

Consider a Physical Medicine and Rehabilitation Specialist (Physiatrist) one of the best kept secrets in medicine today. This medical specialty offers a comprehensive and multidisciplinary approach that improves function and relieves pain without surgical intervention.

Got Pain? ... What Is the Best Kept Secret?

“What makes this field of medicine [physical medicine and rehabilitation] so effective is that we consider the patient as a whole,” observes Stuart B. Krost, MD. “We not only determine the medical problem contributing to a patient’s complaint but we also consider how it affects their functional ability, vocation, and quality of life. By focusing on the specific pain generator and physical impairments, a patient can have more effective and quicker results.”

STUART B. KROST, MD

Dr. Krost is a physical medicine and pain management specialist who offers medical care that combines medicinal and non-medicinal measures, providing diagnostic options to pinpoint the pain generator and/or physical impairment that is affecting his patients’ quality of life. He is board certified by the American Academy of Physical Medicine and Rehabilitation and the American Academy of Pain Management and uses this little-known yet extremely powerful field of traditional medicine to treat patients in acute or chronic pain from auto accidents, sports injuries or work-related injuries, and those who suffer from spinal cord injuries, amputations, or strokes.

Comprehensive approach

The field of physical medicine and rehabilitation (also known as physiatry) not only addresses pain but also takes advantage of that pain relief to rehabilitate the patient and treat the pain generator that is causing the problem. An important aspect of treatment is to educate patients in proper exercise of body mechanics to prevent recurrence of the problem.

“We do more than just block pain,” notes Dr. Krost. “We are focused on diagnosing where the pain is coming from, differentiating which pain generator is actually causing the problem, and specifically addressing that pain generator to relieve pain and restore function.”

For instance, for a patient with lower back pain,

The History of Physiatry

The field of physiatry originated after the two World Wars, as returning soldiers came home with brain injuries, spinal cord injuries, amputations, and other disabling traumas. This specialty of physical medicine focused on the importance of knowing the neuralgic and musculoskeletal systems and understanding how they relate to a person’s function. It developed to enable physicians to identify their patients’ physical impairments and functional disabilities and then rehabilitate them back to improved functional independence, restoring them to productive lives.

a physiatrist would determine whether the pain was caused from a muscle, ligament, joint, disc, or nerve component.

“What makes a pain management specialist valuable in the treatment of pain is that diagnostic injections can localize the pain generator to give more specific treatment options,” educates the doctor. “In addition, physiatrists specialize in electro-diagnostic testing which enables the doctor to see if the nerves are injured or abnormal in their function.”

Diagnosing a nerve problem can dramatically alter a treatment plan and relieve pain.

“Once we have identified the pain generator, we can outline a treatment plan for that specific problem,” points out Dr. Krost. “Each generator will have a different treatment approach.”

Physical therapy

Once the patient has adequate pain relief, a window of opportunity opens for rehabilitation.

Dr. Krost’s practice specializes in:

- Acute and chronic pain management
- Sports medicine
- State-of-the-art physical therapy
- Headaches
- Neck and back pain
- Neuropathy
- Carpal Tunnel Syndrome
- Myofascial pain and fibromyalgia
- Work and auto-related injuries
- Disability assessment

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Stuart B. Krost, MD, is board certified by the American Academy of Physical Medicine and Rehabilitation and the American Academy of Pain Management. Dr. Krost earned his undergraduate degree, graduating cum laude, from State University of New York at Stony Brook, Long Island, and earned his medical degree from State University of New York at Syracuse. He completed his general surgical internship at North Shore University Hospital, an affiliate of Cornell University Medical College, Manhasset, NY, and his physical medicine and rehabilitation residency at State University of New York Health Science Center at Brooklyn, where he served as chief resident. Dr. Krost is certified in thermography interpretation and is a certified independent medical examiner (CIME). He serves as a liaison of SUNY (State University of New York) Health Science Center at Brooklyn to the American Academy of Physical Medicine and Rehabilitation.

Your Pain Is Real

Marie Ann Navarro says her life was filled with horrific pain, sleepless nights, and highly addictive pain medications.

“It all started with a fall I had at work about ten years ago,” reflects Marie. “The result was a loss of nine months of work. My neck, back, and leg problems were so intense that I could not walk, sleep, or move without pain. I was fatigued and weak with no options that could mitigate my symptoms, leaving me at a complete loss for relief.”

Marie says she saw a number of doctors: “It was the same answer over and over. *You just have to deal with it.* They said I was going to live the rest of my life on pain pills, hardly able to stand, walk or sleep.

“But that answer was unacceptable, and so I kept looking for a better one. Then a friend of mine gave me the name of Dr. Krost.”

“For Marie, her specific medical history suggested a condition known as *fibromyalgia*, which is a chronic disorder characterized by widespread musculoskeletal pain, fatigue and multiple tender points,” describes Dr. Krost. “The pain can vary in intensity and can be migratory. It is often associated with poor sleep patterns, daytime fatigue, and can also include headaches and irritable bowel syndrome.”

A trigger point examination confirmed Dr. Krost’s diagnosis.

“Trigger point injections are aimed at forcing these taut muscles to relax,” says Dr. Krost. “They can be both diagnostic and therapeutic in that once the muscle relaxes, if the pain is relieved, that helps differentiate where the pain was emanating from. If the trigger point injections help, but are not long lasting, then the alternative is to use Botox, which offers a more prolonged relief.”

“Botox injections have been an unbelievable help to me,” assures Marie. “I’m working full-time. I can sleep at night. I can do mild exercises, like the treadmill and Yoga.

“After multiple doctors dismissing my pain and telling me to live with it, Dr. Krost actually took the time to *listen* to me. He recognized there was something else going on with me and was able to diagnose and treat my condition. And best of all, he restored my hope.”

“Mechanical problems or injuries respond best to the mechanical treatment of physical therapy,” informs Dr. Krost. “Physical therapy can be a very important element in terms of rehabilitation when neuralgic, muscular, and skeletal problems are causing the pain or impaired function.

“As a physiatrist, I can actually write a prescription for the therapist to follow, rather than merely writing a referral to a therapy center. This enables the therapist to give more specific treatment for the diagnosed problem. By ensuring that the program is specifically based on the evaluation, we can offer our patients better results in a shorter time.”

Dr. Krost believes that patients who are educated about their problems have better results and decreased incidence of recurrence. “We not only treat our patients, but we also educate them in methods they can use to help themselves at home,” says Dr. Krost. “Patients should leave their physicians’ offices with a full understanding of their conditions and treatment options. It is critical that physicians listen to their patients, answer all of their questions, and address all concerns.”

In keeping with his philosophy of communication, Dr. Krost offers a bilingual staff and encourages the public to educate themselves further on the field of physiatry.

FHCN—Kris Kline

If you have pain

Dr. Krost invites your inquiries regarding the management of acute and chronic pain. For information or a consultation, please phone (561) 296-2220 for locations at 3618 Lantana Rd., Suite 201, in Lake Worth, 875 Military Trail, Suite 105, in Jupiter, or 7300 N.W. 5th St., Suite 1, in Plantation, with a Ft. Myers office opening in May 2008.

For further education on physiatry, please visit www.wetreatpain.com



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