

Connected Health's Pain Management Program

Decrease pain, increase mobility!



What does Connected Health's pain management program include?

Suzanne Wolf, DO is our pain management specialist. She uses multiple techniques to treat various types of pain. These consist of Dry Needling, Osteopathic Manipulation, and Myofascial Release techniques. The first step is scheduling a pain management evaluation appointment where Dr. Wolf will work directly with you to create a personalized treatment plan. Two follow-up appointments are usually scheduled over the next month. Thereafter, one monthly maintenance appointment can help maintain results. **As a patient, your first evaluation and 2 treatments are complimentary - maintenance and subsequent pain needs are charged at a member discounted rate.**

What is Dry Needling?

Dry needling is a procedure in which an acupuncture needle is inserted into myofascial trigger points. "Trigger Points" are hyper-irritable spots typically within a taut band of muscle. These areas are often painful upon compression. A twitch response will usually occur within the muscle when the needle has been inserted in the appropriate spot. This does not cause any pain. Depending upon the area(s) being treated, the needles may be left inserted for various amounts of time.

Dry Needling can treat a variety of musculoskeletal pains. The most common complaints Dr. Wolf treats with Dry Needling are neck and back pain. The trapezius muscle tends to respond quite well to these treatments and is often a source of trigger points in individuals with neck pain, both acute and chronic. Dr. Wolf has used Dry Needling to treat shin splints, hip pain, knee pain (particularly patellar tendonitis), and headaches.

Patients of all ages can benefit from Dry Needling because it is a very low risk procedure and has shown to be an effective way of decreasing pain and increasing mobility.

How long does it take to see results?

It takes around 3 treatments for a patient to assess whether or not the treatment is working for them. It will typically take 4-6 weeks to see full results. The sessions are usually spaced 2 weeks apart. These treatments work well in conjunction with physical therapy and osteopathic manipulation. Dr. Wolf also incorporates myofascial release techniques in conjunction with Dry Needling to help see results faster.

What is Osteopathic Manipulation?

Osteopathic manipulation (OMT) is a whole system evaluation and treatment individually designed to achieve and maintain health by restoring normal function to the body. Manipulation refers to the application of manual pressure or force. Numerous techniques are utilized to achieve this balance and reduce pain. Soft tissue techniques involve the application of pressure, traction, or stretching to the muscle surrounding the spine. Thrust techniques utilize high velocity forces to restore motion to a joint and eliminate restricted movement and associated tenderness. This is the "cracking" form of manipulation. Counter strain techniques involve holding the area being treated in a position that enables muscle relaxation for periods of 90 seconds. This is the gentlest technique and is excellent for acute pain.

The body works as a unit, thus low back pain not only causes great dysfunction in the low back musculature, but also throughout the spine, hips, and legs. Thus, when you come in for a treatment, Dr. Wolf will address the various issues she finds from head to toe.

In addition to musculoskeletal pain, OMT can be used to treat sinus pain and congestion, pressure imbalances within the ear (eustachian tube dysfunction), headaches, constipation, and carpal tunnel syndrome.



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