

What Pain?

Getting to Know Dr. Alex Kulick of the
Kulick Center for Integrative Medicine

By Barbara Mandell

So many reading this article have chronic pain. The number is staggering—10% of all Americans live with chronic pain and do not know where to find relief or what therapies are available. There is a doctor on 61st Street in New York City who is an expert at ending your pain. He is Dr. Alex Kulick.

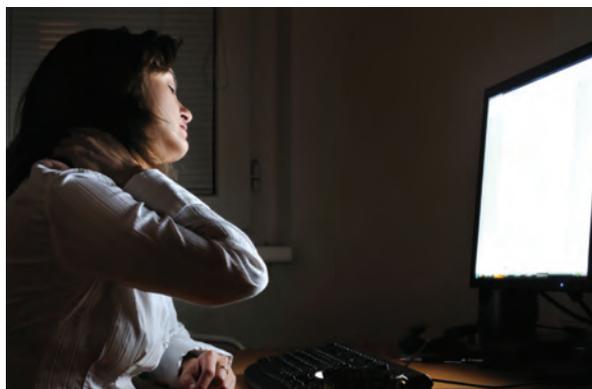
From the moment you enter his plush east-side townhouse clinic, you will know instantly that you are in the “hands” of a doctor devoted to your wellness. His calm, warm demeanor assures you that he cares about what you are feeling. You have come to the best doctor to ease your pain.

With 17 years as a primary emergency care physician at several top NY hospitals, the depth of Dr. Kulick’s knowledge is unique in his field.

Now that you know that an experienced, caring doctor and effective therapies are available to relieve your pain, let’s take a step back to what may have brought you to Dr. Kulick’s office.

Are you one of the 23,000,000 Americans who could be helped with trigger point and mesotherapies?

If you are in pain and wondering if trigger point or mesotherapy may eliminate it, let’s identify the source of your condition.



Is your pain the result of:

- Acute trauma to any part of your body?
- Lack of exercise?
- Prolonged poor posture, including repeatedly holding the phone between your ear and shoulder or prolonged bending across a desk or table?

- Sitting in chairs with poor back support making it difficult to maintain an upright posture?
- Head and neck pain resulting in headache, TMJ, tinnitus or eye symptoms?
- Moving heavy objects?
- Sports injuries causing pain that limits range of motion in joints throughout your body?
- Surgery?
- Age or stress related pain (knees, back, hips, neck or shoulder)?

If you can identify any of the above as the cause/source of your pain, it is comforting to know that help is on the way.

Trigger Point Therapy and How it Diminishes Pain

What are Trigger Points?

Trigger points are painful spots located on muscles. They are tender to the touch, and can produce referred pain and tenderness. Referred pain is not felt at the sight of the trigger point, but is remote from it, and is often described as radiating or spreading pain. For example, a trigger point in your neck could cause pain in your ankle making it difficult to walk. Referred pain is an important characteristic when identifying the need for trigger point therapy.

Trigger points can be active or latent. Active trigger points may be painful to the touch or may refer pain even when you are resting. Latent trigger points will have local tenderness when the muscle is pressed, can be the cause of your feeling pain all over your body or restricted movement and muscle weakness. If you have a latent trigger point, you will feel pain only when the muscle is pressed and only in that muscle. Not only will you feel pain, the pain may be followed by a twitching response in the muscle.

The Trigger Point Treatment

Once the trigger point is identified, a small needle is injected into the trigger point and a local anesthetic (procaine) and normal saline is injected. The injection deactivates the trigger point and relieves the pain. A brief course of treatments usually follows to assure complete relief. The injection may cause a twitch or a pain that lasts a few minutes.

Identify Active and Latent Trigger Points

Active trigger points

- Feeling of local tenderness
- Muscle twitch response when pressed
- Usually in skeletal muscles
- May cause referred pain

Latent trigger points

- Local tenderness
- May occur in any muscle
- Does not cause referred pain
- Can cause body-wide pain sensitivity

Mesotherapy for Pain Relief

Mesotherapy is a treatment to stimulate the repair of the dermis. The dermis is just under the skin.

Mesotherapy is an integral remedy for pain management in injured musculoskeletal tissues. It can also offer relief from pain caused by other medical problems.

It is relatively non-invasive and painless, since the skin is only gently pierced, and any variety of homeopathic medicines, plant extracts, vitamins, nutrients, and non-steroid, anti-inflammatory medications are injected.

Mesotherapy treats muscle pain so effectively; you may experience immediate pain relief (or at least within two or three days).

If your pain is the result of minor muscle or ligament damage or as a result of a sports injury, in most cases, you will experience fast and lasting relief. Some people may need maintenance therapy a few times a year.

After Dr. Kulick asks you about the history of your pain, and does an evaluation of what may have caused it, he locates the damaged muscle. Using both trigger point and mesotherapy he proceeds with medical, pain-relieving treatments.

I asked Dr. Kulick for a case example, and he offered one of a Plastic Surgeon who came to him for bio-identical hormone replacement therapy. During the consultation she complained of an intense burning and pain in her hand. When she spoke about it, she began to sob, "I am losing my life's work. The pain makes it impossible for me to operate on patients".

Upon examination, Dr. Kulick learned that when she lifted her arm, she lost her pulse, which led him to the "trigger muscle" in her upper back (a perfect example of referred pain). After four treatments, the muscle was released and the doctor was back in the operating room—feeling no pain.



When you leave Dr. Kulick's clinic, you will feel relaxed, and be amazed that something so simple can dramatically help a health problem you thought there was no way to help. And, you will tell all of your friends, because the time has come to wipe out pain. It is one thing you no longer have to endure. ❖

Dr. Alexander Kulick is Director of the Kulick Center for Integrative Medicine, located in Manhattan, New York.
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