



Our mission: quality of life for chronic pain patients ~ to reduce pain and restore physical function



Newsletter January 2019

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Thuy's Corner

As most of you know, for the past few years, M.T. Wellness Clinic has been collaborating with several researchers from The Ohio State University. Together, our goal is to spread the word about MRMT®, using research studies and data analysis to show how MRMT® can benefit chronic pain patients. As many of you, our patients, can attest, MRMT® is effective in reducing pain and restoring physical function. Through research, we are able to build on the effects that we have seen first-hand in the clinic and acquire data to show that MRMT® is a viable treatment

option for those suffering from chronic pain and other debilitating injuries and illnesses.

I am elated to announce that our "Individualized, Assessment-Based Manual Therapy to Reduce Chronic Pain and Increase Function: Case Study of a Patient with Fibromyalgia and Diabetes" manuscript has been published in the Journal of Family Medicine and Disease Prevention* (JFMDP) on August 10th, 2018.

JFMDP website: https://www.clinmedjournals.org/Journal-of-Family-Medicine-and-Disease-Prevention.php

Link to our article: https://www.clinmedjournals.org/articles/jfmdp/journal-of-family-medicine-and-disease-prevention-jfmdp-4-086.php?jid=jfmdp

Finally, our MRMT method is accepted by the medical community.

As one of the JFMDP reviewers wrote-

- "... A very exciting approach to enable chronic pain sufferers to manage pain more effectively, accompanied greater mobility allowing significant improvement in long term Type II Dm. This treatment shows great potential, due to the build-up of patient trust and 6 months of education..."

- "...This program has the potential to be a highly valuable resource, reducing the burden on primary care providers and improving patient wellbeing."

At M.T. Wellness Clinic, in the last 20+ years, we have dedicated our work to finding noninvasive and natural solutions for chronic pain patients. The more we learn, the more we realize that if we continue to focus on chronic pain, we perpetuate the chronic pain cycle.

To break the pain cycle, we must change how we work with patients. We must change our approach from reactive to proactive. We begin to imagine our healthcare future where manual therapy will be part of the care that our family practice and internal medicine primary care physicians provide, where musculoskeletal assessment will be part of the annual checkup and the hands-on therapy will be given before pain medications.

To transition from a reactive to proactive

approach, we wanted to examine the cost savings and how to shift from “vital signs only” wellness to adding on musculoskeletal assessment in the work environment. In 2017, M. T. Wellness Clinic collaborated with a local company, Dave Fox Remodeling, Inc. (DF), for a pilot study initiative aimed at improving employee health and safety to improve productivity and reduce costs to our State of Ohio.

I hired a full time researcher, Katy Fillman, PhD, to help me gather and analyze the data for our paper to be submitted to the State of Ohio Bureau of Workers’ Compensation (BWC).

Katy left us in August 2018 to move with her husband to Akron for his work with the Firestone Company. We wish her well!

Fortunately, Leena Hiremath, PhD, retired from OSU, was able to step in to help me write up the report. The title is:

"An employer-initiated collaboration to examine the benefit of on-site physical assessment and worker education as a prelude to developing a preventive and early intervention program for improving workplace health and safety".

Between Brian, Leena and me, we were able to get the report done and sent to the following individuals for feedback, comments and advice:

- Dr. Jen Larson, PhD Biochemistry and Biology, who teaches at Capital University after 5 years as a postdoctoral fellow at OSU, and adjunct faculty for OSU and Capital.
 - Mr. Tim Nagy, Attorney, Taft law firm.
 - Dr. Ann Scheck McAlearney, PhD Health Policy & Management, Executive Director, Professor of Family Medicine, Ohio State University College of Medicine, OSU Center for the Advancement of Team Science, Analytics and System Thinking (CATALYST).
- We submitted this report to BWC at the end of October, followed up in November, and had conversation with the Medical Director for BWC in December 2018, requesting that recognition be given to Dave Fox for their healthcare initiative. We hope to showcase DF for their innovative thinking about health and well-care for their employees and possibly enable them to negotiate better rates for their insurance.
- As for us, we hope to establish our credibility from this pilot study so that in the future, maybe we can qualify for grant funding to allow us to conduct further research studies to help us with our mission: to promote early intervention, prevention and to reduce chronic musculoskeletal conditions that could benefit everyone.
- We are still trying! What DF and MTW had done is out of the BWC norm! Looking back, our article that was accepted and published in a peer-reviewed medical journal did not happen overnight. We cannot expect this project to be an exception.
- Dr. William Matthews, PhD Engineer, who spent many years working in academia, research and consulting. He is a Jefferson Award finalist, for his volunteer work with the Columbus Rotary Club, Columbus City Schools and Junior Achievement of Central Ohio.

Why BWC, you ask?

BWC is the “required” insurance - for all Ohio companies and their employees - that focuses on occupational health and safety. MThuyW wanted to study cost savings, early intervention and prevention focusing on musculoskeletal disorders. The musculoskeletal system is typically omitted from our well care.

Together, Dave Fox and M.T. Wellness Clinic funded our own study.

We started our project in January 2017. Our project was completed in June 2018.

We discovered that in November 2017, and again in November 2018, BWC’s Research program solicited participation from non-profit research institutes to focus on prevention of musculoskeletal disorders, especially those involving the back, shoulder and knee; effectiveness of exoskeletons in the prevention of musculoskeletal injuries; and prevention of injuries for specialty trade contractors. Interestingly, our collaboration with Dave Fox and the implementation of this demonstration pilot study was on our own initiative and planned ahead of The Ohio Bureau of Workers’ Compensation’s “Ohio Occupational Safety and Health Research Program”, proposals for which were due in January 2018, and most recently in January 2019.

Ask Brian Column

Because I have encountered many patients with chronic musculoskeletal conditions that required an integrative approach beyond MRMT knowledge, I have occasionally solicited my husband, Brian, retired faculty member from the OSU Department of PM&R, to help me with patient care. He serves as our medical consultant to ensure that I do no harm and to explain to us about pain management ranging from noninvasive to invasive approaches. In this newsletter, I asked Brian to explain to us what Platelet-Rich Plasma injections are, since many of my patients have inquired about this process.

For this newsletter issue, the following question was submitted to Brian:

“What is PRP?”

Brian says:

Platelet-Rich Plasma (PRP) is an example of therapies called orthobiologics, which use substances from one’s own body, such as platelet rich plasma and stem cells, to promote healing of injured or degenerated tendons, ligaments, muscles and joints. It generally works better for people with milder than more advanced arthritis or soft tissue degeneration. PRP injections do not replace the other usual approaches to treatment such as activity modification, physical therapy, proper exercise, and using a brace or other support as recommended by healthcare providers. However, it is generally safe with low rates of complications because it uses a person’s own blood. Platelets are a component of blood which helps clotting to occur, but they also play an important role in setting up a healing response following an injury. PRP injections deliver concentrated amounts of platelets to a specific area, such as a degenerated tendon or an arthritic joint. PRP will not undo structural changes and does not reverse arthritis, but it may reduce pain and improve function. Unfortunately, it is not covered by most insurance and the cost may vary from roughly \$500 to \$1500 per injection.

Should you or shouldn’t you?

Because the procedure is not covered by insurance, not everyone can afford to pay for this procedure. And, multiple PRP injections may provide greater benefit compared to a single injection. Currently, most people are aware of, and some have received, steroid (cortisone) injections into inflamed joints or around inflamed tendons. The outcome from steroid injections can be similar to that from PRP injections. The big differences, though, are the potential side effects of steroids vs. PRP – steroid injections can perpetuate joint or tendon degeneration, increase blood sugar, cause skin to become thinner or lighter in color, weaken bones, suppress immunity, etc. - and cost - insurance does not cover PRP injections.

Where to go for PRP injections for musculoskeletal disorders in Columbus?

Physicians specializing in sports medicine (Physical Medicine, Orthopedics, or Family Medicine) perform this procedure, but first confirm via phone call or web search that a particular physician can provide this service for your specific problem. One option is OSU Sports Medicine:

<https://wexnermedical.osu.edu/sports-medicine/treatments/sports-orthobiologics>



Meet Our Staff**Carole Mench - Front Desk Coordinator**

As you know, right after Carole retired from OSU, she stepped in working Monday to Friday to help us at MTW Clinic. Last May, she informed us that she did not want to be tied down every day at the MTW front desk. Currently, Carole works on Fridays and is willing to fill in whenever we need her. A win-win solution! Thank you, Carole.

Rose Blackman - Clinic Coordinator

Rose joined us in August 2018 when we said goodbye to Katy. She works on Tuesdays, Wednesdays, and Thursdays. When she's not at work, Rose enjoys crafting, reading, and listening to music.

Isabella Bals - Student Intern/Administrative Assistant

Isabella started working at MTW Clinic in June 2018. She is currently with us on Mondays, and is actively pursuing an associate's degree in Massage Therapy and Business at Columbus State Community College. In her spare time, Isabella enjoys playing sports, reading, drawing and painting.

Malia Evans and Julia Chapman - Student Interns/Administrative Assistants

Malia joined our team in November 2018, and Julia joined us the following month. They both attend Hilliard Darby High School and are looking forward to graduating later this year. Malia seeks a career in Psychology, whereas Julia plans to enter the Nursing profession.

**M.T. WELLNESS
CLINIC, INC.**

1151 Bethel Rd.
Suite 302
Columbus, OH 43220

Phone:
(614) 273-0810

Fax:
(614) 273-0173

E-Mail:
info@mtwellnessclinic.com

Our Fancy Goldfish

Why not more fish, as many of you have been wondering? Since 2001, we have learned that adding new fish to mingle with our preexisting fish opened the door for pain and suffering to the new fish, or to the existing fish. Rather than taking that chance, we rather enjoy our lone fish now. Per research, gold fish are not "pack" animals. He (she?) likes Carole and will come up to eat right from her hand!

A Final Note

Through the years, I have met and worked with many patients from all walks of life. Each one of my patients taught me many things. I am eternally grateful! Moving into the New Year, I cannot help but looking back; this past year we have lost a number of very special patients. I wanted to use this space to honor them, and to express my gratitude for what they taught me and what I have learned from them. The imprint that each of these wonderful people have left on my life and on my path will not be forgotten. MThuyW extends our sincere condolences to each of these families for their loss.