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Physical Medicine, Rehabilitation and Pain Treatment
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Welcome to my practice.

In my practice, I treat people with chronic or recurrent pain problems often accompanied by some degree of psychosocial stress, sleep disturbance, and fatigue. This includes patients who may suffer from fibromyalgia or chronic fatigue.

What I won't do. I don't look to manage pain, but rather seek to understand and treat it. To be specific, I do not prescribe narcotics (e.g. Vicodin, Percocet, Oxycontin) or other addictive medications (like Xanax and Valium). If you are on these medications, we can work to get you off of them, but you will need to get refills from your current prescriber while we do so. If you think you need these medications for your pain, then my approach is not for you.

What I will do. When working individually with patients, I draw upon experience and expertise in the following areas:

- Soft tissue and joint mobilization techniques, neuromuscular re-education exercises and co-treatment with chiropractors, massage therapists, physical therapists and other “body” workers to address structural, postural and movement imbalances and compensations.
- Trigger point, joint and neural injections as well as acupuncture and energetic therapies to address and rebalance the myofascial system, nervous system, meridian system and energy body.
- Nutritional evaluation, lifestyle counseling, dietary and supplement recommendations to help balance one's individual biochemistry and restore one's reserves.
- Testing and treatment for chronic (often low-grade) infections, dysbiosis (imbalances of the normal bacteria and other flora that colonize various areas of the body and are essential for health), and toxicity (including heavy metals, organic solvents, and other chemicals). **Infections, dysbiosis and toxins from our environment have become the main problems blocking progress from other treatments, and they may be quite hidden in one's history and difficult to detect in the lab.**
- Counseling and guidance in mind-body dynamics and approaches to psychospiritual healing, possibly working with therapists from diverse perspectives who use equally diverse techniques (e.g. biofeedback, body-centered psychotherapy, cognitive behavioral therapy, energy psychology, etc.).

What to expect. The initial visit is 55 minutes and we will attempt to make sense of your story - how you got to where you are – and we will discuss options for testing and treatment. There is usually no treatment the first visit.

There likely will be two or three 55 minute follow-up visits 1-2 weeks apart that will include further evaluation, discussion of the results of any testing (some of which may take 4 weeks to get back), and hands-on treatment if indicated. Uncomplicated follow-up visits without any treatment may be for 25 minutes. This is not the extent of treatment but just completes the initial evaluation and provides some feedback regarding responsiveness to treatment.

It is possible that we will choose co-treatment with other practitioners or referral for a course of treatment and re-evaluation 2-4 weeks afterwards.

What it costs. I am in network for Blue Cross Blue Shield, Wellpath and Medicare. You should expect to pay a specialist co-pay at the time of your appointment. If you have other insurance plans you need to pay in full at the time of your visit, but the Center will file your insurance claim and the out-of-network reimbursement will be mailed directly to you. All standard labs done on site can be billed directly to any insurance company through LabCorp.

Cash payers can expect their initial visit to cost \$200 for a 55 minute consultation and follow ups to cost \$160 to \$200 for 55 minutes or \$85 to \$100 for 25 minutes, depending on the complexity of the visit and any treatments done. All labs for cash payers are an additional fee.

We may decide to use specialty lab testing available from several labs with different billing policies. Some bill your insurance (and may balance bill you), others offer discounted pre-pay prices. The specifics of specialty lab testing, if recommended, will be discussed at the time of your visit. This includes the maximum you can be charged and held responsible for paying.

Every effort is made to find you the best testing and the best products at the best prices, and this effort is ongoing. In many cases there are options and that is part of our discussion and treatment planning. Integrative medicine is not, has not been, and will never be fully covered by any insurance. While our office visits are always billable to insurance, supplements, some labs, and some treatments are not. Again, all of this is open to discussion. It is most helpful if you have an idea of the time and effort you can put forth (on a daily and weekly basis) and the budget you can afford (on a monthly basis) before we begin the process of evaluation and treatment. Most if not all monetary outlays can be submitted to FSA or HSA accounts and the necessary documentation will be provided if you need it. For people without anticipated major expenditures for standard western medical treatment, high-deductible HSA plans can be a good option for integrative medical care.

Disclosure. I maintain no personal financial interest in any of the labs or other tests I order or any of the supplements I recommend. I do not wish to sell supplements due to the inherent conflict of interest this represents. Some supplements, however, are available only to health care professionals. In these cases, I have contracted with the companies to waive any commission and pass the maximum discount on to you. You can order directly from these companies or through a clearing house after establishing an account with them and listing me as your prescribing physician. Still there are some companies that sell worthwhile products who don't allow patients to order directly from them at all or offer no discount. I reserve the right to order or stock from these companies, offer you the products at a discount, and donate any profits to charity.