

5th World **PHYSICAL MEDICINE AND REHABILITATION CONFERENCE**

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Four Physical Issues Causing Chronic Pain And The Four Medical Specialists Who Need To Work Together To Help Patients Achieve Their Best Recovery**Gerry Catapang, PT, DPT, MGS**
USA

Frustrated patients suffering from chronic pain always ask: Why Am I In Pain And Why Am I Not Getting Any Better? Detecting the cause of pain is of utmost importance. Pain can be due to physical, medical, emotional, or a combination of the three. Early detection of the cause of pain would always result to early recovery. In treating the physical cause of pain, these four issues have to be addressed: 1. structural damage, 2. internal and external inflammation, 3. mobility restrictions and instability in the spine and extremities, and 4. muscle weakness as a result of joint mobility restrictions. Patients maximum physical recovery can be achieved when the four physical causes of pain are identified and worked on by the following medical specialists: 1. Primary Care Physician (physician, NP, and PA), 2. Doctor Of Physical Therapy (physical therapist), 3. Physiatrist (Physical Medicine physician), and 4. Surgeon (orthopedic or neurosurgeon), when necessary. When the cause of pain is identified, when the four physical causes of pain described are addressed, and when the four medical specialists mentioned collaborate to provide their treatments, then patients can achieve their maximum physical recovery and allow them to return to function at the earliest possible time.

Biography

Dr. Gerry Catapang completed his Doctorate in Physical Therapy (DPT) from University Of St. Augustine in Florida. His Clinical Doctorate training is in Orthopedic Examination and Treatment of the Spine and Extremities. Gerry is also a Master Golf Performance Specialist (MGS). Gerry has been treating Orthopedic, Sports, Personal and Work-Injuries for more than thirty years. He has written more than thirty five articles on Orthopedics, Sports, and Industrial Physical Therapy published in several journals and magazines. He was a contributing author for a Physical Medicine textbook: Pain Procedures In Clinical Practice, Third Edition. He has been a guest lecturer in several medical conventions in the US and Philippines. In 2012, Gerry was the recipient of the Best Physical Therapist Award — A Community Healthcare Champion, awarded by the Springfield, Missouri Business Journal. Dr. Catapang is the founder of Physical Therapy Care Orthopedic and Sports PT and Return To Sports, LLC, in St. Louis, Missouri, USA. He is currently the Clinic Director for Athletico in St. Louis (Central West End), Missouri, and USA.

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