

Recent trends in Pain Management and Therapy

Kapil Garg

Department of clinical therapy, MGM Institute of Health Sciences, India.

INTRODUCTION

Pain itself occurs in the fundamental nervous organization while the peripheral organization nervosum statement on skin harm via a powered event, termed nociception, characterized by the liberation of high-edge primary afferent fibres. Pain can be any form of minor, reasonable or risky, according to which either non-steroidal anti-provocative drugs or sturdy opioids can be used to treat it. Pain management can be described as the most significant part of medicine, the aim of which is to provide patients with simple and fast pain relief through interdisciplinary approaches including physiotherapy, medication, psychology and other therapies. The neutral of this review article is to share and deliver content work done by researchers and scholars in the field of pain management and its treatment using many types of therapy.

METHODS

Electrical Stimulation Devices

Electrical stimulation therapy is increasing to be one of the most actual ways to ease muscle pain. These devices are non-addictive substitutes to narcotic painkillers and are able to decline pain in most patients, every so often up to 80%. For example, the Neuro-Stim System (NSS) is an FDA-clean auricular peripheral nerve field stimulator premeditated to provide low-frequency electrical impulses that are spread to the associated nerves. The low-frequency impulses diminish the activity of the sympathetic nervous system, dropping redness and improving blood flow and oxygenation to the matter. The results are summary pain for the long-term with no narcotic side properties. Spinal cord stimulation suggests pain relief for chronic back pain, leg, foot, or knee pain that has not re-joined to other involvements such as medication, physical therapy, or injections.

Stem cell procedures: Biological explanations – the usage of stem cells and platelet-rich plasma – are some of the most exciting trends in pain management. Doctors will abstract and then reinject your own cells straight into the injured or painful area. Those cells then excite those tissues to help them heal wounds to discs, nerves and further parts of the body.

Medical marijuana

While not precisely a new technique, the practice of marijuana for medical resolves such as pain relief remains in the focus as bills to permit its use come before state administrations off and on. Presently, over half of the states in the U.S. allow the practice

of medical marijuana, although its leftovers banned on the National level. The long-term benefits of marijuana on chronic pain continue unidentified due to the lack of scientific research.

Spinal cord stimulation:

Spinal cord stimulation (SCS) encompasses implanting a small device below the skin that creates small electrical impulses nearby the base of the spine. Sometimes termed a "pain modernizer," SCS devices can now work via isolated control, which allows the patient to change the level of the electrical signals in response to growing or diminishing pain. The usefulness of spinal cord stimulation is still under study and establishment of these expensive devices involves extensive testing of people with specific types of pain to make the most of the potential of success.

Complementary and Alternative Medicine:

Alternative treatments for chronic pain have grown expressively in the past two decades due to the budding reception of non-conventional medical methods, such as herbal enhancements, yoga, meditation, etc. The list of CAM treatment types is lengthy but includes massage therapy, acupuncture, hypnosis, compelling therapy, tai chi, and herbal or dietary complements, to name a few.

RESULTS

These are some of the recent techniques in pain management and therapy. And there so many recent methods of pain management and therapy among them these are some important management techniques. Electronic Stimulation Devices are now days most commonly used technique and can be seen in very common. Electronic Stimulation Devices results are reduced pain for the long-term with no narcotic side effects. The stem cell procedures stimulate cell tissues to help them heal injuries to discs, nerves and other parts of the body. The long-term benefits of marijuana on chronic pain remain unknown due to the lack of scientific research. The effectiveness of spinal cord stimulation is still under study and implantation of these expensive devices requires extensive testing of individuals with specific types of pain to maximize the potential of success. Because of complementary and alternative medicine many people suffering from chronic pain have found some degree of relief.

*Corresponding author: Kapil Garg. Department of clinical therapy, MGM Institute of Health Sciences, India.

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