

“NOTHING SHORT OF A MIRACLE”

AT THE CENTER FOR INTERDISCIPLINARY SPINE, HOLISTIC, INNOVATIVE APPROACHES TO CHRONIC PAIN GIVE PATIENTS THEIR LIVES BACK.

Dave Miller had been working for the city of Sacramento for 30 years when, in a flash—in the middle of an ordinary workday—everything changed. One missed step sent him tumbling down a staircase, breaking his back and neck and suffering a serious head injury. During the months of medical care that followed, his body healed but the pain settled in to stay, like an unwelcome houseguest.

“The chronic pain robbed me of my life,” recalls Miller (not his real name). He couldn’t work, he grew depressed, and he began to lose hope that he’d ever recover.

Then, he walked through the doors of the Center for Interdisciplinary Spine (CIS).

Decidedly not the typical “pill mill” pain practice that has helped fuel this country’s opioid crisis, CIS’s brilliant, caring doctors and therapists use innovative techniques, cutting-edge technology, and evidence-based medicine to provide individualized treatment for each patient.



A Caring, Careful Approach

At the helm is clinic founder and Medical Director Carl Shin, MD, a renowned expert in interventional spine treatments,

electromyography, and pain management. When a new patient arrives, Shin or one of the equally experienced staff physicians takes the time to learn not just about their injury but about their life: their mindset, cultural beliefs, education, and support system. This invaluable insight into the people behind the pain helps determine the most successful mode of treatment.



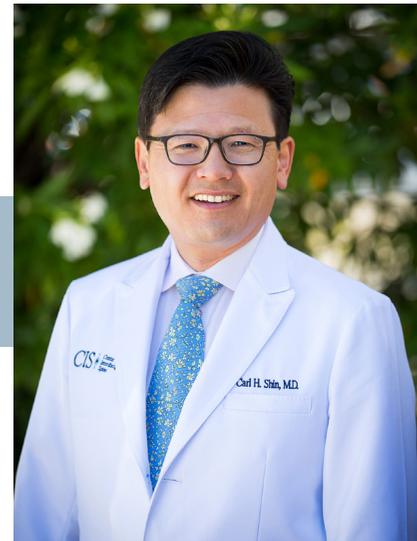
“This is the key to what we do,” says Karen Freeman, Senior Administrator. “Every patient, every injury is different—and is approached differently. In 20 years in healthcare, I’ve

never met a doctor like Dr. Shin. He is so humble and kind; he’s deeply invested in helping patients get their lives back.”

Whereas many spine and pain clinics are quick to recommend expensive and often ineffective surgeries, CIS patients receive skilled medication management, chiropractic care, massage, physical and occupational therapy, psychological counseling, and more. If necessary, minimally invasive alternatives to surgery are offered, including steroid injections, nerve blocks, and trigger point injections.

Restoring Hope

The jewel in the CIS crown is the clinic’s Keystone Functional Restoration Program—a six-week, interdisciplinary program for patients who have tried many



Carl Shin, MD

medical options and are still experiencing chronic, debilitating pain.

“Medical science is learning more about chronic pain every day,” says Freeman. “We now know that the condition is the result of an altered pain system. When hypersensitized, the neurophysiologic system that typically protects us can go into overdrive, resulting in ongoing, often-intense pain, even when the initial injury has healed.”

Patients who commit to the Keystone Functional Restoration Program use meditation, psychotherapy, and move-



ment to cure their pain by reprogramming and rewiring their neurophysiologic system.

“It was absolutely incredible,” says Miller, who went through the program and is now back at work. “This program and the science behind it handed me my life back. I went from being bedridden

with headaches to hardly ever getting one. It’s nothing short of a miracle. I’m so grateful to Dr. Shin and CIS.”

CIS  Center for Interdisciplinary Spine