

# Better LIVING

THE OFFICIAL PUBLICATION OF DR. ROBERT MARINI AND JERSEY REHAB/PAIN MANAGEMENT

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## Did you see us on TV?

Dr. Robert Marini was featured on American Health Front television.

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## Joint Pain - what causes it? How to find relief.

Some common joint ailments and some common solutions for pain relief.

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## Medical Assistants Provide Quality Patient Care

Our highly skilled team of professional MAs opt in for an advanced CPR training course.

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## Do You Suffer from...

Check our list of common ailments to see if you would benefit from Pain Management ...

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## Joint Pain - what causes it and how can you get relief?

Joints connect our bones, provide support, and help us move. Unfortunately, there are many conditions that can lead to joint pain and loss of joint movement: osteoarthritis, rheumatoid arthritis, bursitis, gout, sprains, strains and other injuries.

According to a national survey, about a third of us suffer from some sort of joint pain. Although knee pain is most common, followed by hip pain, painful joints tend to increase as we get older and can affect us from our neck to our feet!



Swollen, tender joints could mean arthritis

Some pain may only last a few weeks (acute), but other ailments may last months or even years (chronic). Either way, both types may affect your quality of life.

So what should you do if you have pain? Get to the

doctor! Let your doctor diagnose your condition and set up a treatment plan for you. Often times,

medications, physical therapy, or interventional pain management procedures are effective. The best approach is a combination of different treatment modalities.

Ultimately, the goal is to reduce pain and inflammation, and to restore or preserve joint function.

Call us today for an appointment and take the first step on your road to pain relief.



Dr. Robert Marini/Jersey Rehab  
Pain Management  
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Dr. Robert Marini is Featured on  
American Health Front TV

Dr. Robert Marini of Jersey Rehab Pain Management was recently a featured guest on the television special program American Health Front.

This half hour, public-interest medical television program was broadcast to millions of viewers via the NBC network throughout the tri-state area. American Health Front teamed up with some of this country's finest physicians and health care facilities to explore the fascinating frontiers of today's health care, reporting on new techniques and technologies that are changing people's lives. The show aired on April 14 at noon and will soon be available for viewing at our website: [www.jerseyrehab.com](http://www.jerseyrehab.com)

Visit us at [jerseyrehab.com](http://jerseyrehab.com)

## Medical Assistants Continually Strive for Quality Patient Care...

At both our Belleville and Bronx locations, our Medical Assistants are on hand to help patients feel more comfortable and prepare them as they transition into the next step in their pain management protocol. They are often the first face a patient sees in his/her treatment process.

Our Medical Assistants are fully trained and highly skilled professionals. They assist the physicians in a variety of procedures and are often faced with patient emergencies of their own.

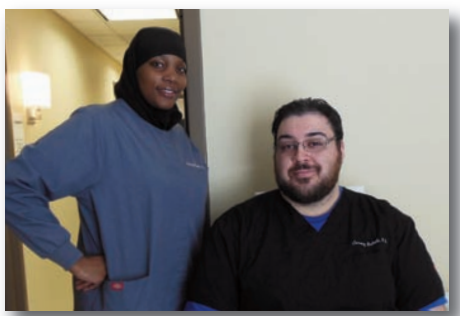
To this end, our MA teams regularly update their skills and techniques by attending continuing education classes and seminars and learning the latest innovations in health and patient care.

Most recently, several members of the team completed an updated CPR training course. Each individual learned not only Basic

Life Support techniques, but also the critical thinking necessary for providing quick resuscitation and lifesaving procedures in an emergency.

This optional training also included rapid response CPR and defibrillation, relieving choking, using an AED, and the Chain of Survival.

As a result of this training, our Medical Assistants are now equipped to reduce the risk of permanent disability and/or death from acute circulatory and respiratory emergencies, should any arise.



Medical Assistants Cierra Early and Paulo Gonzalez were among the team who opted in for the optional training. Not pictured: Thalia Bautista, Maria Macaraeg, James Rios, Leticia Santiago, Yareliz Olviera, Lauren Marini and Stephen Marini.

## Call us if you suffer from

- Ankle Sprains
- Biceps Tendonitis
- Iliotibial Band Syndrome (ITBS)
- Charcot's Neuroarthropathy (CN)
- Complex Regional Pain Syndrome (CRPS)
- Chronic Fatigue Syndrome
- Cubital Tunnel Syndrome
- Fibromyalgia
- Frozen Shoulder (Adhesive Capsulitis)
- Inflammation of the Biceps Tendon at the Elbow
- Knee Arthritis
- Lateral Epicondylitis (Tennis Elbow)
- Medial Apophysitis
- Medial Epicondylitis (Golf Elbow)
- Medial Ulnar Collateral Ligament Injury
- Meniscus Tears
- Migraine Headache
- Myofascial Pain Syndrome
- Overuse Injuries of the Elbow
- Peripheral Neuralgia
- Peroneal Tendonitis
- Phantom Limb Pain
- Piriformis Syndrome
- Plantar Fasciitis
- Radial Tunnel Syndrome (Entrapment of the Radial Nerve)
- Rheumatoid Arthritis of the Foot and Ankle
- Rotator Cuff Injuries
- Shin Splints (Medial Tibial Stress Syndrome)
- Shoulder Impingement Syndrome
- Throwing Injuries of the Elbow
- Triceps Tendonitis
- Trigeminal Neuralgia
- Whiplash Headache



Check out our new website and sign up for our newsletter.

Visit us at [jerseyrehab.com](http://jerseyrehab.com)

Call us today for an appointment or ask your doctor for a referral:

In Belleville - 973-844-9220

In Bronx - 718-792-6503