



Functional Medical Wellness Associates is a small medical group that specializes in natural pain management in seniors. FMWA goes onsite to facilities to educate and treat patients in state of the art programs that create long term positive results in arthritis and other inflammatory conditions.

The Program:

- In retirement homes and assisted living, pain in residents not only affects the residents, but the staff requirements as well. In the last three years, great strides have been made in safe, effective treatment; but facility residents do not always have access to these treatments. FMWA provides a lecture/education program on state of the art arthritis and pain issues. Residents who are interested can sign up for an evaluation appointment.
- At the evaluation, doctors use digital ultrasound to determine the exact condition; they can see inflammation, cartilage damage, etc., and show patients exactly what is going on in their bodies. Patients who have the appropriate diagnosis make an appointment for treatment.

The treatment: At a treatment, FMWA work with a nurse from a home care agency to assist, as a doctor uses digital ultrasound to specifically identify the location for injections of Hyalgan®. (See information), and another doctor injects the medication to the correct location(s). A series of five treatments is typical, one per week. Following treatments, patients require 10-12 visits of physical therapy and/or occupational therapy per person. Medicare covers this treatment .

The results: Typical results are 8-12 mos of reduced pain, and increased overall activity, as well as improved quality of life. Anti inflammatory medications, including corticosteroids, are reduced or eliminated. This also supports the ability of patients to participate in facility activities including exercise!

The Doctors:

- Dr. Nadim Akhter, has spent the majority of his 15 year medical career in treating the geriatric population. During the last three years, he has worked in facilities, providing onsite pain management. Dr. Akhter is a graduate of Rush Medical College, and served his residency at Rush-Presbyterian-St. Lukes Medical Center.
- Dr. Hal Stein, has had a 14 year career in natural pain management and rehabilitation. Certified in Musculoskeletal Ultrasound, he conducts examinations and procedural scans. He is a graduate of the University of Kansas. He received a Doctor of Chiropractic from National University Health Sciences and an MD from the University of Health Sciences .

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