

PLAN OF CARE

We are proponents of a multi-disciplined wellness and poly-pharmacological approach to disability and pain.

By **multi-disciplined** we mean that Dr. Rosenberg will work with multiple health care providers to help you improve. This may include Physical Therapists, Occupational Therapists, Massage Therapist, Personal Trainers, Chiropractors, Acupuncturists, Dietitians, Rehabilitation Nurses, Psychiatrists, Phycologists, etc.

By **Poly-pharmacological** we mean that Dr. Rosenberg will prescribe multiple medications that work in different places in the pain cycle. This may include an **anti-inflammatory medication** to reduce bone and joint pain, a **muscle relaxant medication** to reduce muscle pain and spasm, an **nerve pain** medication to reduce neuropathic pain, **sleep medication**, and occasionally and an **opioid pain medication** including both timed released (slow release) for chronic continuous pain and a short acting (immediate release) for breakthrough activity induced pain.

This allows him to keep the amount of any one medication low so that you are at less risk for developing side effects, tolerance, dependency or addiction.

The goal of this treatment program will be to **reduce, not eliminate**, your discomfort and thereby improve your ability to function more safely. We will try to reduce your use of dangerous opioid medications while shifting to physical medicine, exercise and wellness treatments. **We will not simply prescribe opioid medication. If you are unwilling to participate in this approach, this program is not for you.**

Furthermore, we will review your records and testing to make sure you have been properly diagnosed. If additional testing is indicated he will order that as well. This often includes X-rays, MRI's or EMG's.

Sometimes procedures may be performed. This includes steroid trigger point and/or joint injections to reduce inflammation and pain.

Your comprehensive plan of care treatment will be customized uniquely for you. Please follow all the recommendations to the best of your abilities.

Patient

Date

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