

Mays and Schnapp Pain Clinic and Rehabilitation Center

COMPREHENSIVE CENTER FOR THE TREATMENT OF SEVERE CHRONIC PAIN

When people suffer from pain day after day, it is easy to become isolated. Chronic pain often prevents participation in the simple activities of life — cooking a meal, tending a garden, going to work and spending time with family and friends.



Moacir Schnapp, MD and Kit S. Mays, MD

The Mays and Schnapp Pain Clinic and Rehabilitation Center, located adjacent to Baptist Memorial Hospital in East Memphis, is dedicated to returning hope and quality of life to people suffering from pain.

As the only accredited, comprehensive center for the treatment of severe chronic pain in the Mid-South, Mays and Schnapp offers an array of technologically advanced services. Included are an ambulatory surgery center, a physical therapy department, psychological support, and physician private practice — all under one roof.

The Mays and Schnapp Pain Clinic helps patients with a variety of conditions, including reflex sympathetic dystrophy, pain from cancer, ruptured discs, shingles, spinal stenosis, arthritis, chronic neck and back pain, nerve pain and fibromyalgia.

If someone comments that it must be depressing and difficult to deal with patients in pain day after day, clinic directors Kit Mays, MD, and Moacir Schnapp, MD, quickly respond: “We don’t deal with pain. We deal with pain relief.”

Pioneers in Pain Treatment

Drs. Mays and Schnapp are renowned leaders in the field of pain treatment, collaborating for more than 25 years in a partnership that has brought relief to thousands of patients.

The physicians met at the University of Tennessee, where Mays established the Mid-South’s first pain clinic. He served as director and was succeeded by Dr. Schnapp.

In 1983, the two doctors went into private practice, and a decade later opened the Mays and Schnapp Pain Clinic and Rehabilitation Center in its current location.

“We wanted a center built to our specifications so we could offer all the necessary services in one place, which makes it much easier for our pain patients,” said Dr. Mays.

In 2006, Mays and Schnapps became the first

pain clinic in the world to purchase the VeinViewer, a machine that helps visualize difficult-to-find veins so patients do not suffer unnecessarily when IVs are started for pre-op.

The clinic also developed and patented rehabilitation devices to treat reflex sympathetic dystrophy, a chronic neurological syndrome that is characterized by severe pain.

Even though many advances have been made in pain treatment, Drs. Mays and Schnapp rely on more than just high-tech innovation. They listen to their patients and get to know them. Often emotional issues, sleep disorders, or misdiagnoses are significant contributing factors which must be considered.

The average patient has been seen by several other physicians before going to the Mays and Schnapp Pain Clinic.

“We understand that when it comes to a difficult case, it helps to have a fresh perspective and to be open-minded about treatment options,” said Dr. Schnapp. “There are many causes of pain, and with advances in diagnostics, it’s becoming somewhat easier to prevent severe pain from developing. At this point, the cutting edge of pain relief is prevention.”

Accreditation Ensures Top Quality

In 1991, the Mays and Schnapp Pain Clinic became the first pain clinic in North America and the only clinic in the Mid-South accredited in all areas of adult outpatient rehabilitation by the Commission for Accreditation of Rehabilitation Facilities, or CARF.

While many more pain clinics have achieved accreditation since 1991, Mays and Schnapp Pain Clinic remains the only CARF-accredited facility of its type in a 500-mile radius of Memphis.

The philosophy of care at the Mays and Schnapp Pain Clinic is to treat the whole patient using a multidisciplinary approach.

“We’re a team that works together for our patients,” Dr. Schnapp said. “They get comprehensive care. We deal with a multitude of symptoms because pain is often the superficial indicator of what is really going on with the patient.”

Long-term pain is often associated with nerve damage and psychological problems such as depression and anxiety. The multidisciplinary pain clinic offers psychological support uniquely tailored to the needs of chronic pain patients, as well as an ambulatory surgery center and a physical therapy department.

“A main goal of our clinic is to restore function to each patient without causing additional pain,” Dr. Mays said. “Physical therapy and regular exercise are an important part of the healing process because inactivity can make pain worse. When you improve function, you improve the quality of life.”

For more information about the Mays and Schnapp Pain Clinic and Rehabilitation Center, please call 901-747-0040, or visit Baptist Memorial’s Web site at www.bmhcc.org and choose “Pain Management” on the Health Care Services page.