

Ask the front desk about some of the treatments we offer

Sinclair-Method for addressing alcohol consumption

Ketamine Assisted Psychotherapy (KAP)

Acupuncture with Andrea Wilson

RISE BC WELLNESS CENTRE



Summer is in full swing and we have been very busy at Rise BC Wellness Centre. Mary (RMT), Andrea(TCM), Anna (Kinesiologist), Tara(Counsellor) and Dr. Kailia all meet each week to discuss how they can better come together as a TEAM to support each other in their fields. The team is dedicated to working together to bring new medicine, treatments and services to RISE in order to provide the best possible treatment plan for each patients' specific requirements.

We would like to encourage everyone to book their appointments in advance. We appreciate the patience and understanding of everyone as Dr. Kailia's schedule has been booked solid while we wait for Dr. Christie to return. We still do not have a date of return, however, we will continue to provide updates.

Massage Therapy during pregnancy Mary Houle RMT

Issues that Occur During Pregnancy and Can Be Improved With Massage

- Changes in gait can occur due to postural changes causing foot issues including Plantar Fasciitis, Pes Planus and general calluses.
- Carpal Tunnel Syndrome can occur from edema in the body compressing the median nerve in the arm.
- Piriformis Syndrome (a milder version of Sciatic pain) producing pain, tingling or numbness in the buttocks or down the leg.
- Increase in breast volume can result in tenderness and pain around areola.
- Meralgia Paresthetica, the Lateral Femoral Cutaneous nerve is entrapped and compressed within the thigh due to shifts in body weight and positioning. The anterior and lateral region of the thigh typically experience itching, burning, numbness, aching or touch sensitivity.

Issues That Occur Post Pregnancy and Can Be Improved With Massage:

- Exhaustion, overall mental and physical fatigue
- Breast tenderness and or mastitis (inflammation) chafing of nipple or general pain
- Postural pain in the upper back and neck
- Desire for core strengthening and improving scar tissue mobility and appearance from C-sections (generally two months after cesarean birth)



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Check out our webpage for more about Rise BC Wellness Centre and Dr. Kailia's TEAM at risebc.com

Yoga in the Fall with Shannon Dikkema



Join us for 7 weeks of integrative gentle Yoga classes that include an informative presentation prior to each class by a medical doctor who specializes in Chronic Pain Management

Seven week Fall Session,
September 12th to October
24th

Wednesdays 1:00-2:15 PM
Pre-registration for 7
sessions: \$75
Drop in: \$12

To register or for more
information:

office@risebc.com

Prolotherapy

Prolotherapy is a treatment technique used for chronic myofascial pain, back pain, osteoarthritis, and sports injury. It involves repeated injections of a dextrose solution or other irritating substances into the joint, tendon, or painful tissue in order to provoke a regenerative tissue response.

How does prolotherapy help?

Prolotherapy is a recognized orthopedic procedure that stimulates the body's healing processes to strengthen and repair injured and painful joints and connective tissue. It is based on the fact that when ligaments or tendons (connective tissue) are stretched or torn, the joint which they are holding destabilizes and can become painful.

Prolotherapy, with its unique ability to directly address the cause of the instability, can repair the weakened sites and produce new collagen tissue, resulting in permanent stabilization of the joint. Once the joint is stabilized, the pain usually resolves. Anti-inflammatory or other pain relievers only act temporarily, and there are more risks associated with traditional surgical approaches which may fail to stabilize the joint and relieve pain.

The original term used for this therapy was sclerotherapy. Coined in the 1930s when this treatment was discovered, it included both joint and vein injections. Today the term prolotherapy is used for joint, ligament and tendon injections, while sclerotherapy is used for the treatment of varicose veins, spider veins, hemorrhoids and other vascular



Rise Above Pain
riseabovepain.com

Rise Above Pain Society is a not-for-profit organization dedicated to providing residents of Nelson and the Kootenay Boundary region, who are experiencing chronic pain, with equal access to support and programs to improve their health. Working out of the medical offices of Dr. Joel Kailia and Rise BC Wellness Centre, which is part of the Community First Health Co-op in Nelson, BC, Dr. Kailia and his staff provide a team-based, holistic approach to pain assessment and management.

Is yoga therapy for you?

Yoga Therapy is the application of all the tools of yoga to specific health conditions. In addition to asana, pranayama and meditation, other yogic tools include visualization, affirmations, sound therapy, etc. Yoga Therapy adapts yoga to the individual rather than the individual trying to conform to the poses, which is the norm in most western yoga classes. It is typically taught in a small group, semiprivate, or private setting allowing ample time for individualized attention and hands on adjustments as necessary.

Yoga meets the student where they are at, without expectations of attaining any particular position or having any particular realization. Although the student may begin with the goals of reducing physical pain and suffering, over time and with commitment to the physical practice, other benefits and interests naturally arise within the mental, emotional, and sometimes spiritual arenas.

What is Yoga and Yoga Therapy?

A Yoga Therapist will assess each individual based on the panca maya kosha model. The five layers of the self include the physical, physiological/life force, mental, intellectual/personality and social/bliss/emotional "bodies". Disturbances in any or all of these layers can cause disease, and it is the role of the Yoga Therapist to identify and treat each individual accordingly. For example, where appropriate, yoga therapists will assess posture, myofascial lines, stress and energy levels, memory, sleep patterns, bowel movements, appetite, the quality of relationships, mental stimulation, mental health and emotions, health history, etc. Ayurvedic constitutional imbalances (doshas) as well as the degree of toxin accumulation (ama) in the tissues (dhatus) and the strength of digestion/metabolism (agni) will also be taken into consideration. A detailed plan will be formulated based on the unique characteristics and imbalances within each individual. All of the tools of yoga may or may not be used, depending on what is needed to develop a sense of wholeness and health in all dimensions of self.

Yoga & Chronic Pain

Yoga Therapy is very effective at treating chronic pain and the host of symptoms and conditions that go along with pain that has become chronic. The American College of Physicians (ACP) recently published new guidelines in the Annals of Internal Medicine encouraging non-pharmaceutical therapies like yoga, mindfulness meditation, tai chi, and massage as first lines of treatment for chronic low back pain. The report finds that yoga may improve pain and functioning relative to usual care and education, and should be favoured over general forms of exercise and drug therapy. This is a significant departure from the traditional recommendations, and shows how widespread the recognition of the effectiveness of yoga has become.

So how does yoga help chronic pain, especially pain stemming from central sensitization? By calming the nervous system through the many tools available in yoga and introducing gentle movement while maintaining that parasympathetic state, the body produces natural opioids in the form of endorphins that override pain signals and turn the pain dial down. Symptoms of anxiety, depression, insomnia, poor digestion, low energy, poor memory, high stress, etc., are also alleviated in a similar way when a yoga practice is followed for any length of time with a sense of focus and dedication. Research done with a range of populations suggests that yoga practice leads to better regulation of the sympathetic nervous system and hypothalamic-pituitary-adrenal system, as well as a decrease in depressive and anxious states. This all comes back to the state of mind, and being able to find stillness despite having pain, which is not always an easy task.

Despite our conditioned notion that pain is caused by tissue damage, that "something [physical] must be wrong", research continues to show that not all pain is correlated with tissue damage, and that pain is actually produced in the central nervous system (i.e. the brain and spinal cord) rather than coming from tissue damage in the periphery.

Ketamine Assisted Psychotherapy (KAP) for Chronic Pain with Tara Emery and Dr.Kailia

As Ketamine research is providing hope for treatment resistant depression, we are also seeing increased evidence for its use with chronic pain. Ketamine, a commonly used anesthetic, causes disassociation from one's body and sense of self. This disassociation can feel like an out of body experience in which you are able to have space from pain. With higher doses of ketamine, individuals will report no pain for one to two hours and at lower doses pain is decreased. After a first treatment with ketamine many people will feel relief for around fourteen days. Over the course of the treatment period, the Ketamine treatments become less frequent and can be spaced further apart when combined with other pain treatments, such as counselling, massage, acupuncture and kinesiology.

Ketamine seems to be an ideal treatment for central sensitization, chronic pain conditions, neuralgia, fibromyalgia and chronic regional pain syndrome. These conditions are related to a stressed or hypersensitive nervous system. A stressed nervous system wears our body and our mind down;

we feel on alert all the time, we become sick easily, we feel chronically exhausted, we start developing increased areas of pain, we may gain or loose too much weight, and mostly we CAN NOT RELAX!

By disassociating completely from our body, we get a chance to reset the nervous system. Our sessions are held in a safe and supported therapeutic environment allowing for a slow re-integration into the body. While we track this body integration we can bring awareness to holding patterns and areas of tension to be released. Although pain may return to the body again, we are able to explore this with a sense of spaciousness and relaxation. When we are able to utilize this awareness we are actually changing our brain and turning down the pain alarm system. Following the six month treatment period, most individuals only require an occasional follow-up treatment. This is a new type of therapy for chronic pain but research is available with promising initial findings confirming what we are seeing at RISE.

You may have also heard about ketamine troche or ketamine spray being used for pain. This can be a helpful follow up KAP treatment or for a pain crisis. A full KAP treatment seems to be most effective way to have long lasting results.

KAP groups are being offered through RISE for approximately \$250 for a full day treatment.

One on one treatments are also available for approximately \$360 for a full day treatment.

An assessment is required as ketamine is not right for everybody!