

**Kaplan Center for Integrative Medicine Consumer Guide**  
**18 Things to Know Before Selecting a Physician to Treat Your Chronic Joint Pain**

**TABLE OF CONTENTS**

**#1 – Find a Legitimate Expert / Check Credentials ..... 3**

**#2 – To Get an Accurate Diagnosis, Your Doctor Must Take the Time to Listen to You..... 4**

**#3 – Understand Your Diagnosis & Make Sure You Receive an Individualized, Comprehensive Treatment Plan ..... 4**

**#4 – Watch Out For Doctors Who Are Quick to Suggest Surgery—Non-surgical Treatments May Be More Effective for You ..... 5**

**#5 – Be Especially Careful About Signing Up for Surgery if You Have Back Pain! ..... 6**

**#6 – Does Your Treatment Plan Address Your Musculoskeletal System? ..... 7**

**#7 – Understand the Value of Non-invasive Manual Therapies to Your Recovery ..... 8**

**#8 – Seek Out Physical Therapy that Will Help You Heal ..... 9**

**#9 – Be Careful about Using Pain Medication .....9**

**#10 – Are Sleep Problems Increasing Your Pain? .....11**

**#11 – Are Nutritional Deficiencies & Food Sensitivities Contributing to Your Pain.....11**

**#12 – Ask About Your Hormones Levels -- Imbalances Could Be Causing Your Pain .....12**

**#13 – Is Biotoxicity or Neurotoxicity Causing or Contributing to Your Pain? .....12**

**#14 – Should Your Diagnosis Include Untreated Lyme’s Disease?.....13**

**#15 – Is an Autoimmune Condition Adding to Your Pain?.....13**

**#16 – Are Emotional Issues Playing a Role in Your Pain? .....13**

**#17 – Make Sure Everyone on Your Team Is Talking! .....14**

**#18 – Should I Go to a Doctor Who Specializes in Integrated Medicine? ..... 15**

**BONUS: 2-Page Checklist to Help You Choose an Excellent Pain Doctor ..... 16**