

Western New York Pain Relief and Integrative Wellness Center

Taking Rehabilitation, patient care and healing to a new standard

The definition of Rehabilitation (rehab) according to the World Health Organization (WHO) is “a set of interventions designed to optimize functioning and reduce disability in individuals with health conditions in interaction with their environment”.

Many patients that have undergone Rehabilitation have stated their end goal is to just heal. The goal of Rehab is to achieve a level of autonomy that may have been lost or regressed due to pain or injury suffered. If you have suffered from acute or chronic pain, have done rehab, then you may be suffering with chronic issues in the neck, back, legs, hand or feet. You may be dealing with neuropathy, sciatica, stenosis, bulges or herniations. Chronic diseases such as diabetes, circulatory or cholesterol issues. You may be experiencing painful or discomforting symptoms like weakness, numbness, burning or tingling, sharp/shooting pains, and loss of balance.

In many cases with rehabilitation, patients have expressed that they did not reach their healing goals. Symptoms may still exist, and you struggle to do the things you want or need to do. When this occurs, there is a drastic change in quality of life, you may struggle to take care of yourself, activities of daily living and simple tasks no longer seem so.

If you are one of these people, we want you to know that you can get your life back, and WNY Pain Relief is taking your care to a higher level, striving to deliver FOCUSED PATIENT CENTERED CARE, RESEARCHED BACKED EVIDENCE BASED, STATE OF THE ART TREATMENTS and THERAPIES.

WNY Pain Relief delivers a unique approach to eliminating pain. Their office targets chronic conditions right at its source, healing the body by addressing the primary cause of your discomfort. Doing this results in sustained healing for many years to come, restoring balance and strength and eliminating debilitating neck, back and nerve pain or symptoms.

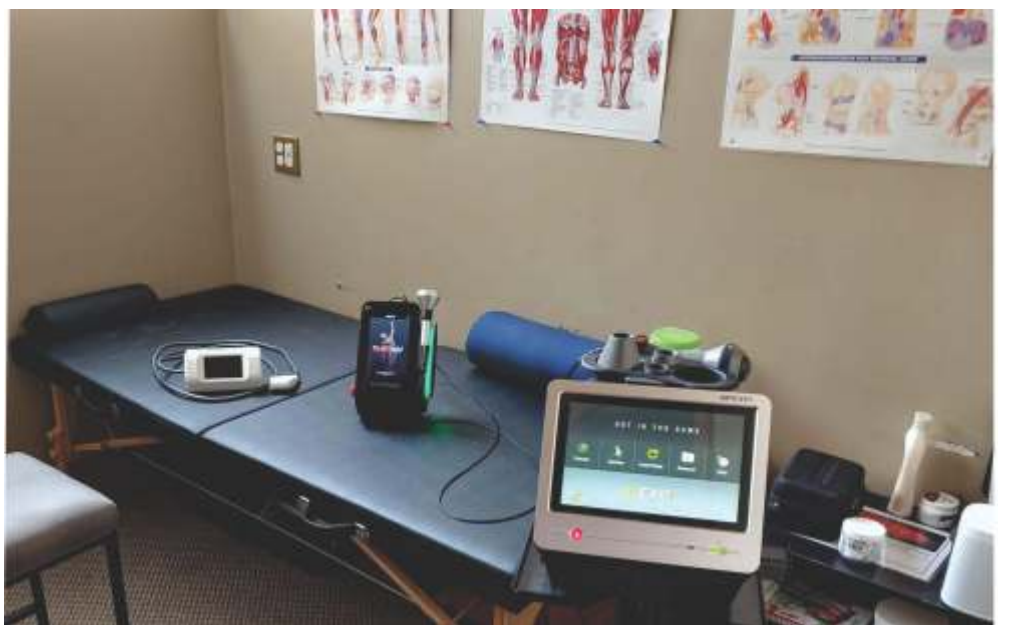


It is often asked why WNY Pain Relief is so different and why they are so effective. A reason being is how they target chronic pain. First it must understand what chronic pain is. The body is an amazing structure, but it is not perfect. Our spines degenerate, joints stiffen, nerves and joints become inflamed. We develop co-morbid conditions like diabetes, heart or vascular disease and our bodies at some point become over tasked. The response is inflammation. At first inflammation is healthy, but eventually your body develops chronic inflammation. Pain and discomfort become more long term. Eventually, these symptoms seem to be more prevalent in the morning, throughout the day as you sit stand or walk, or late evening when you ready yourself for bed. Chronic pain is a result of specific changes at the site of pain. First change to the joint, nerve, muscle and blood supply. If it's a condition in the back or neck there are changes associated with the nerve, spinal disc or joint, or even the spinal cord itself.

The symptoms described above may be a result of conditions including Spinal Stenosis, Sciatica, Disc Herniation or Bulge, Arthritis, pinched nerve, diabetes, neuropathy, lymphedema or other circulatory issues.

Take the next step toward total rehabilitation, with WNY Pain Relief. Schedule your free consultation or attend their educational Seminars. Call 650-PAIN (7246) and check out their testimonials and webpage at buffalopainrelief.com

WNY Pain Relief is an all-encompassing clinic, providing treatments, nutrition and rehabilitation under one roof. The clinic



specializes in acute and chronic pain for those suffering from long term conditions. Dr. Milioto, Dr. Nightingale and Dr. Tarr, treat, manage, and eliminate conditions that individuals have been struggling with, have managed with pain medications, surgery or otherwise left untreated.

Patients who treat with WNY Pain Relief receive care and treatment that is customized to their individual needs. The patient's individualized plan is unique and tailored to their goals for pain relief, healing and improving their overall quality of life that they have lost since their pain began. Some

conditions they treat are:

Spinal symptoms: Patients who suffer from back pain may be experiencing sharp, stiff or aching pain, tingling or burning, cramping or weakness in the arms or legs and feet. You may experience balance issues or feel as though your legs become heavy and tired. These symptoms can get worse in the early morning or late at night and may also be constant through the day, making it difficult to sit or stand for long periods or take care of yourself or home.

Spinal conditions: These include Spinal

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Stenosis, Disc Bulges, Herniations, Arthritis, Sciatica, Degenerative Disc Disease, Degenerative Joint Disease, Muscle Spasms, Pinched nerves and Spinal Cord Compression.

Neuropathy symptoms: Individuals suffering from Neuropathy experience symptoms in the arms, hands, legs and feet. These symptoms may be mild or severe and can range from tingling, burning, numbness, cramping, pins and needles, aching. They may feel as though they are walking on hard leather, or simply feel a sensation or discomfort in their feet they cannot describe.

Neuropathy conditions: Individuals with Neuropathy may have developed this condition as a result of Diabetes, Chemotherapy or Radiation therapy, Spinal conditions, Circulatory disorders including lymphedema, poor circulation, heart disease or other types of nerve damage including carpal tunnel syndrome or neuromas.

Lymphedema: the result of damage to a lymph node, swelling in an extremity which may be a result of damage to the circulatory system or a lymphatic duct. This may lead to pain in the extremity, loss of sensation or even decreased function.

What can you expect when you come for your Consultation or Seminar?

The first thing you will notice that makes

WNY Pain Relief different is the atmosphere. The clinic strives to provide unmatched patient centered care. The office consists of 3 doctors and you will never be treated by an assistant. From the initial consultation, to treatment, you will be cared for one on one with the doctor. When you first arrive you will be given a personal tour of the office, explaining how they address the root cause of your pain, to provide not only relief of your symptoms but long lasting healing and improvement in your quality of life for many years to come. The researched-based treatments and technologies used in the office are the most advanced non-surgical or non-drug related therapy you can receive. The primary goal always being the patients needs, reducing pain medications or surgical intervention, restoring balance strength and giving you your life back. After the tour you will sit down with the doctor, where he will review your history, pain and complicating factors. The doctor will explain and review you X-Rays, MRI or other diagnostic results, educating you about your condition. He will the explain why you have been unable to reach the level of healing in the past and from there design a custom treatment plan for you.

WNY Pain Relief offers a combination of therapies and treatments that will not only reduce discomfort faster but restore your quality and function you have been lacking because of your pain. Their office offers many different therapies:

DRX-9000 decompression therapy: Many have heard of decompression therapy for neck and back pain. The gold standard for herniations, bulges, stenosis and sciatica and many other ailments. WNY pain relief utilizes it unlike anyone else in the city. Many claim to be the only one that have this machine and its simply not true. They are also the most affordable decompression office.

Electroanalgesia Therapy: A very special procedure known as electromedicine. This therapy will eliminate any numbness, burning or tingling you may be experiencing. This therapy is used to heal the damaged nerves and muscles. Providing relief and breaking your chronic pain symptomology.

Class IV therapeutic LASER: This therapy addresses inflammation, nerve and joint damage, blood supply and circulation. WNY Pain Relief has the only LASER that has a specific protocol for Neuropathy, spinal conditions, and circulation.

Lymphedema therapy: Used to



increase circulation and reduce edema associated with circulation or lymphatic issues.

Whole Body Vibration Therapy: A gentle and safe yet effective therapy for balance disorders, weakness in the back legs and feet.

Hydromassage: Heated therapeutic jets of water used to massage the body, increase circulation and promote healing.

Infrared Sauna Therapy: Infrared light infused sauna use to increase circulation, reduce chronic inflammation, and promote healing.

Kangen Water: Alkaline based water utilized to promote circulation, reduce inflammation in the body and provide cells with electrolytes and trace minerals.

Educational Seminars: WNY Pain Relief offers an educational seminar once a month. The seminar affords the opportunity for those struggling, to gain knowledge on neuropathy, spinal conditions, and pain masking medications. The seminar also addresses how you can take control of your life, avoid medication or surgery and find your natural solution to pain relief. After the seminar if you require a more personal conversation, the doctor will meet you and discuss your individual needs.

To schedule your consultation or attend our next seminar on Wednesday February 24th at 1pm call 650-PAIN(7246). To learn more about their therapies and custom treatments or see patient testimonials visit www.buffalopainrelief.com.

