

UNIVERSITY OF WASHINGTON SCHOOL OF MEDICINE
Seattle, Washington 98105-6920



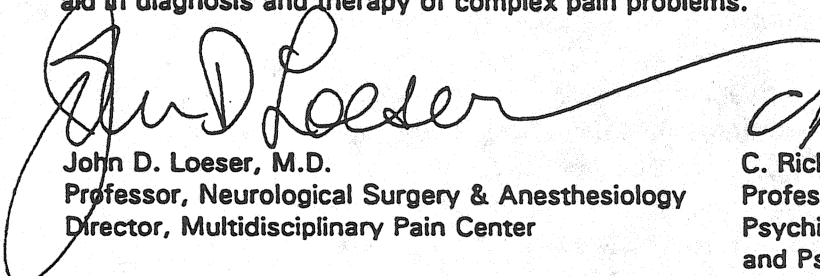
Dr. Chan Gunn has been a clinical member of the University of Washington Multidisciplinary Pain Center and a consultant at the Center's Pain Clinic since 1983. During this time we have come to value his expertise in diagnosis and treatment of many difficult chronic pain patients. His stimulating and informative teaching sessions have been enjoyed by trainees, staff and visiting physicians on a regular basis adding to the quality of our instruction and patient care. This manual is a thorough and concise guide to diagnosis and therapy as taught by Dr. Gunn.

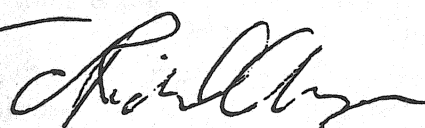
Dr. Gunn has made significant contributions to the understanding of chronic pain by introducing a theoretical basis which explains many of the enigmatic problems seen in chronic pain clinics. His work has emerged as the end product of his extensive experience with injured workmen. His methods, which can be used in everyday medical practice, are an innovative neurologic approach that yields effective, safe and inexpensive treatment for the many patients who might otherwise remain without pain relief. The importance of his approach can be appreciated if one understand the magnitude of the chronic pain problem and the failures of conventional medicine.

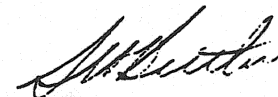
Dr. Gunn considers persisting pain to be the result of subtle dysfunction in the nervous system that often goes unrecognized. His theory is validated by parallel findings and demonstrations by regional anesthesiologic procedures. However, anesthesiologists have limited their work to extreme, and therefore, more dramatic cases and have not applied the same principles to more ordinary, trauma-related injuries. Moreover, their treatments can only be delivered by highly trained regional nerve block specialists, and such treatments carry some risk. Dr. Gunn's independently derived, practical approach can be of great value to a large number of patients with minimal dependence on expensive technology and highly trained specialist.

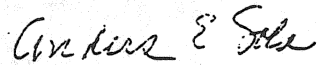
Like acupuncturists, Dr. Gunn employs needle stimulation without drugs, but his methods are grounded in a solid, physiological conceptual scheme. His theory accounts for the persisting pain and fatigue seen in many patients who suffer for years following a traumatic injury or accident. By using energy (electrical energy, mechanical force, current of needle-induced injury), the therapist using his methods can elicit spinal reflexes and central nervous system responses that promote healing, and more important, rehabilitation. His procedures are a viable alternative to the prescription of drugs, which foster toxicity, and to surgery which all too often causes more harm than benefit.

We enthusiastically recommend this manual to all practitioners dealing with chronic pain, to aid in diagnosis and therapy of complex pain problems.


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