

IPS – WHAT CAUSED IT AND WHERE DID IT START?

IPS is a complication of a disease or injury. To obtain some relief and recovery, every person with IPS must clearly know the following:

1. Name of the disease or injury (i.e. diagnosis) that started the pain.
2. Anatomic location on the body that first sustained pain.

Our studies have found that many persons with IPS don't have a diagnosis for the cause of their pain and may have even forgotten the site on their body where the pain originated.

The following diagnoses are NOT specific enough to get you much relief or recovery and can't be considered a legitimate cause of IPS: "Back, foot, knee, or neck pain". "Pain all over". "Neuropathy". "Failed Back Syndrome". "Strain or Sprain". "Arthritis".

In other words what is the specific cause of your back pain? For example, what was the specific diagnosis that warranted an epidural injection, surgery, or an opioid prescription?

Regardless of how long you have had IPS, your original pain site is problematic for one or both of the following reasons:

1. The site generates inflammation and electricity.
2. The site is scarred and blocks the normal flow of electricity.

COMMON CAUSES OF IPS

- Arachnoiditis Lumbar-Sacral/Cervical
- Reflex Sympathetic Dystrophy (CRPS)
- Osteoarthritis
- Genetic Connective Tissue/Collagen Disorders
- Brain Injury – Stroke/Trauma
- Autoimmune Disease



You need to know the name of your specific diagnosis for the cause of your pain.

Ask your doctor for a specific diagnosis – not just "back pain", "neuropathy" or "arthritis".

