

Contents

| | |
|---|-----------|
| Continuing Medical Education General Information | v |
| Preface | ix |
| Chapter 1 Overview of Musculoskeletal Pain and Introduction to the Functional Medicine | |
| Matrix Model..... | 1 |
| Introduction..... | 1 |
| Background | 3 |
| State of the Evidence..... | 3 |
| Understanding the Multifaceted Nature of Disease Pathogenesis: The Functional Medicine | |
| Matrix Model as Paradigm and Clinical Tool | 4 |
| Conclusion | 11 |
| References..... | 12 |
| Chapter 2 Overview of Clinical Approach, Assessments, and Therapeutics..... | 17 |
| Introduction to Clinical Approach..... | 17 |
| Commonly Employed Assessments in Functional Medicine | 17 |
| Commonly Employed Therapeutics in Functional Medicine | 26 |
| Conclusion | 52 |
| References..... | 52 |
| Chapter 3 Clinical Focus: Migraine | 65 |
| Introduction..... | 65 |
| Clinical Presentation and Assessment | 65 |
| Pathophysiology | 65 |
| Standard Medical Treatment..... | 66 |
| Functional Medicine Considerations and Interventions | 66 |
| Conclusion and Clinical Approach | 73 |
| References..... | 74 |
| Chapter 4 Clinical Focus: Low Back Pain | 77 |
| Introduction..... | 77 |
| Pathophysiology | 77 |
| Clinical Presentation, Evaluation, and Diagnosis | 78 |

Contents

| | |
|--|------------|
| Standard Medical Treatment..... | 79 |
| Functional Medicine Considerations..... | 80 |
| Clinical Applications..... | 81 |
| Conclusion and Clinical Approach | 91 |
| References..... | 91 |
| Chapter 5 Clinical Focus: Fibromyalgia | 97 |
| Introduction..... | 97 |
| Pathophysiology | 97 |
| Clinical Presentation..... | 98 |
| Diagnosis..... | 99 |
| Standard Medical Treatment..... | 100 |
| Functional Medicine Considerations and Interventions | 100 |
| Conclusion and Clinical Approach | 107 |
| References..... | 107 |
| Chapter 6 Clinical Focus: Rheumatoid Arthritis | 111 |
| Introduction..... | 111 |
| Pathophysiology | 111 |
| Clinical Presentation..... | 111 |
| Diagnosis..... | 112 |
| Standard Medical Treatment..... | 112 |
| Functional Medicine Considerations and Interventions | 112 |
| Conclusion and Clinical Approach | 120 |
| References..... | 120 |
| Chapter 7 Case Reports | 125 |
| Idiopathic Relapsing-Remitting Peripheral Neuropathy | 125 |
| Recalcitrant Rheumatoid Arthritis..... | 128 |
| Widespread Musculoskeletal Pain Consistent with a Diagnosis of Fibromyalgia..... | 131 |
| References..... | 133 |
| About the Author | 135 |