

# PAIN ELIMINATION

## STEP ONE

3 NATURAL WAYS TO HELP RELIEVE ACUTE AND CHRONIC PAIN



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**KAUFFMAN**  
CHIROPRACTIC

CONSERVATIVE CARE FIRST

# Preface

**Have you been dealing with pain for longer than you think you should? Does it affect your daily life and limit the things you can do?**

Whether it's playing a sport, functioning at work or school, bending, lifting, twisting, or whatever you are limited in doing because of your pain, it's time to make a change. Make sure you read this entire guide and **take action** to get your life back.

This guide is divided into two chapters. The first chapter is all about the initial steps to take for acute pain (new pain), while the second chapter is all about chronic pain (pain lasting for months or years).

Read the chapter that pertains to you and then skips to page 5 (Frequently Asked Questions).



This is a guide to the initial steps you should take if you are in pain from a musculoskeletal condition such as back pain, neck pain, shoulder pain, hip pain, elbow pain, or other muscle, or joint related pain. Please note that it is important to have your condition evaluated before starting any home remedies or self-treatment. **Please call our office at 513-444-4529 for an evaluation of your condition.**

# Chapter One: Acute pain

**1 Ice or heat? Ice:** For acute conditions (recent injuries or pain) like a sprained ankle, a neck muscle spasm, a whiplash injury, or a back lifting injury, always use ice. Ice helps to calm down inflammation. Inflammation is one of the key components of pain, so using ice can help to not only make the pain less, but can also help the condition heal faster. Heat, on the other hand, often feels good on a sore spot but if there is inflammation underlying the condition, heat can make it worse.

**Timing: 10 - 20 minutes at a time.**



**2 Don't rest too long.** Whether you have a pulled muscle in your back, neck pain that just came out of the blue, or tennis elbow, it's best to take a break and baby it for a couple of days. The last thing you want is to create further damage to a muscle or joint if it's already strained or sprained. That being said, after a day or two (for most mild to moderate pain), getting movement back in the area is therapeutic. For example, it is recommended that for back pain specifically, bed rest is never used for more than 3-4 days. Longer than that can actually make back pain worse and lead to chronic pain. Short walks are recommended to maintain movement in the lower back.

**3 Don't ignore it.** Many times pain seems to come out of nowhere. Waking up with a stiff neck, an achy back, a sore shoulder or something else seems all too common. Pain is like the fire alarm system for the body; it tells you something is wrong. It's not always smart to take a pain reliever and "turn the alarm off" before finding the cause. It may be difficult to identify, but this is where seeing a chiropractor can help find and correct the root cause of pain so that the proper treatment can be given. Our philosophy is conservative care first, meaning we provide all natural non-invasive treatments and do everything we can to limit the need for medications and surgeries.



**“ I went to Dr. Kauffman a couple weeks ago. I was in so much pain I couldn't sleep, work, drive—it was agony! Turned out there was a pinched nerve. He gave me manageable relief immediately and over the past two weeks has gotten me to the point of being virtually pain-free.” —E.E. Cincinnati, Oh ”**



## Chapter Two: Chronic pain

**1 Ice or heat? Both.** Alternating ice and heat can be good for chronic pain conditions. The benefit of ice is that it helps to decrease inflammation, and many chronic conditions are inflammatory. The benefit of heat is that it brings extra blood flow into the area that is heated, which can feel good but also have a therapeutic benefit.

**Timing: Heat for 15 minutes, wait 45 minutes, ice for 15 minutes.**

**2 Don't stress.** Stress typically adds fuel to the fire with chronic pain sufferers. The hormones that are released when a person is stressed can activate pain signals, making the intensity of the pain worse. One way to decrease stress on a daily basis is a simple breathing exercise. Take just five minutes a day and sit quietly and pay attention to your breathing. Something as simple as this can decrease stress hormone levels and therefore decrease chronic pain intensity.

# 3

## **Don't give in to it.**

Many people find themselves a victim of chronic pain, wherein they try multiple different treatments to try to get rid of the pain and finally give in. However, in our office, we commonly treat patients who have been in pain for several months or even years, feeling like they have “tried everything.” And yet, many times we see significant reductions in pain and improvements in these people’s lives with the types of chiropractic care we offer. Our philosophy is conservative care first, meaning we provide all natural non-invasive treatments and do everything we can to limit the need for medications and surgeries.



**“ I was referred to Dr. Kauffman by my family doctor about a year and a half ago when I was having terrible sciatica and nerve pain in my hip and tailbone. I was diagnosed with spinal stenosis, nothing I had tried previously helped and I was leading a very restricted life. Almost immediately after visiting Dr. Kauffman, I experienced relief from back and leg pain. Now I lead a pretty active life.**

—L.W. Loveland, Oh

**”**

# Frequently Asked Questions

## What Conditions Do You Treat?

We treat patients with muscle, joint, and nerve conditions ranging from low back pain, neck pain, and headaches, to carpal tunnel syndrome, shoulder conditions, and sciatica. These are just a few examples of the symptoms that we have been able to alleviate with all-natural chiropractic care.

## What makes us different?

Our approach is to take the time to truly listen to our patients' symptoms and goals in order to develop a personalized treatment plan.

**“ Dr Kauffman is awesome. He takes the time to treat each person individually. Office staff is friendly and great also. I have been making great progress with my treatment plan Dr Kauffman designed to help my low back pain. I have recommended I don't even know how many people to this awesome office. Best chiropractic care I have ever had!**

—G.W. Cincinnati, OH **”**

## Once I start chiropractic care, do I have to keep going forever?

No. However, many of our patients find that the chiropractic care they receive helps them to maintain their health and feeling of well-being, so they choose to continue treatment well after their symptoms have resolved.

## Is chiropractic covered by insurance?

Most health insurance has coverage for chiropractic care. The amount of coverage depends on the individual plan. Our office staff will call your insurance company for you to find out what your coverage is, so you don't have to lift a finger. If you don't have health insurance, don't worry, we keep our visit costs low to make chiropractic care affordable for everyone.

# About the Author

## Dr. David Kauffman D.C.



From Dr. Kauffman: “I became a chiropractor because I hurt my back playing tennis in high school (to the point I could barely walk). I remember laying on a bench for about an hour after my match until I was helped into the back seat of my parents’ car. I was taken directly to the chiropractor and was evaluated and treated right away. I hobbled into the chiropractor’s office and walked out about 80 percent better. After a few more adjustments, I was back on the court!

- Bachelor of Science–Nutrition, The Pennsylvania State University
- Doctor of Chiropractic, Logan College of Chiropractic (with honors)
- Licensed Ohio Chiropractic Physician
- Member of the American Chiropractic Association, the Ohio State Chiropractic Association, and the Ohio Public Health Association
- Collegiate Instructor in Anatomy and Physiology

“It seemed like a miracle how well chiropractic care worked for me. I knew I wanted to help people the way I was helped. I am grateful every day for the opportunity to help people get out of pain and live healthier with all-natural chiropractic care, without the use of drugs or surgery.”

—Dr. Kauffman

### **Kauffman Chiropractic**

215 Loveland-Madeira Rd

Loveland, Ohio 45140

**513-444-4529**





## Limited Time Offer:

Whether it's acute or chronic pain, it's important to take action now. If you are ready to take the next step, call our office and schedule a new patient visit today. We are offering an unbelievable deal if you give us a call now to schedule. Your entire first visit (including consultation, exam, therapies, and treatment) are all included for just \$49. The only catch is this... the appointment must be made within two weeks!

**Call: 513-444-4529 for scheduling.**

**“Excellent service and personal attention for my neck issues. I have had neck pain and headaches for years. Dr. Kauffman was able to eliminate my pain and improve my range of motion in a very short time. He even was able to accommodate my schedule by taking me early in the morning and a few times after I got off work later in the evening. Highly Recommend!”**

—P.G. Mason, OH



FRIENDS AND FAMILY REFERRAL COUPON

**\$49 NEW PATIENT VISIT**

**KAUFFMAN**  
CHIROPRACTIC

Dr. David Kauffman, DC  
215 Loveland-Madeira Rd  
Loveland, Ohio 45140  
513-444-4529

Offer includes consultation, exam, and initial treatment.

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Expires 2 weeks after receipt of this coupon.  
Offer not valid for Medicare/Medicaid beneficiaries.