

# PainNews

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News from **The Pain Center of Arizona**

[www.ThePainCenter.com](http://www.ThePainCenter.com)

Treatment for

## CHRONIC SHOULDER PAIN

*New Recipe!*

Anti-inflammatory  
**Pineapple Ginger Smoothie**

QA  
AND

*with*  
Dr. Ann C. Foxx

**TPC**  
The Pain Center  
OF ARIZONA

A black and white photograph of a person's arm and shoulder. The person is holding their right shoulder with their left hand, suggesting pain or discomfort. The background is dark and out of focus.

# Treatment for **CHRONIC** SHOULDER PAIN

**T**he Pain Center of Arizona provides a wide variety of interventional pain management treatments that can manage or treat a patient's chronic shoulder pain. Injections, nerve blocks and complementary treatment options, like Chinese acupuncture, may be effective at producing adequate pain relief. Below are a few treatment options The Pain Center of Arizona provides for patients experiencing chronic shoulder pain.

## **Axillary Brachial Plexus Block | Therapeutic Joint Injection | Trigger Point Injection**

**Axillary Brachial Plexus Blocks** are generally administered before or after surgery to numb parts of the elbow, forearm or hand. This treatment requires the patient to expose his or her armpit to prepare for the injection. A TPC physician will use ultrasound or an electrical nerve stimulator to pinpoint the exact location of the brachial plexus nerves and the axillary artery. Both of these nerves bypass through the upper arm and can block sensation throughout the arm when injected with an anesthetic. During the procedure, a physician will direct a needle into the pre-determined area of the armpit and slowly inject a local anesthetic. The arm may remain numb for a number of hours after the injection. As mentioned previously, this technique is typically used before or after a surgical procedure, so medicine or complementary therapies may be needed afterward to alleviate ongoing pain.

A **(therapeutic) joint injection** may be recommended for patients suffering from chronic shoulder pain. This type of injection usually contains a steroid and anesthetic to reduce

inflammation and swelling, which in turn, reduces pain. This is an outpatient procedure that could require multiple needle approaches. During the procedure, a physician will numb the injection site with a local anesthetic and then guide the needle into the shoulder joint. The physician may use an x-ray device (fluoroscope) and contrast dye to be sure of the needle's placement. Once the correct placement has been confirmed, the physician will inject the medication. This treatment may provide a few weeks worth of relief. Talk to your TPC healthcare provider from more information on a (therapeutic) joint injection.

**Trigger point injections** are used to relieve pain from small knots that form in a patient's fascia (connective tissue) or muscles. Much like the joint injections mentioned previously, trigger point injections have an anesthetic mixture that help trigger points relax. Only a few minutes of the patient's and physician's time is usually required for this procedure. The physician locates the trigger by pinching the skin and then inserting the needle into the area to inject the anesthetic. If the trigger point has not relaxed after the first injection, the physician may make additional injections. This treatment technique can be effective at relieving the trigger point pain quickly, with little to no downtime.

If you suffer from chronic pain due to any condition or injury, find hope at The Pain Center of Arizona. Our dedicated team of board certified pain management physicians will work with you to treat your pain, increase your functionality and get you back into life.

**Call us today at 1-888-PAINCENTER** to schedule an appointment. We hope to see you soon!

# Q&A

## AND

### What should chronic pain patients do to make their sleeping environment more conducive to a restful night?

Sleep hygiene is very important for receiving a restful night's sleep, even if you're not living with chronic pain. Part of "cleaning up" sleep habits requires evaluating your environment and making changes as needed.

Sleep in the appropriate location. Falling asleep on the family room sofa can lead to pain and discomfort due to lack of proper support for the body.

If you have not purchased a new mattress in the last 10 years, go shopping for one. This is especially important if you feel your mattress is worsening your pain.

Computer/cellphone/ tablet screens and screen savers can all cast light into the bedroom, causing the body to expect day time arousal, thus decreasing sleepiness.



### Dr. Ann C. Foxx, MD | Gilbert Clinic

Ann C. Foxx, M.D. is double board certified in Pain Management and Anesthesiology and currently works as a pain management specialist at The Pain Center of Arizona. She completed her fellowship training at one of the world's leading research universities, Emory University in Atlanta, Georgia. Dr. Foxx takes pride in her work and enjoys helping her patients relieve pain. Dr. Foxx is sharing three ways patients can get a less painful night's sleep in this edition of PainNews.

### What sleeping positions are best for people who experience chronic pain?

Although we may think we're hard-wired to sleep in a specific position at night, making a few simple adjustments to our current sleeping position can relieve some pain. Those who sleep lying face up may find it helpful to place pillows under their knees while sleeping. This reduces pressure on the low back and may alleviate pain. For those who sleep on their side, placing a pillow between bent knees can keep the alignment of the spine neutral and improve pain. Finally, those who are stomach sleepers should consider sleeping with a pillow under their hips to decrease the curve of the lower spine. This can help decompress the spine and alleviate some pain. As for those with neck pain, it is often a matter of trial and error, but with persistence, a comfortable (or at least less painful) position can be found.

### How do pain medications impact sleep? What can patients do to minimize the side effects at night?

Pain medications and other sedatives cause drowsiness. However, the sleep pattern for people who use these types of medications are not normal and can lead to sleep that is not restorative. Despite sleeping, you can actually wake up feeling tired and not well-rested. With long-term use, even the sedating effects can wear off, worsening the sleep problem. Minimizing pain medications and other sedatives is prudent. There are many medications that can be used for sleep and pain that encourage restorative, restful sleeping. Ask your TPC healthcare provider about these non-narcotic medications.

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*Learn more at*  
**[www.thepaincenter.com](http://www.thepaincenter.com)**





# *New Recipe!*

## **Anti-inflammatory Pineapple Ginger Smoothie**

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Pineapple has been known to reduce swelling, pain and inflammation thanks to an enzyme called Bromelain. Patients who consume pineapple may gain better heart, circulatory and digestive health as well. Ginger is another potent anti-inflammatory that can reduce inflammation, improve digestion, diminish dizziness and alleviate pain. Try this pineapple ginger smoothie to relieve some of your inflammatory health concerns!

**2**

**cups ripe pineapple**

**1**

**cup ripe mango**

**1**

**piece of ginger (roughly 3 inches)**

**1/2**

**cup of celery**

**1**

**cup coconut water**

**1**

**tsp. fresh vanilla**

## *Blend & Enjoy!*

Recipe courtesy of [PreventDisease.com](http://PreventDisease.com)