consulted Pierre R. Hyppolite, MD, with Southwest Florida Neurosurgical & Rehab Associates.

“The pain was something I was dealing with every day and it was debilitating at times,” she explains. “I started taking muscle relaxants, which made me groggy and took from my quality of life, and I wanted to change that.

“I stand during an eight-hour shift at work and I really needed relief. I could no longer do yard work that I enjoyed or simple chores around the house. I have too much to do to just sit around and not be myself.”

## Pain relief options

For patients like Stephanie who suffer from unresolved pain, the condition often can be neither reversed nor completely resolved. The goal in these cases is to reduce the patient’s pain as much as possible.

“We have a wide variety of treatments that we can offer in our practice, and we work closely with the neurological surgeons at Southwest Florida Neurosurgical Associates,” notes Dr. Hyppolite. “Pain-relieving or muscle-relaxing injections, trigger point

therapy, hot and cold compresses, physical therapy and stretches, and electrical stimulation all can be helpful for patients with certain indications.

“Pain medicines which are not addictive can be helpful as well,” Dr. Hyppolite explains. “Basically, we offer a variety of tools to improve a patient’s lifestyle and quality of life.”

Stephanie’s treatment plan includes myofascial trigger point therapy to relieve her cervical and lumbar pain.

The word “myofascial” refers to the muscle tissue (myo) and the connective tissue that is in and around it (fascia). When stressed or injured, the muscle and connective tissue can form trigger points – or contracted knots – that cause pain and tightness.

“Trigger point therapy is aimed at forcing these muscles to relax,” educates the doctor. “They can be both diagnostic and therapeutic in that once the muscle relaxes, if the pain is relieved, that helps differentiate where the pain was emanating from. In the event that the trigger point injections help but are not long-lasting, or if they do not provide significant relief, then we would look at alternative treatments.”

## Improved quality of life

Dr. Hyppolite explains that Stephanie is just one of many success stories.

“She has good pain relief and is able to function reasonably, with minimal side effects,” he assures.

The process used in diagnosing the cause of the pain is essential in determining proper care for the patient, Dr. Hyppolite adds. “What we do here is more than just block pain,” he emphasizes. “We are focused on diagnosing where the pain is coming from, differentiating which pain generator is actually causing the problem, and specifically addressing that pain generator to relieve pain and restore function.”

After nearly seven years of treatment, Stephanie reports that today she is able to enjoy and participate in many activities she was once unable to do.

“Before I started getting the injections, I was unable to do yard work or make it through my shift at work without intense pain. Now, I am able to do all of those things and enjoy my family,” she says.

## Relief at last

The staff at Southwest Florida Neurosurgical & Rehab Associates welcome your questions and comments regarding this article. For additional information or to schedule a consultation, please call or visit one of their conveniently located offices: in Fort Myers at (239) 432-0774, 12700 Creekside Ln., Suite 301, and in Cape Coral at (239) 772-5577, 413 Del Prado Blvd. South, Suite 201.



Stephanie’s treatment plan includes myofascial trigger point therapy to relieve her cervical and lumbar pain.

As for medication, Stephanie adds that she only has to take a muscle relaxant once in a while to relieve pain in between visits.

“Before I started treatment, I was taking way too many pain relievers and I did not want that to continue,” she explains. “I wanted relief from the medications *and* the pain.”

Stephanie relates that she is very pleased with the quality of care she receives from Dr. Hyppolite and his staff, and with the fact that she was able to avoid invasive surgery to correct her pain problem.

“I am so happy I consulted a pain

management clinic and Dr. Hyppolite,” Stephanie says. “I love the staff there. They are a fantastic group of people to work with and I highly recommend them. Dr. Hyppolite changed my life for the better.” **FHCN**

## Southwest Florida Neurosurgical & Rehab Associates:

- Pain management
- Rehabilitative medicine
- Physical therapy
- LCD Therapy



**James P. Weiner, MD**, is board certified by the American Board of Anesthesiology. He received his medical degree and completed his residency in physical medicine and rehabilitation at Eastern Virginia Medical School, Norfolk, and completed an anesthesia residency and received fellowship training in pain management at the Naval Hospital, Portsmouth, VA. He also received fellowship training in anesthesia at Bowman-Gray Medical Center, Wake Forest University, Winston-Salem, NC. He is a member of the American Association of Electrodiagnostic Medicine, American Association of Physical Medicine and Rehabilitation, American Society of Anesthesiology, Florida Medical Society, Florida Society of Anesthesiology, International Association for the Study of Pain, and International Spinal Injection Society. He has published extensively in his areas of expertise.



**Robert D. Mehrberg, MD**, is a board-certified physiatrist, certified in physical medicine and rehabilitation, as well as in electrodiagnostic medicine. He completed his undergraduate studies and earned his medical degree at Tulane University, New Orleans, LA. He served his internship and his residency in physical medicine and rehabilitation at Eastern Virginia Medical School, Norfolk, where he was appointed chief resident. Dr. Mehrberg has lectured on, written, or coauthored numerous articles, abstracts, presentations, and publications concerned with the treatment and well being of rehabilitation patients. Dr. Mehrberg is a member of the American Association of Electrodiagnostic Medicine, American Academy of Physical Medicine and Rehabilitation, and Association of Academic Physiatrists.



**Pierre R. Hyppolite, MD**, is fellowship-trained in spinal cord injury through the University of Miami’s Jackson Memorial Hospital/Miami VA Medical Center. He is a graduate of the Faculte De Medicine Et De Pharmacie Universite D’etat d’Haiti, where he earned his medical degree and served his medical internship. Dr. Hyppolite attended Yale University School of Public Health and served an internal medicine internship at the New York Medical College’s Our Lady of Mercy Medical Center. He completed his residency in physical medicine and rehabilitation at NYMC’s Metropolitan Hospital Center. Dr. Hyppolite is an associate member of the American Academy of Physical Medicine and Rehabilitation and the American Paraplegia Society. He is fluent in English, French, and Creole.

Please visit Southwest Florida Neurosurgical & Rehab Associates on the web. Just set your browser to **www.swfna.com** and select “Pain Management & Rehabilitation” from the menu at the top of the screen.



Stephanie Lutsky