

## YOU CAN REDUCE PAIN MEDICATION USE WITH SAFE, NON-DRUG PAIN MANAGEMENT

### Reduced pain scores lead to reduced pain medication usage

#### A case series of 15 patients

July 2016 Newsletter

Assessment and treatment of pain are challenges for clinicians and patients. Opioids are commonly prescribed for pain relief, however there are serious risks, including dependence and overdose. The opioid challenge within the Veterans Affairs (VA) population led to the publication of Clinical Practice Guidelines, including *Management of Postoperative Pain* and *Management of Opioid Therapy for Chronic Pain*. Reduction of opioid consumption is a primary goal. The VA also established the Opioid Safety Initiative Directive, which aids in clinical decisions about starting, continuing, or tapering opioid therapy, and challenges related to safe prescribing.

Provant Therapy is a safe, non-drug pain management alternative. Shown here is a summary of case reports for various pain syndromes. All patients exhibited reduced pain scores allowing for reduced pain med consumption. Complete case reports are available [here](#).

Lumbar and Cervical Spine					
Etiology of Pain	Provant Treatment Length	Initial Pain Score	Pain Score After Provant	Pain Medication Prior to Provant Therapy	Pain Medication After Provant Therapy
Lumbar Fusion	16 weeks	10/10	2/10	Asked to refill methadone early	Taking less methadone than prescribed
Lumbar Fusion and Re-Operation	11 weeks	5-6/10	0-1/10; 2-3/10 with activity	Gabapentin 600mg/day, oxycodone	Gabapentin 300 mg/day, no oxycodone
Lumbar Fusion and Two Re-Operations for Cerebral Spinal Fluid Leak	3 months	7/10	≤3/10	Oxycodone, gabapentin, methocarbamol	None
Cervical Fusion and Root Canal	Continues to treat regularly	7-8/10	3/10 after Botox and Provant	Hydrocodone after root canal, oxycodone after fusion	Reduced Botox injections; lidocaine patches and naproxen as needed

Lower Extremity					
Etiology of Pain	Provant Treatment Length	Initial Pain Score	Pain Score After Provant	Pain Medication Prior to Provant Therapy	Pain Medication After Provant Therapy
Endoscopic Plantar Fasciotomy	4 weeks	5/10	0/10	10mg hydrocodone as needed	Hydrocodone discontinued
Foot and Ankle Orthopedic Surgeries; Neuroma Excision; Resulting in CRPS	2 months	7/10	1/10	NSAIDS, Gabapentin, TENS, injections	None
Knee Arthroscopy	3 ½ weeks	8/10	0/10	Hydrocodone 10mg 1-2 times daily	None
Below the Knee Amputation	3 months	10/10	0/10	Gabapentin 3600mg/day	Gabapentin 1200mg/day for pain in his remaining foot
Total Knee Arthroplasty	6 weeks	6-8/10	0/10	In hospital PCA pump	No pain meds, except with PT
Debrided Arterial Ulcer	16 weeks	5-9/10	0/10	Lyrica, hydrocodone, lidocaine, fentanyl	Fentanyl patch for back pain

Upper Extremity					
Etiology of Pain	Provant Treatment Length	Initial Pain Score	Pain Score After Provant	Pain Medication Prior to Provant Therapy	Pain Medication After Provant Therapy
Hand Degloving; Amputation Avoidance	4 weeks	10/10	0/10	Oxycodone, hydrocodone, gabapentin	None
Shoulder Arthroscopy	8 weeks	3-4 at rest; 6/10 with movement	0/10 at rest; 2/10 with movement	Provant prescribed immediate post-op: Less meds taken than typical; 2 Percocet per day for 1 week vs. 4 per day typical, then 1 per day for a week; tramadol as needed at 1-2 per day for 2 months	

Chest, Abdomen, Face					
Etiology of Pain	Provant Treatment Length	Initial Pain Score	Pain Score After Provant	Pain Medication Prior to Provant Therapy	Pain Medication After Provant Therapy
Chest Surgery	12 weeks	10/10	7/10	90mg methadone daily	75mg methadone daily
C-Section with nerve damage	7 months	10/10	2/10	Hydrocodone every 6 hours, gabapentin 600mg 3 x per day	1 gabapentin per day
Lateral Canthus Reconstruction	6 weeks	7/10 with spikes	4-5/10	Percocet	Ibuprofen



This safe, non-drug pain management therapy has been used by more than 12,000 patients. To learn more how Provant may help your patients, please contact your RegenesiS representative, or visit [www.regenesibio.com](http://www.regenesibio.com).

If you have colleagues that would like to receive these monthly newsletters, please forward this email to them; they may subscribe by emailing us at [newsletter@regenesibio.com](mailto:newsletter@regenesibio.com).

Sincerely,

A handwritten signature in black ink that reads "Adrienne P. Smith MD". The signature is written in a cursive, flowing style.

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