

Help for Shoulder Pain

Managing pain and providing rehabilitation doesn't have to be "fragmented" among multiple specialists. Sometimes, it can be done under one roof.

PHOTO COURTESY OF BRAD GONYER



Brad Gonyer

Yaneth Sarmiento

Brad Gonyer loves golf, but he certainly doesn't claim to be competition for Tiger Woods. "I'm an avid golfer, but play very poorly," he says wryly.

In recent years, however, Brad has had to contend with more than just a bad swing. Pain problems made his days much less enjoyable.

"I was having some aches and pains in my back," he confides, "though nothing too serious. The pain didn't limit me, but I was waking up feeling very stiff and achy.

"I could use it as an excuse for my poor golf game, but I won't," he adds with a chuckle.

Brad consulted fellowship-trained physical medicine and rehab specialist Pierre R. Hyppolite, MD, of Southwest Florida Rehab & Pain Management Associates.

"We tried a couple different pain medications and then I went through about six weeks of physical therapy," reports Brad. "My daughter is actually an occupational therapist, and I'm a big believer in therapy. I haven't had any issues with my back since then."

But Brad had also developed another, more serious problem: severe shoulder pain.

"I went back to Dr. Hyppolite for my right shoulder because it was painful in certain positions," he explains. "An MRI determined that I had a pretty severe rotator cuff tear."

Brad's trusted doctor provided a solution to that, too.

"Dr. Hyppolite recommended a very fine physician," continues Brad, "a gentleman named Dr. Todd Atkinson in Fort Myers. He's an orthopedic surgeon specializing in rotator cuff repair, and he performed the surgery for me."

Functional recovery

"Brad's right shoulder pain was getting worse over time and exacerbated by certain activities, mainly lifting and reaching," confirms Dr. Hyppolite.

"He first reported that the pain was intermittent, but ultimately it became steady and worsened with activities...not only at work, but also interfering with leisure

activities, particularly golf."

Dr. Hyppolite assures that he works closely with his fellow physicians in the community.

"We have a team approach, and I know Dr. Atkinson well, so I was comfortable referring Brad to him for surgical intervention," reflects Dr. Hyppolite. "The MRI of Brad's right shoulder showed quite a significant rotator cuff tear, and Dr. Atkinson indeed confirmed that surgery would be required to repair it.

"With a little encouragement from our team, Brad eventually had the rotator cuff repair procedure, followed by rehabilitation for several months afterwards. Gradually, he was able to recover a good range of motion of his right shoulder, which he had initially lost. His pain subsided and he regained strength. He was able to resume all activities, not only working full-time but also going back to golfing six months after surgery.

"He's a happy patient now, and of course, we were happy to help him return to all his activities."

Outstanding results

Indeed, the results of his surgery and his therapy have given Brad the freedom to do

what he wants to do.

"The experience has been very good," he says simply. "I'm healthy now. It didn't help my golf game, but I'm all better," he adds with a smile.

Brad emphasizes his loyalty to Dr. Hyppolite.

"The reason I go back to Dr. Hyppolite is that, unlike with some physicians today, when I go in to see him, I never feel rushed. In a lot of places, you're more or less a number: you're in and out, and may see the doctor for five minutes. But when I see Dr. Hyppolite, we really talk, and sometimes I'm even with him for half an hour or forty-five minutes.

"The staff is great there, very nice and very professional, especially his nurse, Luz. They all know you by name the minute you walk in. I can't say enough about Southwest Florida Rehab and Pain Management Associates."

FHCN—Michael J. Sabno

SOUTHWEST FLORIDA REHAB & PAIN MANAGEMENT ASSOCIATES

SOUTHWEST FLORIDA NEUROSURGICAL ASSOCIATES

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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.



Peter S. Schreiber, DO, is board certified in physical medicine and rehabilitation. He completed his undergraduate studies in microbiology at the University of Florida, Gainesville, and received his medical degree from Nova Southeastern University College of Osteopathic Medicine, Davie, FL. He served his internship and a combined residency in internal medicine and physical medicine and rehabilitation at

Case Western Reserve University/MetroHealth Medical Center, Cleveland, OH. Dr. Schreiber is a member of the American Medical Association, American Osteopathic Association, and American Academy of Physical Medicine and Rehabilitation.



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.

Relief at last

The staff at Southwest Florida Rehab & Pain Management Associates and Southwest Florida Neurosurgical 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, 632 Del Prado Blvd. North, Suite 101**.

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