

# New ways to kick the 'ouch'

## Alternative pain therapies offered in Magic Valley

By Ariel Hansen  
Times-News writer

If you carry Advil or Tylenol everywhere you go, and your doctor is at a loss to explain or relieve your pain, it might be time to try something different.

Alternative treatments like colon hydro therapy, acupuncture or herbal medicine offer the promise of pain relief, and patients of one Magic Valley doctor swear by his combination of traditional physical therapy and a brand-new system called Pain Reflex Release Techniques.

Colleen Vollmer, 67, of Twin Falls, was in pain for almost a year after she injured her shoulder. She had endless tests and visits with medical professionals, she said, and none helped her pain.

"They couldn't do anything about it, so they sent me to Dave Little," Vollmer said. "I went to him and he did his treatment on me, and the pain went away."

Little, a Twin Falls physical therapist, has been taking classes from a California therapist who developed the Pain Reflex Release Techniques, and he is the only practitioner in Magic Valley trained in the new treatment.

"It's another tool in my tool belt as a physical therapist, but it's the primary tool I use now," Little said.

About 70 percent of the patients Little treats have acute or recent pain, but he looks forward to

### Primal reflex pain treatment

Dave Little, Family Physical Therapy and Sports Medicine Clinic  
834 Falls Ave., Suite 1250, Twin Falls  
733-3900  
Treatments are \$36-\$72 per session

### Acupuncture and herbal medicine

Dana Henry, Equilibria  
139 River Vista Place, Twin Falls  
720-7595, equilibria.tcm@hotmail.com, www.danahenry.com  
Treatments are \$70 per session

### Colon hydro therapy

Connie Windsor, Nature's Gate  
205 N. Main St., Kimberly  
423-5579, connie@windsorsnursery.com  
A 10-day session — about 15 hours of treatment — is \$2,300

the challenge of those who have suffered for longer.

"There are so many patients out there that have chronic pain. We're not meant to hurt," Little said. "The more chronic they are, the more difficult to treat, often."

Of the patients he treats with the Pain Reflex Release Techniques, about 80 percent

see significant pain reduction, and most of those within three or four visits, although treatment continues after the initial relief. "It either works quickly or it fails quickly," he said.

For Vollmer, it worked quickly, and relieved the pain she had felt 24 hours a day for nearly a year.

"I was ready to just live with it, because nobody could seem to come up with an answer for it," she said, until she started seeing Little. "I felt (relief) probably in half a month, that it was getting so much better."

Deddy Kenney, 45, of Hansen, originally came to Little in May for relief of neck pain from a recent car accident. During her treatments, she told him about a torn stomach muscle that had been causing her pain for 10 years.

"When I told Dave about that, he said he could do this thing he had learned," Kenney said. Little treated her with the Pain Reflex Release Techniques three times a week for two weeks, then tapered the frequency of visits, and now he's ready to stop treatment because she feels so little pain. "It's amazing, I am so grateful," she said.

So what are the Pain Reflex Release Techniques?

"The body gets stressed, wound up and tense," Little said. This is the same system that prepares the human

body for flight or fight. When individuals are chronically stressed and tense, the flight or fight response can become something like a feedback loop. "Basically, the body will get stuck in a pain spasm."

Using the body's natural reflexes, the techniques — which Little says are different from reflexology — help the muscles to release out of the spasm, breaking the feedback loop. In most cases, Little uses light blows with his hands or taps with his fingers on muscle tissue. "It's almost like you're trying to trick the body into releasing," he said.

Little gets most of his patients by referral from physicians and chiropractors, and he is quick to say that Pain Reflex Release Techniques are not appropriate for all patients or all pain situations.

In addition to his treatments, Little advises exercises and nutritional and lifestyle changes that will help keep pain at bay. He is a proponent of any technique, traditional or alternative, that will help the patient.

"If physical therapy helps, great. If acupuncture helps, great," he said.

In China, said Dana Henry, who practices acupuncture and herbal medicine in Twin Falls, acupuncture is the traditional treatment for pain.

"It boosts immunity, increases circulation and lessens inflammation, and the combination of those

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## Pain

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three things reduces pain," she said. The theory is that blockages of energy paths cause discomfort and illness, and the needles interrupt or burst those dammed-up points. "Something's being blocked somewhere in their body and it's my job to find out where and relieve the blockage."

Acupuncture relieves musculoskeletal pain, she said, while the herbal medicines do the same for deeper pains, such as premenstrual syndrome and insomnia. Most of Henry's patients see her for three to five visits for a particular complaint, and she said she has seen some remarkable recoveries.

"I had one guy come in in a wheelchair, and about 12 needles and 40 minutes later, he walked out," she said. Another boy with facial palsy was able to blink and smile after three treatments.

Like Pain Reflex Release Techniques, acupuncture and herbal medicine are often turned to after the Western medical system has tried and failed to relieve pain.

"When they give a diagnosis and can only provide a prescription pain reliever, that's when acupuncture is great," Henry said. "Most people are out of balance, and the needles put you back in balance."

Other deep kinds of pain are connected to toxicity in the body, which colon hydro therapy can expel, according to a local practitioner.

"Every organ is linked to the colon and the large intestine," said Connie Windsor, who practices the therapy in Kimberly. She said she has never had a client whose pain wasn't relieved by the therapy, in which purified water is used to rinse the colon. "The water will very gently go in and non-invasively release that."

Her program, which includes 10 continuous days of treatment and involves nutrition and whole-body counseling, emphasizes drinking lots of water — at least a gallon a day.

"Ninety-nine percent of people are dehydrated. When you're dehydrated, your organs are not working at full capacity," Windsor said. "Water is the most important nutrient you can put in your body."

Her therapy relies on alkaline water, which has been oxygenated and purified, rather than the acidic, chlorinated water that comes out of the tap.

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Physical therapist Dave Little demonstrates one of his techniques to treat head and neck pain.

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