

Plaintiff's Two Main Injuries from 1/17/94 Collision

1. FIBROMYALGIA

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2. POST-TRAUMATIC STRESS DISORDER

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TREATMENTS

- | | |
|--------------------------------|-----------------------------|
| 1. Injection to shoulder | 7. Heat |
| 2. Spinal manipulation | 8. Psychotherapy |
| 3. Emergency medical treatment | 9. Swim Therapy |
| 4. Splint on wrist and forearm | 10. Massage Therapy |
| 5. Electrical stimulation | 11. Physical Therapy |
| 6. Ultrasound | 12. Chiropractic treatments |

MEDICATIONS

For Pain

Vicodin
Norflex
Ultram
Tylenol #3

Anti-inflammatory

Daypro
Ibuprofen

Muscle Relaxer

Flexaril

Anti-depressants

Elavil
Nortriptyline
Paxil
Prozac
Pamelor

Sleep

Ambien

Fibromyalgia

DEFINITION:

Fibromyalgia—Pain all over the body for at least three months. Pain mainly affects muscles and their attachment to bones. Pain can also be in tendons, ligaments, and other connective tissue.

SYMPTOMS:

All fibromyalgia patients have:

- 1) Pain and tenderness all over the body (like a flu).
- 2) Pain in 11 of 18 tender points when 4-5 kg of pressure is applied to the tender points with a dolorimeter. Objective test.

Some fibromyalgia patients have:

- 3) Pain at the tender points.
- 4) Fatigue (85-90%).
- 5) Morning fatigue (80%).
- 6) Non-restorative sleep (65%).
- 7) Abnormal sensations (tingling, pins and needles, or numbness).
- 8) Headaches.
- 9) Irritable bowels.
- 10) Depression.

TREATMENTS:

- | | |
|--------------------------------|------------------------------------|
| 1) Education | 6) Psychological counseling |
| 2) Normalize stage IV sleep | 7) Low-dose anti-depressants |
| 3) Injection of trigger points | 8) Cardiovascular fitness training |
| 4) Massage therapy | 9) EMG biofeedback |
| 5) Physical therapy | 10) Cognitive behavioral therapy |

PROGNOSIS: – No known cure

- 1) Permanent

Sources:

- 1) "Myofascial Pain and Fibromyalgia", by Dr. Edward Raschlin
- 2) Arthritis Information, Fibromyalgia, Pamphlet
- 3) Innovations on Soft-tissue Jurisprudence, Smiley, Cram, Margoles, Romano, Stiller
- 4) "When Muscle Pain Won't Go Away", by Gayle Backstrom and Dr. Bernard Rubin.