

# Pain Mapping™



**What is Pain Mapping?** Pain is a complex issue. Due to the limitations and shortcomings of conventional medicine, patients can suffer for years without finding lasting pain relief. In order to find a cure, you need an accurate diagnosis. This starts by identifying what is actually causing pain.

***Pain Mapping identifies the root cause of your pain.***

The experts at Wellward have developed a unique and safe process to efficiently identify the root cause of pain in a single visit as opposed to the weeks it takes with traditional methods. We call it Pain Mapping.

involved might have an opinion but there isn't a cohesive conversation that brings it all together. It's as if there are dots on a sheet of paper, but the lines connecting the dots are missing to show the full picture.

### ***What's wrong with the standard approaches to diagnosing pain?***

Chronic pain is chronic injury and the challenge in figuring out the root cause is that the body reacts and changes. Every joint in your body has multiple gears and levers, any combination of which can be the cause of pain. Osteoarthritis, for instance, is not just a problem of cartilage erosion. Rather it is the downstream problem from damage to one of many tendons, ligaments, or muscles. X-rays and MRIs only give a snapshot of the problem and often show what's happened in the past but not what's happening now. No one specialty in medicine has the full picture either — one looks at the nerves, another at the bones, yet another at the ligaments and tendons. Every clinician

### ***How is Pain Mapping used?***

Pain mapping involves two clinicians working together — a Doctor of Physical Therapy, who is a Biomechanics Specialist, and a Medical Doctor, who is a **Regenerative Specialist**. We examine you together to identify key areas

that are contributing to your pain and get an understanding of which dots on the page are important. We will use the still images from X-rays or MRIs but go further by using live images from an ultrasound or live x-ray to view your body in motion

TRADITIONAL MEDICINE	VS	PAIN MAPPING
<ul style="list-style-type: none"><li>• Short appointments</li><li>• 1 Generalist</li><li>• One area evaluated in isolation</li><li>• Standard Physical exam</li><li>• Only radiology reports reviewed</li></ul>		<ul style="list-style-type: none"><li>• Extended history &amp; exam</li><li>• 2 Expert Specialists</li><li>• Review all contributors to the problem</li><li>• Exam with live ultrasound/x-ray</li><li>• All images viewed personally and compared with reports &amp; exam</li><li>• Prolo-based injections to start the regenerative process for faster return to activity</li></ul>

where and when it hurts. In this way, we test the strength of the various tissues in these areas and use pin-point diagnostic techniques to numb what we suspect are the problems. We retest your movements to start connecting dots and find the combination of problems causing pain.

### **How does this help my body heal?**

Pain Mapping offers a comprehensive and real-time look at your body with greater insight than any single clinician can provide. Connecting dots and understanding their interactions helps to accurately map out the physical limitations causing pain. This process builds the roadmap for what will reliably lead to healing and lasting relief through a customized treatment plan.

### **What should I expect during this procedure?**

The Pain Mapping process begins with a thorough and comprehensive review of your personal health story, medical records, and treatment history. The visit also includes all of the diagnostic injections and workup that would otherwise take weeks or months to complete elsewhere. A full explanation of your pain is provided, along with triggers to avoid and a treatment plan to maximize health and recovery.

### **What are the next steps after the procedure is completed?**

After all your problem areas are identified, a tailored treatment plan is created to help you take the first steps toward healing and recovery. The staff at Wellward works closely with your physical therapist so that your healthcare team can optimize your recovery.

Your treatment plan can include lifestyle changes, customized workout and physical therapy routines, platelet rich plasma (PRP) or stem cell injections, prolotherapy, MLS laser therapy, massage and acupuncture, and more.

Your other healthcare providers (physician, physical therapist, etc.) will have access to our ground-breaking post-procedural protocols for any care given at Wellward. They will also be able to work with our staff in case there are any questions or concerns.



**I went to nearly a dozen specialists and no one could figure it out after years of trying. Pain Mapping found the problem in an afternoon.**

— *Cindy (Dayton OH)*

**I appreciated the time the Wellward team took to hear me out and root out the problem. No one has ever talked or examined me like that. Ever.**

— *Mary (Lexington KY)*

**I was given a treatment plan that addressed all causes of my physical and emotional pain. I'm pain-free for the first time in 18 years!**

— *Jerry B. (Minnesota)*

### **Questions?**

**Wellward** uses cutting-edge techniques based on the best available research to help the most complicated cases recover and flourish. We are honored and humbled that you have chosen to trust us with your care. If you have any questions about the Pain Mapping process, or believe a friend or family member may be a candidate for this, contact us so we can better serve you.

# wellward

Regenerative Medicine

[wellwardmed.com](http://wellwardmed.com)

Phone (859) 275-4878  
Fax (859) 276-5400

101 N. Eagle Creek Drive  
Lexington, KY 40509