

New Platform Helps Pain Sufferers Find Best, Most Affordable Treatment Paths



New Jersey, West Windsor, Apr 5, 2021 ([Issuewire.com](https://www.issuewire.com)) - Tired of bearing witness to over-medicalization when it comes to pain-related testing and treatments, only to see patients often failing to improve over the long term, New Jersey doctor of physical therapy Marc Rubenstein joined two colleagues in developing a solution they say offers pain sufferers a more “upstream” solution to care.

Rubenstein and fellow doctors of physical therapy Stephanie Wakeman and Stephen Chambers recently launched a platform called Navigate Your Pain which offers those with musculoskeletal pain a first-step triage option they hope to save people from expensive, unnecessary, and ineffective testing and treatments.

For a small fee, the service connects those injured or suffering from musculoskeletal pain with a doctor of physical therapy who, after briefly reviewing the issue, will offer advice for establishing an optimal treatment path.

Navigate Your Pain (navigateyourpain.com) was launched on Monday, April 5th, and currently serves people in the states of New Jersey, New York, and Florida.

“There’s a lot of waste in today’s health care system, and our goal is to reduce over-medicalization while improving patient health,” Rubenstein said. “We’re doing this by offering an upstream solution that’s accessible and affordable for everyone, and which can help keep people out of the healthcare system when, say, a self-managed path could be more effective.”

Currently, about half of all adults in the U.S. experience some form of musculoskeletal pain in their spines or joints, which makes up nearly 20 percent of all health care visits. When these pain sufferers

seek treatment, the costs can be high, averaging around \$7,800 per person annually.

According to Wakeman, who practices in Florida, doctors of physical therapy are the preeminent health care experts in identifying and treating these types of injuries. And, since imaging and visits with orthopedic specialists are often unnecessary with certain ailments, the physical therapists with Navigate Your Pain can start people down a more proactive path.

“Sometimes people run to the doctor or the urgent care center for things that aren’t that urgent,” Wakeman said. “Our goal is to allow them easy access to a provider immediately, and we’ll help them determine if it’s something they should see a doctor or a physical therapist about, or if it’s something that can be managed on their own.”

Chambers agrees that in the current health care world, many people find their way to solutions by taking a long, sometimes circular path. Navigate Your Pain can help straighten and shorten these pathways.

“A lot of people, by the time they get to us as physical therapists, have spent a lot and they’re still in pain,” said Chambers, who is a practicing doctor of physical therapy in Manhattan, NY. “We’d rather work upstream from the pain by offering a quick consultation, and then providing advice.”

Navigate Your Pain offers affordable individual rates for those seeking a pain consultation. They also work with businesses who wish to offer these services to employees at discounted rates, often as a way to maintain a healthier and more productive workforce.

To learn more about Navigate Your Pain and how such upstream health services can help you move and feel better, visit <http://navigateyourpain.com>.

About Navigate Your Pain.com

Navigate Your Pain employs experienced, licensed doctors of physical therapy who hold advanced degrees and possess certifications in Prevention and Health Promotions. They will help you navigate the pain to determine the best path forward, whether it is self-management strategies, physical therapy, or a referral to another health care professional. Our primary goal is to provide the guidance you need to make the best decision for yourself in a timely manner. Learn more at navigateyourpain.com.



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