

Advanced Technology for Neck Pain

"This machine saved my life" was Janice Bedell's first response when asked about her experience with the MCU (Multiple Cervical Unit) at Slocum-Dickson Medical Group. Janice Bedell, MD is a radiologist whose 1 hour and 15 minute commute to and from work along with a job that required hours of sitting in the same position, took a toll on her neck.

"As time went on, my neck got worse and I was in excruciating pain and could not move my head," recalls Dr. Bedell. She eventually sought out the care of a back specialist. Dr. Bedell had a history of arthritis of the neck and as her pain increased her physician presented her with two options, surgery or physical therapy. Opting for a more conservative approach, Dr. Bedell chose physical therapy. She was referred to Suzanne Price, PT, DPT, Cert MDT, Director of Rehabilitation at Slocum-Dickson Medical Group to begin evaluation and treatment with the MCU (Multiple Cervical Unit).

The MCU is advanced technology that assesses and treats chronic neck pain. The MCU was acquired by Slocum-Dickson Medical Group in September of 2005 as a means to allow physicians and therapists to effectively measure neck strength and flexibility. When a deficit is present it is often the cause of chronic neck pain. "The MCU impressed me with its reliable, objective measurements of cervical spine Range of Motion (ROM) and isometric strength," said Suzanne Price, PT, DPT, Cert MDT.

Each patient works through a strengthening program that is designed to meet their specific needs. The MCU produces a comprehensive written report detailing strength and range of motion deficits that is provided to physicians, patients and payers to help support their care plan. "I've found it to be one of the most effective systems I have used. The MCU has proven to be the missing link for strengthening and neck rehabilitation," stated Price.

For about a year, Dr. Bedell had tried

other treatments for her neck pain such as, chiropractic care, massage therapy and other forms of physical therapy but did not see any significant improvements in her range of motion. When she arrived at the Rehabilitation Department of Slocum-Dickson last April she could hardly move her head and she was in a great deal of pain. She underwent an initial evaluation and began treatment using the MCU once a week. After two weeks, her treatments were increased to twice a week. "I saw tremendous changes," said Dr. Bedell. Her pain was relieved and she had increased movement in her neck. In addition to her treatments on the MCU, Dr. Bedell was given neck exercises to perform at home and she continued with chiropractic care and massage therapy.

"Now I feel so much better. I wake up in the morning feeling like my normal self and I'm able to function," said Dr. Bedell. "You don't realize how much pain takes over your life." After treatment with the MCU, she also noticed definite differences in the strength of her neck muscles.

One of the benefits of treatment with the MCU is that it isolates the neck muscles. Also the data report from the MCU provides the patients with a visual representation of their progress. "People should know this machine is out there," said Dr. Bedell. She believes that there are many other people like her that are suffering with chronic neck pain that could be helped by treatment with the MCU at Slocum-Dickson.

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Rehabilitation Department

Under direct access patients have the ability to consult a Physical Therapist without a referral.

Wellness assessments are currently available through the wellness center, call the Rehab Department for more information

(315) 798-1415