

Sports Therapy

- Acute and Chronic Injury Rehabilitation
- Overuse Injury Treatment
- Retraining for Return to Sport
- Taping and Bracing
- Pre-season Screening

Spinal Therapy

- Joint Mobilization and Manipulation
- Exercise Prescription
- Postural Assessment
- Back and Neck Care

GUNN IMS - Intra-Muscular Stimulation

Pilates Based Core Stability Training

ICBC Treatment of Injury Post MVA

Active Rehabilitation Programs

WCB Treatment for Work Related Injury

Worksite Evaluation, Ergonomic Assessment & Wellness Program Development

Functional Capacity Assessment and Medical Legal Reporting

Women's Health

- Post Mastectomy
- Urinary Incontinence Training
- Pre and Post Natal Care
- Osteoporosis

Injury Prevention Education

Seniors Programs

- Fall Prevention
- Fitness
- Post Surgical

Respiratory Care

Arthritis Treatment and Management

Neurology



Burrard Physiotherapy Associates

You're In The Right Hands

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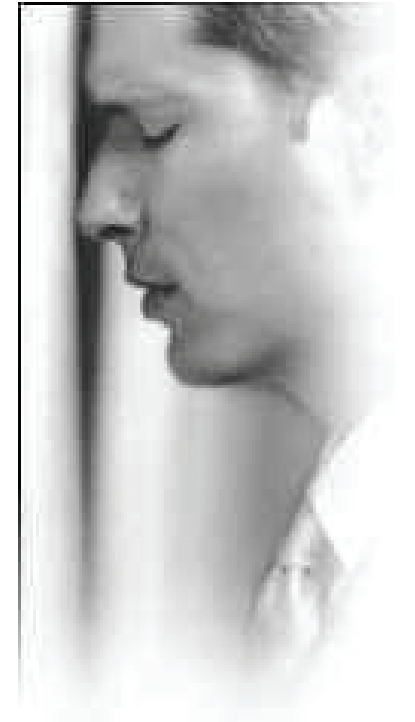
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GUNN IMS

INTRAMUSCULAR STIMULATION



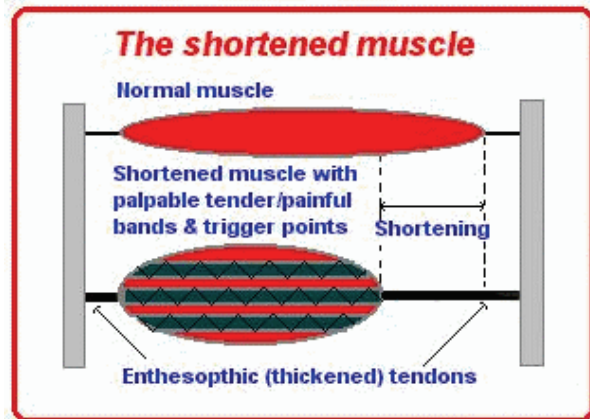
**FOR THE TREATMENT OF
CHRONIC PAIN**

Gunn IMS

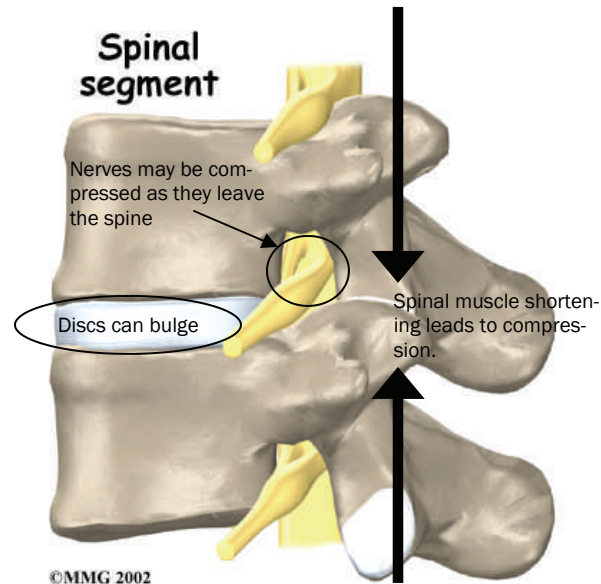
What is IMS?

To understand IMS first you must understand chronic pain. Chronic pain can occur with either ongoing trauma or inflammation such as occurs with rheumatoid arthritis or it can occur in the absence of ongoing trauma (e.g. post MVA, tennis elbow, fibromyalgia, myofascial pain). IMS treats chronic pain of the latter origin. This pain is neuropathic pain. Neuropathic pain results when the nerves malfunction following relatively minor trauma. This leads to supersensitivity in the tissues that those nerves supply, most noticeably (for patients) the muscles. The result of the nerve and tissue supersensitivity is pain, even when extensive medical tests show there is “nothing wrong”. In the muscle tissue, this supersensitivity leads to shortening.

When this muscle shortening occurs



around the spinal muscles, compression of the disc, spinal joints and consequently the spinal nerves can occur, creating a vicious cycle of pain and dysfunction.



Because the nerves affected not only supply the muscle tissue but supply the skin, organs etc, many other, often un-noticed effects of neuropathy can be seen upon examination of patients with chronic pain. These effects can include:

- Coldness of the skin in patchy areas
- Goosebumps
- Excessive perspiration over the painful area
- Often there is excess fluid in the subcutaneous tissues (under the skin), as in trophedema
- Localized hair loss
- Brittle nails
- Psoriasis.

IMS was developed by Dr Gunn while he was a clinical physician at the Worker’s Compensation Board of BC. IMS uses acupuncture needles. The needles are ex-

tremely fine (0.3mm diameter) and you may not even feel it penetrate the skin. If your muscle is normal, the needle is painless. However if your muscle is supersensitive and shortened, you’ll feel a sensation like a deep, achy, muscle cramp. This discomfort is followed by release as the muscle relaxes.

The Effects of IMS

The result is threefold.

1. A stretch receptor in the muscle is stimulated, producing a reflex **relaxation** (lengthening).
2. The needle also causes a small injury that draws blood to the area, initiating the natural **healing** process.
3. The treatment creates an electrical potential in the muscle to make the **nerve function normally** again.

The effects of IMS are cumulative. Eventually the condition is healed and the pain disappears.

Frequency of Treatments

Treatments are usually once a week to allow time between treatments for the body to heal itself. The number of treatments you require will depend on several factors such as the duration and extent of your condition, how much scar tissue there is (usually increased after previous surgery) and how quickly your body can heal. The rate of healing depends on the condition of your nerves and tissues. A healthy cardiovascular system is a prime indicator of this. In published studies of patients with low back pain, the average number of IMS treatments required was 8.2.

For further information, talk to Kerry Maxwell, Lynn Chapman or Marilyn Atkins at Burrard Physiotherapy Associates or log onto the iSTOP web site at www.iStop.org.