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General Prescription for the Treatment of All Physical Pain and Misery

“The natural forces from within is the true healer of diseases.” - Hippocrates.

Date: _____.

Hello my name is _____,

I have consulted with Doctor Rodrigues to determine that I have an advanced deeply seeded complex myofascial pain and dysfunction syndrome. MP&D is the most common reason why people complain of aches, pains, numbness, burning, stinging, stiffness, weakness, dysfunctions, malfunctions, dysregulation, conundrums, hypochondria, and ultimately if left without restorative physical therapy will torment a person to commit suicide.

Dr. Rodrigues has reviewed the archives of medicine and determined that there are 3 paradigms of painful pathologies and their matched solutions. Here are the basic biology of pathology plus solution equals resolution:

1. Injury painful pathologies are muscle + hands-on and manipulative physical medicine and rehabilitation = Resolution.
2. Internal medicine and infectious disease painful pathology + medications = Resolution.
3. Surgical painful pathologies such as cancer, tumors, aneurysms and infections + surgical procedure = Resolution.

Critical biological facts: injury painful pathology will not benefit from medications or surgery. The pathologies and the anti-pathologies do not match encounter out. Thus it's impossible for these procedures to help benefit a person living in pain:



Critical biological facts:

- A. Muscle is the only organ system which can store noisy, active scars which require therapy. Muscles contain sensory organs which pick up position pressure and movement thus these are the sensory organs crushed by the forces of stressed, strained, contracted, and scarred muscles.
- B. It's impossible for the skin, skeleton, joint structures, cartilage, menisci, vertebral discs, central and peripheral nervous system, or inflammation to cause long-term

daily experiences of pain. These organ systems do not contain sensory organs which detect changes in energies and forces of sending these distress signals to the brain for analysis.

Dr. Rodrigues recovered work the dedicated work from Masters of muscle pain therapies described this illness as **“The Greatest Masquerade of All Illnesses, #1 reason for suicides and easily resolved with stretching.” -SSR**

The #1 cause of death in the US is lifestyles.

The #1 single most deadly pathology of all of these deaths are intramuscular microscopic scars **IMMSs**.

The #1 reason for these scars come from the forces of injury. The injury comes in the form the accumulation of infinite numbers of the scars resulting from infinite numbers of traumas from stresses, strains, contusions, collisions, accidents, falls, football, soccer, gardening, injuries and traumas to the mind body spirit and soul.

The #1 most effective remedy for these active, noisy, irritating, sour scars.

- These ubiquitous teeny tiny cellular scars cannot heal 100% by natural design without help in the form of daily doses of stretching plus kneading, range of motion, and intramuscular thin and hypodermic needling.

The exact pathogenesis of IMMSs can be view like that of a dryer filter collection lint demanding regular basis clean outs. Neglecting the regimen and routine will result in the lint catching fire, the house down, and possibly some dying from neglect. The scars will collect in density over decades blocking blood flow, nutrients, clogging all of the metabolic functioning of this organ system. The density you will increase until the muscles clog, falter and fail through 5 stages as per Doctor Rodrigues study.

These scars can only be healed from the inside with help from us in the form of heat, stretching, massage, range of motion, pulling, kneading and needling. Muscles can only heal by the natural forces from within by activation [Wound Repair](#) when we apply an overwhelming countering force as per [Newton’s laws of motion and physics](#).

The reason why I’m in this hellish pain and misery prison is that of the sequence of unfortunate, uncheck, reviewed, tested in reality and events which go against the laws of the human body specifically the muscle system. For millennia, even in Hippocrates teachings, he refers to hands-on physical therapy for painful problems. Thus the equation: painful physical problems plus physical therapy equals resolution.

- A. Medical Doctors ignored the biological facts when they all OK’ed prescribing drugs for pain with the advent of aspirin, Tylenol, cocaine and opium derivatives for the treatment of painful problems.
- B. Medical Doctors ignored the biological facts when they all OK’ed to use X-rays evidence from the history, physical examination and hands-on therapy at the bedside. MDs falsely and tragically assumed, believed that radiology evidence was “real” and more valuable that the words of the patients. These MDs forgot basic biology and went forward using forensic evidence denigrating the integrity

of the patient's words of mouth. Primary evidence comes from the patient verbal real-time testimony.

- C. Medical Doctors, in the 1940s, ignored the biological facts when they all OK'ed removing body parts, bone, joints, and tissues, i.e., the first hip replacement for the treatments of muscle derive pain. This first skeletal procedure marked the beginning of the end sane and reasonable duties of what physicians have always done to help people out of pain. **I'm 100% certain that bone, joints, disc, menisci, skeleton, spinal and peripheral nerves cannot be the first site for this pain.**

The Deadly Consequences of improper, inaccurate, incorrect, imprecise or no therapy: The muscular system if left untreated will ultimately fail – [Muscle Failure](#). Thus, Chronic Pain is Muscle Failure. Chronic miserable pain is the number one cause of suicide thus this therapy will prevent many dozens of suicide per day.

The treatment for intramuscular microscopic scars is exactly like the treatment for pneumonia. In the early stages of pneumonia, you can take a prescription and properly treated. Wait too long or late will result in the bug seeding deeper into the pulmonary tissues, higher fever, bilateral, infection, and the patient will die – from neglect. Muscle Failure Stage 5 disease is also as deadly as infectious diseases and will demand “intensive care unit” of professionals therapist and the like. Pneumonia treatments have to match the disease progression so does muscle treatments!

The density of the disease is assessed and assumed by clinical history, physical exam and response to a therapy session are the same as intramuscular microscopic scar disease as internal diseases, here are brief views:

Muscle Failure Stage - 0: Kids and athletes who heal from physical work, stresses, strains and traumas into the mind, body, spiritual, and soul within a week.

- RX: Hands-on options ie Massage CPT: 97124. @ 2-3 x per week.

Muscle Failure Stage -1: The general population who heal from physical strain and trauma within a few weeks.

1. RX: Joint Manipulations, Chiropractic and Osteopathic CPT: 98925 and 98926. @ 2-3 x per week.

Hands-on will not reverse the IMMSs pathology due to the Mechanism of Action which must be able to overwhelm and trigger of the Healing Cascade of Wound Repair. A needle is needed.

MFS-2: The general population who complain of regular headaches, backaches, stiffness, fatigue, insomnia and irritability. A.k.a. fibromyalgia.

MFS-3: The general population who is taking daily medicines for their pain and misery.

MFS-4: The general population who is miserable and still taking their medications.

Muscle Failure Stage 5: the general population who are miserable and considering suicide. MFS-5 is end-stage muscle failure disease which has destroyed muscle design, deep tissues to the periosteum of the bone, and cellular decay even to the [telomere](#).

RX:

1. Hands-on options Massage CPT: 97124. @ 2-3 x per week.
2. Joint Manipulations, Chiropractic and Osteopathic CPT: 98925 and 98926. @ 2-3 x per week.
3. Dry needling CPT: physical therapy codes @ 2-3 x per week.
4. Thin intramuscular needling choices @ 2-3 x per week.
5. Acupuncture CPT 97810. @ 2-3 x per week.
6. Hypodermic intramuscular needling options @ 1-2 x per week
7. Travell/Rachlin Trigger Point Injections CPT: 20552 and 20553. @ 1-2 x per week.
8. Tendon and Ligament Injections CPT 20550 and 20551. @ 1-2 x per week.
9. IM doses of magnesium sulfate; 1-4 grams per visit.

Chronic Pain Syndrome is Most all disorders and syndromes: Sciatica, Frozen Shoulder, Whiplash, degenerative joint disease, arthritis, rheumatism, Fibromyalgia Almost all Neurologic Disorders: Essential Hypertension, Erratic Blood Pressures, All Chronic Headaches, Migraines, Vertigo, torticollis, TMJ, Trigeminal Neuralgia, Peripheral Neuropathy, Intercostal Neuralgia, Meniere's Syndrome. Postural Orthostatic Tachycardia Syndrome POTS, Chronic Fatigue Syndrome, Facial Paralysis, Paralysis, or Joint Ankyloses, even Neurogenic, Sympathetic and Parasympathetic, Anxiety and Depression, etc.

My responsibility in prevention therapy, self-care, awareness, and contributions:

I have been educated the importance of my part in this healing process and vow to follow Dr. Rodrigues' mnemonic, [SSRMD+LY+SPA+Yoga on a daily basis](#).

Doctor Rodrigues also have reviewed the history of the fundamentals of Medicare and discovered what he calls a smoking gun shooting every American in the heart. Please review local compliance determination: [Medicare LCD L35010](#).

A physician who overlooks what is in the archives of medicine that is valid and vetted and safe is wrongdoing.

- In Texas: <http://www.statutes.legis.state.tx.us/Docs/PE/htm/PE.71.htm>

Respectfully,

Your name _____

Authors: Gunn Approach to the Treatment of Chronic Pain: Intramuscular Stimulation for Myofascial Pain of Radiculopathic by C. Chan Gunn MD. Travell & Simons' Myofascial Pain and Dysfunction: The Trigger Point Manual by David G. Simons, Janet G. Travell, MDs. Myofascial Pain and Fibromyalgia: Trigger Point Management by Edward S. Rachlin MD. Ligament and Tendon Relaxation (Prolotherapy) by George S. Hackett, MD. Pain Procedures in Clinical Practice, Ted A. Lennard MD, David G Vivian MM BS FAFMM, Stevan DOW Walkowski and AneeshK. Singla MD MPH. A backache from Occiput to Coccyx 1964 by Gerald L. Burke. Intraneural Injections for Rheumatoid Arthritis and Osteoarthritis & Control of Pain in Arthritis of the Knee by DiFabio and Pybus. Healing through Trigger Point Therapy: A Guide to Fibromyalgia, Myofascial Pain and Dysfunction by Devin J. Starlanyl, John Sharkey and Amanda Williams. Myofascial Pain and Fibromyalgia Syndromes: A Clinical Guide to Diagnosis and Management, 1e by Peter E. Baldry MB FRCP. Plus The Subluxation Specific, The Adjustment Specific: B.J. Palmer. The Chiropractor by D. D. Palmer. Craig PENS as per William F Craig, M.D. Myofascial Release by Gokavi, Cynthia N. Gokavi, MBBS. Fibromyalgia and Chronic Myofascial Pain: Devin J. Starlanyl and Mary Ellen Copeland. Advanced Soft Tissue Techniques as per Leon Chaitow, ND, DO. Medical Acupuncture as per Energetic French protocols of Joseph Helms, MD. Mindfulness meditations by Jon Kabat-Zinn.