

Mays & Schnapp Pain Clinic and Rehabilitation Center

The First Line for Pain Mitigation Therapies

Acute or chronic pain can be debilitating for a patient, affecting their every movement and behavior. Coping with severe, unrelenting pain can cause a progressive spiral of despair. It not only impinges on so many facets of life, but chronic pain is also a difficult affliction to properly understand.

Mays and Schnapp Pain Clinic and Rehabilitation Center takes a focused and thorough approach to this central and very specialized arena of medical care. One of its

primary and growing objectives involves education. Often, patients endure rounds of referrals to specialists, suffering pain throughout this transit from one practice to another. Stated another way, by the time a patient reaches a pain specialist, weeks or months have passed and perhaps several doctors have been consulted. As a result, patients can become emotionally debilitated from a swirling merry-go-round.

This practice is interested in assisting primary and internal medicine physicians to identify patients for whom a pain specialist may be the best first referral to make.

As part of this objective, it recently organized a Continuing Medical Education event at The Peabody under the banner, "Pain Management for the Practicing Physician," which drew about 100 medical practitioners, said Vicki Saunders, practice administrator.

Dr. Kit S. Mays of the clinic concurs: "When the alleviation of pain is the primary complaint, a patient is best served by a pain practitioner."

Mays and Schnapp Pain Clinic and Rehabilitation Center also carries a pioneering role. This comprehensive center has the distinction of being the first outpatient clinic for the treatment of severe chronic pain in North America accredited in all areas of adult outpatient rehabilitation by the Commission for Accreditation of Rehabilitation Facilities



Dr. Moacir Schnapp (left) and Dr. Kit S. Mays confer over a patient in the O.R.

and remains the only pain clinic in the Mid South so certified. As such, it offers advanced technology with a leading-edge ambulatory surgery center, physical therapy department and psychological support, along with the on-site physician's private practice.

Through a quarter-century of collaboration, Dr. Mays and colleague and fellow medical director, Dr. Moacir Schnapp, strive to restore both relief and function to patients and to seek ways to effectively treat physical suffering. Dr. Mays has a background in anesthesiology and Dr. Schnapp in neurology. Focusing on the patient as a whole entity, the center provides empathy along with insights on treatments, and proper medications through a multi-disciplinary approach. For instance, pain may cause other problems; the goal is to treat all symptoms of pain so that the suffering that accompanies or acts as a catalyst to other conditions are all addressed.

The centerpiece of the clinic, an ambulatory surgery center, provides patients whose conditions require it the convenience of being able to receive nerve blocks or other non-invasive pain treatments on-site and often on the same day as their visit to the doctor. Its rehabilitation facility sports an aquatic treadmill and tailored exercise programs.

Some conditions for which the clinic assists patients include the following:

reflex sympathetic dystrophy, pain associated with cancer, ruptured discs, shingles, spinal stenosis, arthritis, chronic neck and back pain, nerve pain and fibromyalgia. Its team of professionals, including nurses, physical therapists, a psychologist and other specialists, work as a team to address needs.

Doctors Mays and Schnapp are able to augment their procedures and treatments via

ongoing strides and advances in wider research. New pharmaceuticals, procedures, rehab methods and research can directly benefit their patients. Some remedial answers come in the form of anti-inflammatory drugs, analgesics and anti-seizure medication, nerve blocks and physical therapy.

Furthering advantages gained by scientific innovation, new diagnostic equipment and software enable a quicker identification of underlying problems, Dr. Schnapp said. This involves careful study and experience in the physiology and psychology of pain and about how the body responds to trauma. The clinic has even developed and patented rehabilitation devices to treat sympathetic dystrophy, for instance, and has conducted clinical trials with published research results.

All the while, Dr. Mays, notes, the clinic never leaves out the human touch from the diagnosis all the way through the treatment stages. Careful listening of a patient's condition and factors that led up to and intensified the pain condition are seen as central. Psychological implications of pain are also kept in view.

"It is important that our patients receive the best medical care for their pain and at the same time have their problems dealt with compassionately," Dr. Schnapp summarizes.

For more information about the clinic, please call 901-747-0040.