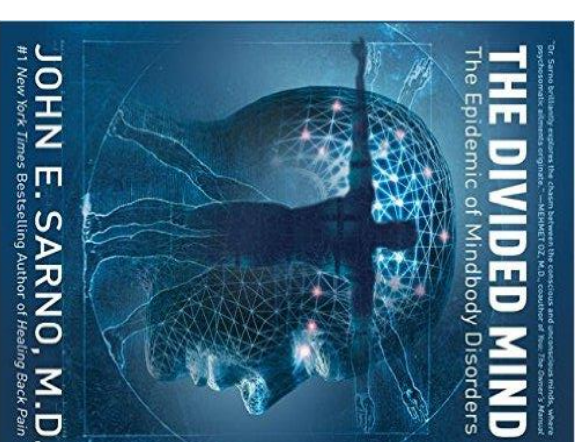


Paradigm Shift: Chronic Back Pain Can Be Cured

Brad Fanestil, MD
Internal Medicine Associates
303-816-3054



"The Divided Mind" by John Sarno, MD



"Only two scientists
within the last two
centuries clearly
qualify as
irreplaceable: Charles
Darwin and **Sigmund
Freud.** "

- Jared Diamond in the
February 2001 issue of
Natural History

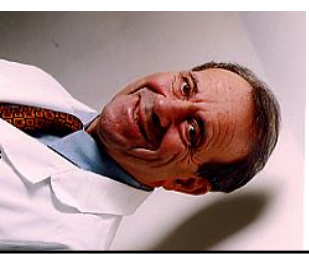
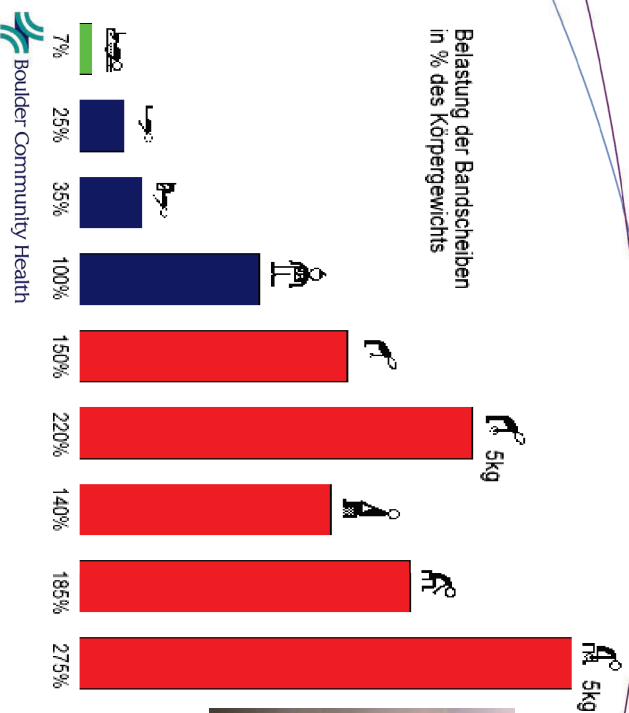


ALL PAIN IS CONSTRUCTED BY THE BRAIN

“One of the main goals of my career has been to determine the cause of nonspecific back pain. And in this I have failed. I didn’t know the origin of back pain in those days, and I don’t know now.”

- Alf Nachemson MD, The Spine Interview 2007

Belastung der Bandscheiben
in % des Körpergewichts



20 Swedish Air Force pilots who had suffered painful vertebral fractures during ejection procedures.

“their spines looked terrible... But to my great surprise, they all went back to flying within six to eight weeks, subjecting their spine to large G-forces! And not a single one had back pain at follow-up. So I started to scratch my head and wonder if there was more to back pain than structural abnormalities.”

-Alf Nachemson, MD

Volvo study:

“We...redesigned an entire plant to minimize stress on the spine - based on bio-mechanical principles. We found that ergonomics just didn't work as a preventive intervention. It didn't alter the level of sickness absence due to low back pain at all.”

- Alf Nachemson MD, The Spine Interview 2007

- “I have been saying for years that we must look upwards to the brain...the pain is processed in the brain. And, as our research has shown, the pain may change the brain and central nervous system.”
- “The greatest problem in spine care today is that physicians treat x-rays and MRI scans rather than the whole person. ... They must also be able to understand the psychosocial, socioeconomic, and insurance issues that surround the patient.”

- Alf Nachemson MD, The Spine Interview 2007

Boeing study in Seattle:

“...collaboration with Will Fordyce, the psychologist, where we showed for the first time that psychosocial factors play a significant role in back pain. To our surprise, they were better predictors of work disability than physical factors...”

- Alf Nachemson, MD

“The most predictive individual factors were (1) job task dissatisfaction and (2) distress as reported on Scale 3 of the Minnesota Multiphasic Personality Inventory (MMPI).”

-Bigos, SJ, et al. [Clin Orthop Relat Res.](#) 1992 Jun;(279):21-34

Prevalence of degenerative spine imaging finding in asymptomatic patients, n=3,300

Imaging finding	Age (yrs)							
	20	30	40	50	60	70	80	
Disk degeneration	37%	52%	68%	80%	88%	93%	96%	
Disk bulge	30%	40%	50%	60%	69%	77%	84%	
Disk protrusion	29%	31%	33%	36%	38%	40%	43%	
Annular fissure	19%	20%	22%	23%	25%	27%	29%	
Facet degeneration	4%	9%	18%	32%	50%	69%	83%	
Spondylolisthesis	3%	5%	8%	14%	23%	35%	50%	

Brinjiki W, et al. [Am J Neuroradiol.](#) 2015, 36:811-6

New England Journal of Medicine review of “Persistent Low Back Pain” - 2005

- “...neither baseline MRIs nor follow-up MRIs are useful predictors of low back pain.”
- “ill-considered attempts to make a diagnosis on the basis of imaging studies may reinforce the suspicion of serious disease, magnify the importance of nonspecific findings, and label patients with spurious diagnoses.”

- Carragee, E. Clinical Practice: Persistent Low Back Pain. New England Journal of Medicine 2005; 352:1891-1898



Fisher, et al. BMJ. 1995; 310:70

“A builder, age 29, came to the accident and emergency department having jumped down on to a 15cm nail. As the smallest movement of the nail was painful, he was sedated with fentanyl and midazolam.”

- “The greatest problem in spine care today is that physicians treat x-rays and MRI scans rather than the whole person. ... They must also be able to understand the psychosocial, socioeconomic, and insurance issues that surround the patient.”

ALL PAIN IS CONSTRUCTED BY THE BRAIN

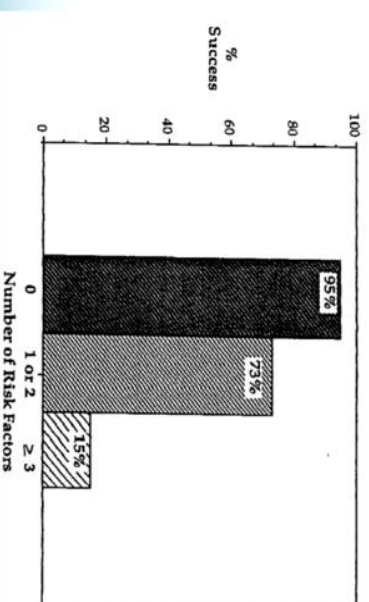
https://www.youtube.com/watch?v=QbKw0_v2cIo

No wonder we do such a lousy job treating chronic pain - we're treating the wrong thing!

“We observed that brain activity for back pain in the early, acute/subacute back pain group is limited to regions involved in acute pain, whereas in the chronic back pain group, activity is confined to emotion-related circuitry.”

Hashmi,JA, Baliki,MN et al. Brain. 2013; 136: 2751-2768

Success in lumbar surgery based upon degree of childhood trauma



Schofferman, et. al. Spine, 1992, 17:S138-44.

Different Names: Same Problem

- Central Sensitization
- TMS
Tension Myositis Syndrome
- MBS
Mind Body Syndrome
- PPD
Psychophysiologic Disease
- NPPD
Neural Pain Pathway Disorder

Hypervigilant Danger-Alarm

Mechanism

=

Central Sensitization



1. Understand that all pain is in the brain.

If you still believe you have tissue damage causing your pain, do we need to do more testing? Do you just need to educate yourself more about this very common concept?



2. Educate yourself how negative emotions can cause “hypervigilance” in your brain. Understand that pain is nothing more than our brain’s alarm mechanism, alerting us that something is wrong. You might need to step back and examine exactly what that might be.



curablehealth.com



MOVE

Find a Physical Therapist who understands
these new concepts
(Is your therapist familiar with the ideas of
Lorimer Mosely and David Butler?)

tmswiki.org

click on Alan Gordon's Free Pain
Treatment Program

Expressive Writing

Somatic Tracking

(Getting rid of the FEAR)

Back In Control

by

David Hanscom, MD

Unlearn Your Pain

by

Howard Schubiner, MD

Integrative Medicine

BioMedical Model

+

BioPsychoSocial Model

Thank You!

Brad Fanestil, MD

Internal Medicine Associates

303-816-3054

Adverse Childhood Events Study

- Did a parent or other adult in the household often or very often swear at you, insult you, or put you down?
- 1 out of 10 say yes
- Did one of your parents often or very often hit you so hard that you had marks or were injured?
- 1 out of 4 say yes
- Did an adult or person at least 5 years older ever have you touch their body in a sexual way? And, did an adult or person at least 5 years older ever attempt oral, anal, or vaginal intercourse with you?
- 28% of women and 16% of men say yes