

## New pain management system offered at ASC centers statewide

By EUNICE TROTTER  
American Senior Communities

The pain in Ethel Brewster's wrists caused her to take painkillers almost daily. After working as a typist for 30 years, she has carpal tunnel.

Jonathan Jennings had con-

stant lower back pain, probably from the warehouse work he did for years. And an unsightly appendectomy scar on William Henderson's stomach was constantly bothersome to him.

All three of these people had immediate pain relief after receiving Dolphin Neurostim

Microcurrent Point Stimulation treatments, which also helped improve the appearance of Henderson's scar.

Known as Dolphin or MPS therapy, the treatment involves the use of a hand-held device not much larger than an electric toothbrush with a point placed on a pain trigger point associated with the painful area. 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 initiating a prolonged healing response.

"The treatment often causes immediate relief," said Janelle Burton, director of therapy at one of the communities operated by American Senior Communities, which offers the treatment at several of its 90 locations in Indiana.

The therapy integrates the principles of neurology and acupuncture. Recent statistics show nearly 80 percent of those treated with Dolphin therapy for lower back and neck pain had relief without taking any medication. Other studies show cortisol levels dropped 35 to 50 percent an hour after treatment. High or low cortisol levels can have numerous negative impacts on health.

Other Dolphin therapy benefits include:

- Strengthening weak muscle groups
- Reduction of swelling
- Improvement in symptoms of



**NEW PAIN RELIEVER** — The ETPS device can reduce the size and consequences of scars. It has multiple other uses. American Senior Communities uses the therapy to help clients strengthen weak muscle groups, reduce swelling, improve symptoms of urinary incontinence and to strengthen the immune system. (Photo provided)

urinary incontinence

- Strengthening of the immune system and more
- To learn more about the therapy, contact any American

Senior Communities location.

The therapy is offered inpatient and outpatient. To find the community near you, go to [www.ASCCare.com](http://www.ASCCare.com).

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