

WHAT ELSE CAN I DO TO GET BETTER?

You are the most important determinant of your own health. Health behaviors govern how your body interrelates with your life. Diet, exercise, sleep and self-image regulate your health.

Diet pertains to what your every-day nutrition is, not what you are doing to prepare for a bathing-suit vacation. Stay well hydrated with water and don't eat a lot of junk food or prepared food.

Exercise should include stretching, strengthening and aerobic conditioning. People tend to be drawn to what they are good at. Yoga practitioners, weight lifters and runners should spend equal effort on these 3 components. At least 45 minutes of exercise 5 days a week is recommended. This time should be dedicated to making you feel re-charged. Exertion at work does not count.

Sleep is restorative. If you do not average at least 6 hours of uninterrupted sleep a night, you will have difficulty improving. Caffeine stays in the body a long time. After 4 days of consumption, your blood level is stable whether you drink it at 8am or 8pm. Caffeine is a stimulant. If you have interrupted sleep, your first remedy should be to remove caffeine from your diet. You may need a sleep study or medicine to help restore a normal sleep-wake cycle.

Self-image reflects how you perceive and use your body. Habits, routines, hobbies and jobs effect how you feel. What are your vices? How do you relieve stress? Can you tolerate the essential functions of your job? How do you engage your social support network? Activity modification and behavior modification may be needed. If you keep doing the things you are doing, you will probably keep feeling the way you are feeling. If you smoke, don't expect to improve.

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WHAT IS DR. SMITH'S BACKGROUND?

Dr. Smith began studying Tai Chi Chuan, Chi Gong and Chi Healing in 1992 during his second year of medical school. He received his Medical Doctorate from Queens University in Kingston, Canada and completed his postgraduate training in Physical Medicine and Rehabilitation at Stanford University in Palo Alto, California. After residency, Dr. Smith became a diplomate of the American Academy of Neurophysiology and Electrodiagnostic Medicine. Dr. Smith completed the Helms Institute Acupuncture for Physicians training in 2001. This was a 400-hour course and was felt to be the preeminent acupuncture school for physicians in this country. Dr. Smith received his training in Osteopathic Manipulative Treatment from the Michigan State University College of Osteopathic Medicine Department of Continuing Medical Education. In 2002, Dr. Smith completed a 1-year fellowship at the University of Michigan in Spine and Sports Medicine where he also did research in Acupuncture and received extensive training in Electrodiagnostic Medicine. Dr. Smith moved to Rhode Island and founded East Greenwich Spine & Sport in 2003.



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Integrative Healing

Integrative Healing encompasses a number of techniques using the Doctor's hands and needles to treat pain, restore movement and harmonize your body's natural balance.



WHAT IS INTEGRATIVE HEALING?

Integrative Healing (IH) combines the best of the world's healing systems. From Eastern Medicine, IH borrows the meridian theory and the five elements energy theories, which form the foundations of acupuncture and shiatsu massage. From Osteopathy, the model of musculoskeletal rhythm encourages symmetrical segmental spinal mobility. The scientific foundation comes from the Western medicine disciplines of neurophysiology, anatomy and biomechanics.

HOW DOES IH WORK?

The unifying principle is that blockages in the body ought not be tolerated. Whether the problem is viewed as a pinched nerve, restricted spinal joint movement or impaired flow of energy (chi), blockage of normal movement creates pain and disease. When the body moves like a well-oiled machine, it works better than when it's encumbered by kinks and hitches.

WHAT TECHNIQUES ARE USED IN IH?

Massage. Techniques such as rubbing, kneading, tapping and rolling help draw blood flow and attention to an area. Scraping an area with a smooth edge and analgesic balm can loosen a region of tightness.

Tui na. A Chinese massage aims to balance the eight principles of traditional Chinese medicine: yin/yang, heat/cold, depletion/excess and superficial/deep.

Osteopathic Manipulative Treatment. Various applications of the hands promote symmetrical movement of the joints of the spine and the

appendicular skeleton.

Injection. Introduction of sarapin and bupivacaine into trigger points and connective tissue by a needle can break up tension. Needling can also stimulate the body's healing response (see Prolotherapy brochure).

Acupuncture. All needles are sterile and disposable. Needles are placed along meridians to introduce or remove energy from the body. Points are chosen to address areas of injury locally and to call the body's pain fighting mechanisms into play. Points on meridians remote from an area of pain may be connected biomechanically or energetically.

Cupping/Bleeding. A vacuum device can be used to suck waste products out of an area and draw in nutrition. When combined with a pinprick, 5-10cc of blood can be removed. These techniques can cause significant bruising and can be somewhat messy. However, they are considered very powerful in the Eastern healing tradition.

Electrical stimulation and Heat. These modalities are sometimes applied in combination with acupuncture to strengthen the therapeutic effect.

ARE THERE ANY RISKS INVOLVED?

All procedures have possible risks. The type of risk often depends on the location of the body part that is being treated. The most common risks include: no improvement, bleeding under the skin (bruising), infection, increased pain or swelling at an injection site and temporary or permanent nerve damage. The most serious risk of treatment with injection

in the upper back and chest is a pneumothorax (collapsed lung), which could lead to hospitalization and need for further treatment. Great care is taken so that these do not happen, and in fact the more serious risks are very rare. However, it's important for you to be aware of these risks. If you don't feel that the possible benefits of this treatment are worth the risks, then IH might not be right for you.

HOW MANY TREATMENTS WILL I NEED?

The response to treatment varies from person to person, and often depends on a number of factors. Some people may only need one treatment, while others may need ongoing visits. Generally, it is recommended that 3 treatments be tried and then the situation be reassessed. A favorable response should provide a couple of hours to a couple of days change with the first treatment, a longer effect from the second treatment and improvement of increasing duration with subsequent treatments. The second treatment is generally scheduled 1 week after the first, and the third treatment 2 weeks after the second. For ongoing maintenance treatments to be warranted, patients should have 3 months of improvement between visits.

WHAT CAN I EXPECT AFTER IH?

Responses are variable. Most people feel calm and relaxed, although there can be a feeling of being washed out. Often people feel sore for a few days followed by improvement. Some patients state, "I feel like toxins are being released." The worst response is to feel no change. Avoid excesses for the rest of the day following treatment.