

7<sup>th</sup> International Conference and Exhibition on

# Pain Research and Management

October 11-12, 2018 | Zurich, Switzerland

## Chronic musculoskeletal pain: Connecting the dots

**Suparna Damany**

Damany Center for Chronic Pain, USA

Chronic musculoskeletal pain is the disorder of our decade, and frustrating for both the patient as well as the healthcare practitioner. A cause for this frustration is a failure to understand and relate the inter-relationships between the different bodily systems involved, thereby achieving no success with traditional treatments. An understanding of the pathophysiology of chronic musculoskeletal pain will allow for development of a comprehensive and effective treatment plan. In this presentation, the Damany Integrative Dynamic Method for treatment of musculoskeletal disorders will be introduced. The components of the program will be related to the different puzzle pieces that make up chronic pain. Examples of success stories will be provided.

### Biography

Suparna Damany is an author, international speaker, world-known physical therapist, hand therapist, and ergonomic specialist, with 20 years expertise in treating repetitive stress injuries and chronic musculoskeletal disorders. She is the author of "It's Not Carpal Tunnel Syndrome" which is the best-selling book on the topic. She has presented at several national and international conferences, written for and been featured in professional magazines, and treated patients from all over the world at her clinic in Allentown, PA. She has developed her own brand of treatment for chronic pain, called the Damany Integrative Dynamic Approach. She also consults with companies on injury mitigation, prevention and ergonomics and have initiated several successful programs in large and small companies all over the world. Treating chronic musculoskeletal pain is her talent, and preventing it is her passion. Her approach to injury and pain relief is holistic (combining eastern and western techniques), and long-term, with special consideration to our lifestyle. She also helps people from all over the world through her online program [www.onlineAcheSolutions.com](http://www.onlineAcheSolutions.com). She is currently working on her second book- "Chronic Pain: Connecting the Dots". With her talks, she leaves the listener with practical, poignant information with a scientific base, that he/she can use immediately.

[suparnadamany@gmail.com](mailto:suparnadamany@gmail.com)