

138 E. Gore Street, Orlando, FL 32806 | 407-650-0033  
painspecialties.com



## Pain Specialties Expands to Include Physical Therapy Services

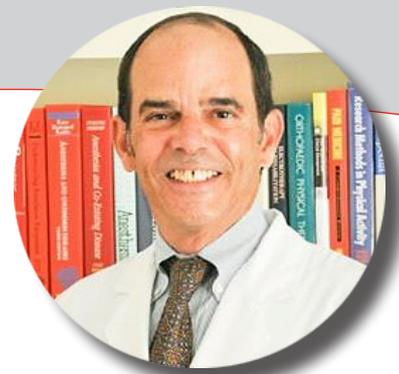
At Pain Specialties, we are always looking to improve the services we provide so that we can give our patients the best opportunity at finding the option that works for them. Our expansion includes The Medical Spa, a full-service stress-management center, which is a separate facility located next to Pain Specialties (142 East Gore Street).

Recently we have added physical therapy services for our patients as well as for others who are not pain management patients of Richard L. Smith. Included are numerous modalities, such as:

- Acupuncture
- Biofeedback
- Cold Laser
- Electrotherapy
- Galvanic Stimulation
- General Stretching
- HIVAMAT®
- Interferential Current
- Iontophoresis
- Massage Therapy
- Physical Therapy
- Pilates
- Therapeutic Exercise
- Yoga

In 2017, our expansion will incorporate regenerative medicine, including Platelet-Rich Plasma Therapy (PRP). PRP is blood plasma that has been enriched with platelets. As a concentrated source of autologous platelets, PRP contains several different growth factors and other cytokines that can stimulate healing of bone and soft tissue.

It is our goal to help you return to your highest level of function and quality of life following an injury, surgery, or disease. **For more information about our services, please visit our website at [www.painspecialties.com](http://www.painspecialties.com).**



### ABOUT THE DOCTOR

Dr. Richard L. Smith is a Harvard fellowship trained physician who is double board certified in anesthesiology and pain management. Dr. Smith is a caring compassionate physician who has practiced pain management for over 20 years. Dr. Smith has treated over 10,000 patients with chronic and acute pain and helped them find relief.

He offers solutions for acute pain, chronic or intractable pain such as:

- Back & Neck Pain
- Fibromyalgia
- Migraine Headaches
- Ruptured or Bulging Disc
- Post Herpetic Neuralgia
- Whiplash Injury
- Post-Surgical Spine Pain
- Failed Back Surgery
- Reflex Sympathetic Dystrophy
- Sciatic Pain
- Diabetic Neuropathy
- Sports Injury
- Upper and Lower Extremities Pain
- Arthritis & many other types of Pain

Dr. Smith is also a published author and international speaker in the field of pain management. He directs the team of healthcare providers that will be working with you to help control your pain.

**AWARDS:**  
*Most Compassionate Doctor;*  
Vitals 2013

*Top 10 Doctor, Specialist;* Vitals 2014

## 8 Tips to Help Seniors Conquer Stress

Reprinted from NewsUSA

1. Pace yourself. Don't take on too much. Be aware of your limitations.
2. Set realistic goals and expectations, and don't be afraid to ask for help.
3. Plan time for yourself. Recharge your batteries.
4. Exercise and eat a balanced diet. Get plenty of fruits, vegetables and whole grains.
5. Try relaxation techniques such as meditation or yoga.
6. Get enough sleep. If you have problems sleeping, talk to your doctor. Drinking caffeinated beverages and alcohol can affect your ability to get a good night's sleep.
7. Talk with a loved one or write in a journal.
8. Stay positive. Positive thoughts can make a difference, such as "I am hopeful" or "Things will be better."

For more information, go to [kp.org/healthyaging](http://kp.org/healthyaging). For questions or advice about a specific condition, talk to your physician.

### SPECIAL OFFER

Book your pain-relief, stress-relief or a custom one-hour massage for just \$65 now through February 2017.

Call today to schedule your appointment: (407) 650-2063



## HIVAMAT® Therapy Now Available

HIVAMAT® is an acronym for Histological Variable Manual Technique. A new FDA cleared device that has been extremely successful in the sports medicine market is now finding its way into the world of physical therapy. The device creates an action of pulsating low-frequency, two-phase alternating electrostatic field generated between the therapist's hands and patient's tissue. The movement of one of the electrodes causes a moving of electrically neutral molecules in exposed tissues. The resulting dipoles rotate in accordance with changes in field polarity. This is accompanied by alternating elevations and depressions of corresponding tissue and development of intensive sympathetic vibration.

HIVAMAT® is highly effective in alleviating pain, both acute and chronic. It reduces muscle tension and promotes mobility. It enhances and accelerates the healing of both gross and microscopic tissue injury, including bone fractures. It reduces inflammation and edema, often dramatically. Treatment with HIVAMAT is non-invasive, entirely pain-free and generally perceived as pleasant, soothing and relaxing by the patient.

The following physiological effects of HIVAMAT® are clinically proven:

- Muscles are relaxed
- Alleviation of pain is enhanced

- Mobility is promoted
- Highly effective in reducing pain
- Anti-inflammatory
- Effective in reabsorbing edema
- Promotes wound healing



### Staff Spotlight



Vladislav Khlopin, *Doctor of Physical Therapy*, earned a BS degree in Physical Education at Russian State University. He graduated from New York Institute of Technology with a Doctorate degree in Physical Therapy in 2008.

He gravitates towards a hands-on approach to therapy and possesses strong manual skills that include deep tissue technique, kenisiotaping and mobilization skills.

**For evaluation and treatment with Vladi, please call (407) 650-2063.**