

# Carrasco Pain Institute

Newsletter - Quarterly

**Pain Management • Rehabilitation • Medical Spa**

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## The Carrasco Pain Institute



**Arnulfo Tarin Carrasco, M.D.**

### The Institute

The Carrasco Pain Institute is located in the La Hacienda de Salud Medical Community at 4763 Hamilton Wolfe Road in San Antonio, Texas. The Carrasco Pain Institute is a pain medicine medical practice under the directorship of Arnulfo Tarin Carrasco, M.D. Dr. Carrasco has dedicated his practice to the management of pain and spasticity. The Carrasco Pain Institute includes a medical clinic, rehabilitation /fitness center, a medical spa and an on-site Surgical Suite.

### About Dr. Carrasco

Dr. Carrasco serves as the Medical Director of this very specialized clinic and has the compassion and experience to deliver an individualized treatment plan suited to your specific pain or spasticity complaint.

Dr. Carrasco is an Anesthesiologist/Algologist (pain management specialist) who received his anesthesia training and pain management specialization at The Cleveland Clinic Foundation in Cleveland, Ohio. He received additional Fellowship training in pain management with emphasis on the implantation of programmable devices, i.e., Spinal Cord Stimulators and Drug Administration Systems in Columbus, Ohio.

As a Pain Specialist, he is a member of several local, national, and international pain medicine organizations. He is a nationally and internationally recognized authority in his field of pain management, and lectures to other pain specialists in the United States and Mexico on the benefits of procedures and specialized treatments. He has been recognized in local and national publications and has published a research article.

Dr. Carrasco stays abreast of the latest developments in pain management including the use of Spinal Cord Stimulation, Drug Administration Systems, Botulinum Toxin-Type A, and IntraDiscal Electro Thermal Therapy (IDET) for the management of chronic pain.

In addition to the treatment of pain, Dr. Carrasco has also dedicated his practice to the management of Complex Regional Pain Syndrome Type I, commonly known as RSD, Spasticity associated with Cerebral Palsy, Brain Injury, Stroke, Multiple Sclerosis, Spinal Cord Injury, and Spastic Torticollis.

For educational details on these and other pain complaints, please view our website [carrascopaininstitute.com](http://carrascopaininstitute.com) If you would like to contact us by phone please call The Carrasco Pain Institute at (210) 614-4825.

*Welcome to our Institute. As a pain management physician, I have seen the effects pain has on individuals and their families, and the difference pain management makes in so many lives. Unfortunately, still today too many people unnecessarily suffer with pain.*

*Thanks to the help of many dedicated people we were able to develop The Carrasco Pain Institute—an institution comprised of medical offices, a surgical suite, a rehabilitation center, and a medical spa. The Carrasco Pain Institute allows for complete care of the patient suffering with acute or chronic pain in one location.*

*Our goal with this Newsletter is to serve as a resource for all people afflicted with pain, and let them know that they do not have to suffer with pain – they have an option to do something about it.*



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**CarrascoPainInstitute.com**  
**(210) 614-4825**

*“Specialists in the Treatment of Pain”*

**ThePainSpa.com**  
**(210) 614-4869**

## Pain Management

### Epidural Steroid Injections



A local anesthetic and a small amount of corticosteroid into the epidural space. The procedure may be performed in the cervical, thoracic, lumbar or caudal region of the spine. The epidural injection is performed in an effort to decrease the amount of pain a person is experiencing. The steroid is used to decrease the inflammation of the nerve roots. Epidural injections are often used in an effort to avoid surgery.

#### What should I expect?

The epidural injection is an out patient procedure. You will receive a sedative through an IV for the procedure. You will probably not remember much about the procedure. During the procedure the nursing staff will monitor your blood pressure, pulse, respiration, and oxygen level. After the procedure you will be monitored for 30-45 minutes, and after you recover you will be discharged home with a family member or a friend.

#### What is an epidural steroid injection?

An epidural injection involves the placement of a

#### How often can I receive an epidural steroid injection?

Many times epidural injections are performed in a series of two or three injections, two weeks apart. Most commonly a person will have no more than three injections within a six month time frame. The total number of injections an individual can undergo is based on the total amount of steroid injected.

#### Are epidural steroid injections safe?

Dr. Carrasco performs the procedure under fluoroscopic guidance which is a type of x-ray that will allow the doctor to confirm needle placement in the epidural space prior to the injection. After the procedure, you will be given a set of discharge instructions. You will be asked to call our office the next day to update our staff on your condition. The most common side effects are temporary fluid retention, increased appetite, and weight gain. Individuals with diabetes may note an increase in their blood sugar. We ask you to consult your primary care physician for help with the management of your blood sugar during this time frame



## Rehabilitation

### Therapeutic Exercise & Ultrasound



The Carrasco Pain Institute also contains a rehabilitation facility for those who suffer

from acute or chronic pain syndrome or athletic injuries with emphasis on muscular and nerve injuries. Our professional staff will provide you with a thorough evaluation and create a rehabilitation program tailored towards your individual needs.



**Therapeutic Exercise** is a specific training used to increase strength and/or range of motion of a joint or of large muscle groups. This is a broad term to describe all active movements performed by patients as instructed by the therapist.

**Ultrasound** uses sound waves via a transducer to treat a variety of conditions. Ultrasound can increase blood flow, decrease muscle spasm, minimize inflammation, speed up the healing process, and decrease pain.

In each newsletter we will focus on a couple of key therapies that will assist individuals in the recover process. Our focus in this issue will be on Therapeutic Exercise and Ultrasound.

## Medical Spa

### ThePainSpa™



ThePainSpa™ is the first ever Pain Management, Rehabilitation and Medical Spa. It was pioneered by Arnulfo Tarín Carrasco, M.D., a nationally recognized authority in the

management of acute and chronic pain patients.

Dr. Carrasco envisioned providing a warm, comfortable, and aesthetic environment conducive to his desire for people to “feel better, look better and live better.” The facility was designed to allow healthy individuals and people suffering with mild to severe pain to receive pain management, rehabilitation services, wellness evaluations, and aesthetic treatments in the most comfortable setting possible.

ThePainSpa™ is located in The Carrasco Pain Institute and is staffed with caring and professional medical paraprofessionals, who will provide you with state-of-the-art medical services in the most comfortable environment possible.



We hope after your visit to ThePainSpa™, you  
***“feel better...look better...live better.”***

## Pregnancy Massage

**Pregnancy Massage** is designed for the expectant or new mother to relieve the extra stress and tension placed on the body. Focus is placed on the low back, gluteal, hips, shoulders, and feet. Special cushions are used for support. Massage is not recommended in the first trimester.

Pregnancy can be a stressful and emotional time. Pregnancy is a time when women may need a little more support. A massage therapist can offer that extra support by providing a prenatal massage. The massage therapist can provide a unique experience of support and relaxation. The therapist provides soothing, nurturing touch combined with focused, individualized attention to the pregnant woman's physical and emotional concerns.



### Benefits of Prenatal Massage:

- Helps to eliminate wastes through the lymphatic and circulatory systems.
- Combats fatigue and helps you to **feel more energetic**.
- Eases the load on the mother's heart and helps to **keep the blood pressure under control** by aiding in circulation.
- Cramping, tightening, stiffness, tension, knots and other **muscular discomforts** may be eliminated.
- Decreases lactic acid and other cellular waste products that build up and cause **muscle fatigue**.
- May **relieve depression or anxiety** caused by hormonal changes.
- May relieve backaches, stiff neck, **leg cramps, headaches, edema**, soreness, swollen ankles, wrists and feet.
- **Increases the local and general blood circulation** bringing more oxygen and nutrients to the cells of both the mother and the baby.

ThePainSpa™ specializes in prenatal massage. Our licensed massage therapists are trained in pregnancy massage and take the necessary precautions during the massage.

## Noticias News



## Lecture Series

**April 2006**

*Epidural Steroid Injections*

**May 2006**

*Treating Headaches with Botox*

**June 2006**

*Complex Regional Pain Syndrome/RSD*

## The Next Issue

**Pain Management**

*Botox Treats Headaches*

**Rehabilitation**

*Relieve Chronic Muscle Pain*

**Medical Spa**

*Benefits of Hydrotherapy*

*Treating Chronic Headaches*

### Legend

1. Waiting Area, 2. Surgical Suite,
3. Spa Waiting Area, 4. The Carrasco Pain Institute
5. Arnulfo Tarín Carrasco, M.D.



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