

# Pain & Numbness

## Anodyne® Therapy



### Do you experience any of the following symptoms?

- Pain or numbness in the extremities
- Weakness, tingling, or burning in the extremities
- Sharp pains or cramps in the extremities
- Loss of balance
- Loss of sensitivity

If so, you may benefit from Anodyne® therapy.

Thousands of Americans suffer from pain and numbness in the extremities, also known as peripheral neuropathy – nerve damage in the feet, legs, and hands that results from insufficient blood flow. Occurring most often in people over age 55, peripheral neuropathy may be caused by:

- Diabetes (approximately 50% of people with diabetes experience peripheral neuropathy)
- Circulatory problems / Edema
- Chronic pain
- Pressure ulcers

The Sitrin Medical Rehabilitation Center offers a comprehensive Anodyne® therapy program, including expert care designed to address peripheral neuropathy and the discomfort it causes. This integrated approach to treatment generally involves 10 to 24 sessions. It employs infrared light to increase circulation and decrease pain. Anodyne® therapy sessions are coupled with a personalized therapy program, which may include:



- Stretching and strengthening exercises
- Dynamic and static balance exercises
- Massage and the use of other therapeutic procedures for pain
- Patient education for foot care, skin care, and pain management

Sitrin's skilled and professional staff work as a team to offer you exceptional care in every aspect of your treatment.

Patients interested in participating in the Anodyne® therapy program at Sitrin must first obtain a physical therapy referral from their doctor.

**For more information, please call  
(315) 797-8000.**

Related Services offered at Sitrin:

- ▶ **Physical Therapy**
- ▶ **Massage Therapy**

# SITRIN

The Help. The Hope. The Healing.

**Sitrin Medical Rehabilitation Center**

2050 Tilden Avenue, P.O. Box 1000, New Hartford, NY 13413-1000 • 315-797-8000

[www.sitrin.com](http://www.sitrin.com)