



Pain Management is Important at Medford Multicare

Pain affects many things in addition to how you feel in general. Having pain can affect your ability to accomplish tasks, it can affect your mood and may cause you to feel depressed or angry, and having pain can affect your energy level or your ability to participate in activities. Having pain can also affect your appetite, your relationships, your ability to sleep, and more. At Medford Multicare Center, the staff understands this and has been implementing a pain management program that utilizes non-pharmacological interventions. This means the pain management program is not just focusing on giving residents drugs to mask their pain. At Medford, the staff is working on getting to the reason why the resident has pain and implementing different strategies to help them feel better.

At Medford Multicare the rehabilitation department is implementing different treatments to help both long-term and short-term residents at their facility who have pain. With doctor approval, the therapists not only utilize the usual hot packs or cold packs that people get as part of physical therapy, but they are practicing newer, more holistic techniques including Myofascial Release. Myofascial Release is a hands-on technique that treats every level of the Nervous muskleton system. The treatment relaxes contracted muscles, increases circulation and lymphatic drainage, and helps stretch contracted muscles and connective tissue, as well as nerves.

New E-Stim and Ultrasound machines are also being used for treatments by the rehabilitation staff at Medford Multicare. This equipment may not typically be found in sub acute rehabilitation departments, but, at Medford, the equipment is being used to help prevent and reduce pain and increase comfort for both long-term and short-term residents. The machines provide electromagnetic sound waves to help residents who have Neurological muscular pain feel better and tolerate Physical therapy.

“For all residents who have been identified as having pain, goals are established to decrease their pain and pain management is measured. Whether for an old injury, new surgery or an illness, it is important for us to help our residents manage their pain, and we’ve had great success with these new treatments,” said David Fielding, Administrator at Medford Multicare Center.

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Medford Multicare Center provides short-term restorative rehab, skilled nursing, long term geriatric services, respiratory /ventilator care, tracheostomy care, oxygen therapy, IV therapy, wound care and is located at 3115 Horseblock Rd in Medford, LIE exit 64. Please call 631-730-3000 or visit www.medfordmulticare.org