

# Independence Back Institute



Independence Back Institute  
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[www.independenceback.com](http://www.independenceback.com)

Live life to the fullest, pain free. Choose Independence!

## Exactly What Is A Physiatrist? What Do They Treat?

Our physicians at Independence Back Institute are Physiatrists. (fi-zē-'a-trist) They have completed training in the medical specialty Physical Medicine and Rehabilitation (PM&R), along with Pain Management. They are nerve, muscle, and bone experts who treat injuries or illnesses that affect how you move.

Physiatrists, or rehabilitation physicians, are medical doctors who are:

- Experts at diagnosing and treating pain
- Restore maximum function lost through injury, illness or disabling conditions
- Treat the whole person, not just the problem area
- Provide non-surgical treatments
- Explain your medical problems and treatment plan
- Work not only on treatment but also prevention

At Independence Back Institute, we treat a wide range of problems from sore shoulders to spinal cord injuries. The goal is to decrease pain and enhance performance without surgery. Our providers accurately pinpoint the source of an ailment and then design a treatment plan that can be carried out by the patients themselves or with the help of other health professionals. (Neurologists, Orthopedic Surgeons, and Physical Therapists) Their broad medical expertise allows them to treat disabling conditions throughout a person's lifetime.

Source: American Academy of Physical Medicine and Rehabilitation

### **At Independence Back Institute, We Treat:**

- |                        |                      |                    |
|------------------------|----------------------|--------------------|
| *Back pain             | *Sports injury       | * Workplace injury |
| *Stroke rehabilitation | *Spinal cord injury  | * Chronic pain     |
| *Brain injury          | * Neck pain          | *Arthritis         |
| * Joint Pain           | * Radiculopathy      | *Fibromyalgia      |
| * Disabling conditions | *Diabetic Neuropathy | *Carpal tunnel     |

• **What Is A Physiatrist?**

• **Dr. Ben Wall & Spinal Cord Stimulators: WECT News**

• **Tips To Reduce Neck Pain**

**Have you seen our NEW website?**

[www.independenceback.com](http://www.independenceback.com)

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### **Medical Providers**

**John Liguori, MD**

**Ben Wall, MD**

**Peter Gemelli, MD**

**Ken Barrow, PAC**

**Erica Christensen, PAC**

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#### SERVICES PROVIDED:

- ✓ Pain Management
- ✓ Extensive Back & Neck Pain Care
- ✓ Fluoroscopic Guided Injections: Cervical & Lumbar
- ✓ Facet Joint Injections
- ✓ EMG/Nerve Conduction Studies
- ✓ Spinal Cord Stimulator Trials
- ✓ Acute & Chronic Injury Management
- ✓ Workers Compensation
- ✓ Prolotherapy
- ✓ Radiofrequency Lesioning
- ✓ Botox for Pain

## Dr. Wall Featured In WECT News Story: Neurostimulators

Neurostimulators, also called spinal cord stimulators are an advanced FDA approved reversible method of pain control. They are used to treat a number of conditions including Failed Back Surgery Syndrome, Complex Regional Pain Syndrome, Post Laminectomy Syndrome, Diabetic Neuropathy and other forms of chronic neuropathic pain.

The stimulator is a wire that goes into the epidural space of the spine. When the lead is on or active, low intensity electrical impulses trigger nerve fibers selectively along the spinal cord. When these fibers are stimulated, they diminish or block the pain message traveling to the brain. When this happens, the painful sensation is replaced with a soothing tingling sensation.

WECT News featured a story, "It's the kind of pain that makes you want to scream" by Casey Roman. The story featured a current patient of Dr. Wall's who has had great success in using a spinal cord stimulator to relieve her chronic back pain.

***"The minute he put it in, it was like a miracle!" said Joyce.***

***"I've had patients that we've put this in and literally start to cry when they get up because their pain is so much better," said Dr. Wall.***

To read the WECT article visit: [www.wect.com/Global/story.asp?S=13705642](http://www.wect.com/Global/story.asp?S=13705642)

To learn more about stimulators: [www.independenceback.com/FAQs/What-is-Spinal-Cord-Stimulation.aspx](http://www.independenceback.com/FAQs/What-is-Spinal-Cord-Stimulation.aspx) or contact our offices at 910-794-8892.

### TIPS To Reduce Neck Pain

**Take frequent breaks.** Don't sit in one place for a long time, such as your car or at your desk. Arrange some of the items in your office so that they are inconvenient. This will force you to get up, stretch or walk around.

**Maintain good neck posture.** Adjust the seat of your computer or desk chair so your hips are slightly higher than your knees -- your head and neck will naturally follow in the correct position. Traveling in a car, airplane? Place a small pillow or rolled towel between your neck and a headrest to keep the normal curve in your neck

**How are you sleeping?** Avoid sleeping with too many pillows or falling asleep in front of the television with your head on the arm of a couch.

**On the phone a lot?** Use a speakerphone or headsets -- do not cradle the phone in your neck.

**Exercise.** Treat your body to a consistent regimen of stretching and strengthening to balance your muscle groups. This protects your neck as well as helping your whole body. Walking at any pace is excellent exercise for your neck. The rotation of the spine provides a great natural workout for the neck muscles.

- 22<sup>nd</sup> Annual Trauma Symposium: John Liguori, MD speaks on "The Recovery Journey"
- New Hanover Regional Medical Center "Live & Learn" Back Pain Seminar: John Liguori, MD is keynote speaker again.
- American Academy of Pain Medicine's Annual Meeting: Focuses on the emerging issues in pain medicine and the opportunity to network with fellow pain medicine practitioners and world-class pain medicine experts. -- Attended by Ben Wall, MD.
- Fibromyalgia Support Group: Ken Barrow, PAC speaks on living with and managing Fibromyalgia.