

Summary of Case Reports

Reduced Pain Medications with Safe, Non-Drug Pain Management

- Assessment and treatment of pain are challenges for clinicians and patients.
- Opioids are commonly prescribed for pain relief. Opioid use presents serious risks, including dependence and overdose.
- The opioid challenge within the Veterans Affairs 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.
- Provant Therapy is a safe, non-drug pain management modality. Shown below is a summary of case reports for various pain syndromes; complete case reports are available.

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



Illustration of the Invisible Dome-Shaped Therapy Field



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