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# What patients and caregivers should know about MPS Therapy



By: Katie Nielsen     

Pain relief for chronic pain sufferers may often seem like the pot of gold at the end of an ever-receding rainbow. So many therapies promise relief but don't end up delivering, leaving pain sufferers and their caregivers frustrated by a lack of results. It seems neither pain medication nor physical manipulation can offer long-term relief from chronic pain.

However, new technologies continue to offer new pain relief options. One such option, an FDA-approved therapy known as Microcurrent Point Stimulation or Dolphin Neurostim Therapy, is a new noninvasive treatment for chronic neuromyofascial pain offering new hope to pain sufferers. Here is what patients and caregivers should know about this therapy.

## MPS targets pain trigger points

The key to MPS is its combination of physical and electrical stimulation to affected areas of a pain sufferer's body. American Senior Communities, which offers this treatment at locations statewide, explains, "The treatment involves the use of a hand-held device not much larger than an electric toothbrush with a point that is placed on a pain trigger point associated with the painful area."

ASC goes on, "Current delivered by the device to the affected area causes tight contracted muscles to release, relieving pain. Natural pain relievers produced by the body, endorphins, are also released which initiates a prolonged healing response." Recent studies also show a 35% decrease in cortisol (the body's major stress hormone).

## Case studies of MPS outcomes

There have been a number of case studies that indicate how effective MPS Therapy can be for alleviating chronic pain. One story shared by [Dolphin Neurostim](#) is of a 60-year-old male Vietnam veteran "suffering from bursitis of the left shoulder for more than two years." He characterized the pain level as between a 9.5 and a 10 and had tried numerous pain relief therapies when he met with William, a massage therapist and MPS practitioner.

William asked the patient if he had any visible scars on his body. He had three, one over his eye and one on each shin. MPS therapy was used on the scars and on acupuncture points. The patient immediately experienced complete relief from his pain. Three years later, the pain had not returned.

Another case study concerns a woman named Ethel Brewster who had severe carpal tunnel syndrome after working as a typist for 30 years. The pain led her to take painkillers almost every day. She experienced immediate pain relief following MPS treatments, according to ASC.

## Success of MPS reported by research studies

Recent studies showcase the effectiveness of MPS therapies. [A study](#) published in the Journal of Alternative and Complementary Medicine looked at the effects of a single session of MPS Therapy applied to the lower back of 34 patients who reported a history of nonspecific chronic neck pain.

The researchers found, "Pain intensity showed an initial statistically significant reduction of 68 percent in mean neck pain levels after standard protocol treatment, when compared to initial pain levels." The study further found that neck pain continued to decrease over the 48 hours following treatment with a "statistically significant reduction of 35 percent . . . for a total average pain relief of 80 percent."

## Other benefits of MPS Therapy

In addition to providing chronic pain relief, [MPS Therapy](#) has other benefits, including but not limited to:

- Swelling reduction
- Improvements in symptoms of urinary incontinence
- Strengthened immune system
- Strengthening of weakened muscle groups

To learn more about MPS Therapy and its potential benefits for chronic pain sufferers, visit or contact an [American Senior Communities](#) location near you.

*Katie Nielsen received her bachelor's in English with an emphasis in technical writing from BYU-I. She loves being a mother, cooking, writing and traveling.*