

<b>Investigators</b>	Alex Moroz, M.D., Justin Mendoza, D.O., Peter Dubitsky, M.S., L.Ac.
<b>Title</b>	Integrative Approach to Musculoskeletal and Neuropathic Pain: Preliminary Results
<b>Objectives</b>	<ol style="list-style-type: none"> <li>1. To evaluate feasibility of integrative medicine program to treat musculoskeletal and neuropathic pain</li> <li>2. To review the outcomes of the program for the first six months</li> </ol>
<b>Method</b>	<p>A convenience 6 month consecutive sample of patients with pain treated in an integrative medicine program was included and records analyzed retrospectively. Each patient was evaluated by physiatrist at the beginning of the program and prescribed a multi-modality treatment that included medical and rehabilitation interventions, acupuncture, and massage.</p> <p>Each patient completed Measure Your Own Medical Outcome Profile (MYMOP), a validated patient-centered assessment instrument able to track severity of primary and secondary complaints, activity level, and well being.</p> <p>Data was tabulated and descriptive statistics analyzed.</p>
<b>Results</b>	<p>Fifteen patients (6 males, 9 females) were included. The average age of the patients was 44 (SD 15). Diagnoses included myofascial pain (6), lumbosacral radiculopathy (4), musculoskeletal low back pain (3), osteoarthritis of hip or knee (3), rotator cuff tear (2), neuropathic pain (2), phantom pain (1), hip labral tear (1), cervical radiculopathy (1), pes anserine bursitis (1), patellofemoral syndrome (1). Numbers of patients whose pain lasted 0 to 3 months, 3 months to a year, and greater than a year were evenly divided.</p> <p>Modalities used included acupuncture (16), moxibustion (12), electrical stimulation or TENS (10), physical therapy (9), acupressure or massage (7), oral or transdermal opiates (4), oral or injectable corticosteroids (3), oral or transdermal NSAIDs (3), muscle relaxant (1), orthosis (1). Participants received a mean of 7 acupuncture treatments (SD 4.8).</p> <p>Seventy three percent of patients reported improvement in their primary complaint from initial evaluation to last visit. The average score for improvement of their primary complaints was 1 (on 6-point MYMOP scale). The average improvement per visit was 0.35. Secondary complaint was identified by 69% of patients, and it improved in 82%. The average score for improvement of their secondary complaints was 1.45, with a average improvement per visit of 0.2. Seventy five percent described activity level, and 67% felt it improved. The average improvement with activity level was 1.85. Eighty one percent of patients rated their well being, and 46% improved by the end of treatment.</p> <p>Patients with shorter duration of pain reported the greatest change, with the mean improvement of 3.4 from initial to final evaluation.</p>
<b>Implications &amp; Impact on Rehabilitation Medicine</b>	<p>Our results indicate that patients with musculoskeletal and neuropathic pain may benefit from acupuncture as part of an integrative multimodality program. Earlier treatment with acupuncture may yield the greatest results in regards to improvement of pain, activity level and patient well-being. Further studies need to incorporate larger more focused patient population.</p>