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# PAINnews

News from Southwest  
Spine & Pain Center

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

## PLATELET-RICH PLASMA INJECTION THERAPY

- + Beat Summer Back Pain  
with Reflexology
- + Sesame-Ginger Pork Patty  
with Grilled Pineapple



# Could You Benefit From Platelet-Rich Plasma (PRP) Injection Therapy?



Naturopathic medicine has been researched for centuries, uncovering the natural healing powers of the human body. While effective medications and surgeries are largely utilized in the medical community, treatments using a patient’s own blood continually demonstrate efficacy, efficiency, and safety.

Platelet-Rich Plasma (PRP) injection therapy is a non-surgical treatment that is a beneficial alternative to other injections. Southwest Spine and Pain Center now provides PRP injections to patients suffering with painful conditions. Platelet generation facilitates restoration to injured tendons, ligaments, muscles, and joints with the use of the patient’s own blood.

For the procedure, a patient’s blood is centrifuged, activating platelets that can be injected into damaged tissue. The stimulated blood releases growth hormones that promote reparative cells to the site. A surgeon will use ultrasound or fluoroscopic guidance to insert the injection. Studies continue to uncover restorative powers of PRP injections, indicating that PRP brings improved function and decreased pain to patients who have endured overuse injuries.

PRP injections can be used to treat a number of conditions including:

- Chronic tendon injuries
- Acute ligament and muscle injuries
- Knee arthritis
- Fractures
- Rotator cuff tears
- Tennis elbow
- MCL injuries
- Osteoarthritis

PRP treatment is created from a patient’s own blood, having considerably lower risks of complications. For more information about PRP treatment and if you are a candidate, contact a Southwest Spine and Pain Center representative today.



# How to Beat Summer Back Pain With Reflexology

Utah is among the states with the best summertime travel and outdoor leisure activities. Long hours put into work during the week often brings out the weekend warrior in many of us. Tennis, golf, gardening, and swimming are great recreational pastimes that sometimes come with a price: back pain.

At Southwest Spine and Pain Center, chronic pain sufferers can seek treatment through a variety of different ways. With four locations across Utah, Southwest Spine and Pain Center is better able to provide care for suffering patients in more rural areas. Don't let chronic pain interfere with your summer time fun. Instead, use these tips to minimize back pain.

Pain in the back is more than a physical problem. This condition, chronic or acute, can manifest anxiety, pressure, and emotional distress. One of the greatest ways to combat disabling back pain is reflexology. Reflexology is the application of pressure to specific points on the feet, hands, and ears. These points correspond to different organs and systems of the body, providing a beneficial effect when pressed on.

Reflexology is not used to diagnose or cure a health disorder, but is an easy way to implement into treatments to relieve pain. Reflexology therapy can be used in conjunction with treatment to manage anxiety, asthma, cancer, cardiovascular issues, diabetes, headaches, kidney function, and sinusitis.

The reflex area that targets the spine is located on the feet. Concentrated pressure can be applied along the inside edge of the foot (stretching from the big toe to the base of the heel) to relieve back pain.

## How To Relax the Back:

- 1** Press your thumbs up and down on the inner soles of your feet.
- 2** If you suffer from lower back pain, knead your thumbs between the middle of the foot and the heel, along the inner sole.
- 3** If you suffer from middle back pain, knead your thumbs along the inner edge of the foot towards the middle.
- 4** For upper back problems (including neck pain): press your thumbs along the edge of the foot from the base of the big toe to the middle of the foot.
- 5** For whole back pain: Knead your thumbs, moving up the inner edge of the foot all the way up to the big toe.

Patients can spend as long as they need on each foot, and should spend extra time on the area that corresponds to the part of the back that they have the most pain.

Talk to your Southwest Spine and Pain physician about available treatment options that can be utilized in addition to reflexology. Be sure to report any changes to your health as well as your hopes for treatment.



# Sesame-Ginger Pork Patty with Grilled Pineapple

**Makes:** 4 servings

**Total Time:** 35 minutes

**From:** [http://www.eatingwell.com/recipes/sesame\\_ginger\\_pork\\_patty.html](http://www.eatingwell.com/recipes/sesame_ginger_pork_patty.html)

## Ingredients:

- 3 tbs reduce-sodium soy sauce
- 2 scallions, chopped
- 2 garlic cloves, minced
- 1 tbs minced fresh ginger
- 2 tsp sesame oil
- 1 ground pork chop
- 1 tbs rice vinegar
- 4 pineapple rings, 1/4 inch thick
- 4 cups watercress, tough stems removed
- 1 cup shredded carrot

## Preparation:

1. Preheat grill to medium-high
2. Combine soy sauce, scallions, garlic, ginger, and 1 tsp sesame oil in a small bowl.
3. Place pork in a medium bowl and mix in half of the sauce mixture. Form 4 patties, about 3/4 inch thick. Add the remaining 2 tsp sesame oil and vinegar to the remaining of the sauce mixture.
4. Grill the patties, turning once, until cooked through; about 4-5 minutes per side. During the last 3 minutes of cooking, add the pineapple rings to the grill and cook, turning once.
5. Combine watercress and carrot in a large bowl. Add 2 tbs of the remaining sauce. Divide the salad into fourths. Top with patty and pineapple ring.

**Nutrition:** Per serving: 217 calories; 9 g fat (3 g sat, 1 g mono); 66 mg cholesterol; 13 g carbohydrates; 0 g added sugars; 25 g protein; 2 g fiber; 531 mg sodium; 540 mg potassium.

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