



**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.

Please visit Southwest Florida Rehab & Pain Management Associates on the Web. Just set your browser to [www.swfna.com](http://www.swfna.com) and select "Pain Management & Rehabilitation" from the menu at the top of the screen.

# Leg Pain Relieved with Stimulator

**The Spinal Cord Stimulator (SCS) is typically associated with back pain, but leg pain or foot pain sufferers may get relief as well.**

**J**ennifer Wolff never could figure out what caused her persistent back and lower leg pain.

"What I thought was that I had hurt my hip," she explains. "I really don't know how it started, but I bartended for a long time and worked at jobs where I'd be sitting for twelve hours at a time.

"I basically figured that with the accumulation of all that abuse over time, my body just started to wear out."

Eventually, Jennifer's pain became debilitating.

"Even on pain medication, the pain was so bad it would keep me up all night long," she says. "I would literally wrap ice packs around my foot to try to freeze it so I could go to sleep."

It turned out that the underlying problem was a severe disc herniation. However, several back surgeries later, Jennifer still suffered with severe leg pain from nerve damage caused by the herniated disc.

"It was horrible pain," she recalls. "It would bring me to tears."

Jennifer consulted Robert D. Mehrberg, MD, a board-certified physiatrist with Southwest Florida Rehab & Pain Management Associates.

## Reducing the pain

Fortunately, Dr. Mehrberg employs a number of approaches to help restore comfort and function for patients like Jennifer who suffer chronic pain. 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.

"Whether it's for the neck or the back, surgery may not completely cure the patient," reminds Dr. Mehrberg, "and that's what we're here to deal with – the individual problems patients may have. Trigger point injections, BOTOX® injections, and medication management all can help.

"As a group, we have the ability to manage the pain, to get it to the right surgeon to fix the underlying structural problem, and to do everything necessary to help the patient function. Sometimes patients have back or neck surgery, and it may relieve some pain, but they may not get full neck or back pain relief. We can help address those issues.

"Our goal is to reduce the pain and allow the patient to function, providing as much pain relief as possible," explains the doctor. "Jennifer is doing much better than when we first saw her. She was pretty much in agony before she came to us, and now she's functioning very well."

## Returning to function

The solution the doctor suggested for Jennifer was spinal cord stimulation (SCS), which is for people who have permanent nerve injury. The SCS is one of the most effective treatments available for

## SOUTHWEST FLORIDA REHAB & PAIN MANAGEMENT ASSOCIATES

## SOUTHWEST FLORIDA NEUROSURGICAL ASSOCIATES

JAMES P. WEINER, MD  
ROBERT D. MEHRBERG, MD  
PETER S. SCHREIBER, DO  
PIERRE R. HYPPOLITE, MD



Jennifer Wolff

PHOTO COURTESY OF JENNIFER WOLFF

certain indications, particularly chronic pain from CRPS, angina, peripheral vascular disease, and a number of other conditions. Many patients with intractable foot problems are good candidates for this leading-edge procedure.

Studies have shown that spinal cord stimulation actually increases blood flow to the legs. Consequently, patients with chronic nerve pain, peripheral vascular disease, and non-healing diabetic ulcers may all be good candidates, even if they do not have pain in the spine.

For Jennifer, the spinal cord stimulator turned out to be the best possible solution, enabling her to avoid taking strong pain medications. Dr. Mehrberg referred Jennifer to neurosurgeon Dr. Donald Moyer in the Cape Coral office of Southwest Florida Neurosurgical Associates for the spinal cord stimulator procedure.

Jennifer's trial with the SCS device

was so successful, she says she actually looked forward to getting the permanent implant.

"I had a seven-day trial period and I couldn't wait to get the permanent one put in," she confirms. "It was just a great, great experience."

Today, she is back in the stream of life again, without severe pain.

"I couldn't imagine if I had to spend my life either being in bed or groggy on large amounts of pain medication," says Jennifer. "I can actually go out and live my life again!"

And she has a bit of advice for other sufferers of chronic, intractable pain.

"If someone is having pain, they need to be sure they're getting the right treatment," emphasizes Jennifer. "Anyone with limb pain should seriously consider whether the spinal cord stimulator would be right for them." **FHCN**

## 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.

### YES! Please send me additional information about:

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

Name \_\_\_\_\_

Address \_\_\_\_\_

City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_

Phone \_\_\_\_\_

**Mail to:** Southwest Florida Rehab & Pain Management Associates, 12700 Creekside Ln., Suite 301, Fort Myers, FL 33919

