

POLYMEDES[®]

PAIN CENTER

Opportunities in modern pain management

Diagnosis – Consulting – Therapy





The POLYMEDES Way – Doing it right from the beginning

Most patients with a chronic pain problem have experienced an odyssey of failed treatments with many health care providers before they actually consult a pain specialist.

The consequences of insufficient pain treatment are often underrated. Many pain patients feel that they are not being taken seriously with their problems.

Pain management is a medical sub speciality like cardiology, dermatology etc. Therefore managing complex pain problems should be handled by especially trained pain physicians – the sooner the better.

At POLYMEDES, our team of experienced board certified pain specialists offers you a complete service of pain analysis, diagnosis and effective therapy. For enhancing the outcome of treatment we collaborate with a network of internationally acclaimed experts in the field.

Together with the patient we set realistic goals for treating pain conditions. Integral part of our pain management program is coordination with your primary healthcare provider, other specialists and your insurance company.

Our first and pivotal goal is to help you managing your pain problem in a practical and realistic way.

Individual Pain Management

Suffering from pain is a very subjective experience to anyone. Therefore pain treatment at POLYMEDES sets a focus on the individual approach to each patient's complex pain problems.

We offer treatment for:

- Back pain
- Whip lash injury
- Neck pain
- Herniated disc
- Migraine and other head ache
- Joint pain
- Trigeminal nerve neuralgia
- Herpetic neuralgia
- Poly-neuropathy
- Cancer related pain
- Pelvic pain
- Phantom limb pain
- Chronic regional pain syndrome (CRPS)
- Fibromyalgia
- Pain from vascular origin (coronary artery disease, peripheral artery disease)

Treatment Goals

- Reduction or abolition of pain
- Achieving a better quality of life
- Reduction of pain medication
- Avoiding unnecessary operations

**On principle: The sooner the treatment
the better the results**



Setting a goal requires determination of a starting point

POLYMEDES pain management offers to you

- a detailed pain analysis based on patient history, physical examination and if required
- XR-, CT-, MRI-imaging and laboratory testing
- minimal invasive diagnostic interventions
- defining a treatment goal
- establishing a plan of treatment

A powerful combination: Interventional pain management and chiropractic treatment

Essential to the POLYMEDES concept is the combination of diagnostic and therapeutic techniques performed by a chiropractor with those of an interventional pain physician. The efficient link between these two specialities has proved to give faster and better results when treating joint and skeletal pain.



Interventional Pain Treatment

A cornerstone of successful pain therapy, interventional techniques:

- can be done ambulatory
- are performed under local or if desired general anaesthesia
- are precise injections
- are safe
- are a powerful diagnostic tool
- give reliable and fast pain relief
- reduce pain medication

POLYMEDES is specialized in

- infiltration of nerve roots, individual nerves, joints, muscles, tendons and ligaments
- neuromodulatory interventions such as:
 - radiofrequency treatment
 - spinal cord stimulation
 - intrathecal drug delivery systems



Chiropractic Treatment

The important role that chiropractic treatment plays in the treatment of chronic and acute musculoskeletal pain is supported by substantial clinical evidence.

Your chiropractor at POLYMEDES will

- take your personal pain history
- do a physical examination
- take X-rays only if required
- analyze dysfunctions
- manipulate and mobilize dysfunctional joints and soft tissue
- do functional ergonomic consulting
- give instructions for self aid (chiro-gymnastics)
- supply you with auxiliary devices
- apply extra corporal shock wave therapy (ESWT)
- apply transcutaneous electric nerve stimulation (TENS)
- do mobilization under anaesthesia



Mobilization under Anaesthesia

Mobilization under anaesthesia (MUA) allows a gentle treatment of musculoskeletal dysfunctions. General anaesthesia reduces muscle tone and subconscious resistance towards chiropractic manipulations. This enables the chiropractor to get a better sense for dysfunctional joints and helps him to mobilize blocked joints in a very gentle way. Otherwise painful adhesions of fascia, muscles and other soft tissue can also be mobilized under general anaesthesia.

This efficient treatment modality is very much appreciated by our patients. In particular individuals where other conventional measures have failed respond well to mobilization under anaesthesia

All our chiropractors are members of the «**International MUA Academy of Physicians**». Treatments at POLYMEDES are strictly performed according to the academy's guidelines.



Second Opinion – Pain Consulting

With today's modern medicine we have a wide array of diagnostic techniques and therapeutic options at our disposal. However it is often a difficult challenge to determine the optimal treatment for the individual case. Furthermore we have to carefully examine the feasibility of some treatment options.

A second opinion will help you in many cases. POLYMEDES recommends consulting an independent pain expert for a second opinion:

- when chronic pain is resistant to treatment
- for acute pain without signs of alleviation by conventional measures
- after whiplash injury
- before surgery to explore alternative options
- before implantation of pain reducing devices (pain pump, neuro-stimulators)
- for problems related to chronic pain medication



Contact – Appointments

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POLYMEDES is an independent health care provider.
Most treatments are performed on an ambulatory base and are accepted by all major insurance companies.
With your first visit we kindly ask you to provide us with previous treatment reports, X-rays, etc. (when available)

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■ POLYMEDES Pain Center

● Tram and bus stop

Directions

by car:

– from Bern/Basel: Autobahn direction Zürich, exit: Hardturm

– from airport/St. Gallen: follow Autobahn to Luzern/Chur,
exit: Bern/Basel Hardturm

note: there is limited parking available on site

by public transport:

– Tram 4 from main station direction Werdhölzli stop at Fischerweg