



LifestyleMatrix.com



MSK Solutions
Pain Recovery Program

Clinical Implementation Guide



STEP
1

Patient completes the
MSK Solutions Questionnaire

STEP
2

Clinician uses the **Healing Matrix Inventory Sheet** to discuss inflammation, pain and healing

Clinician and patient identify the area(s) contributing to pain and dysfunction

The **MSK Solutions Patient Education Video** can be used as an outreach tool for both new and existing patients. This video can be utilized to introduce key concepts to new patients or as a follow-up to the first visit to review important discussion points.

STEP
3

Patient receives the
MSK Solutions Patient Handbook

It is recommended that every patient reviews the first two chapters of the handbook

Chapter 1: Your Future, Your Choice

Chapter 2: Pain and Inflammation 101

STEP
4

Clinician reviews exam, questionnaire and possible X-ray findings and uses **Pain and Healing Presentation Pad** to further explain why the Healing Matrix is needed to fully resolve pain and inflammation and allow the body to fully heal

STEP
5

A. **Patient Care Plan Pad** is reviewed and plan is explained to the patient



B. Patient is supplied with recommended musculoskeletal support supplements, and is encouraged to initiate positive lifestyle changes

STEP
6

Clinician assigns further reading in
MSK Solutions Patient Handbook

Chapter 3: The Principles of the MSK Solutions Pain Recovery Program

Chapter 4: Avoid Pain and Inflammation through Wellness

Chapter 5: Anti-Inflammatory Diet and Meal Plan

STEP
7

Clinician reassesses the patient to track progress and adjust treatment plan as necessary. Treatment focus, phase of care and supplement recommendations may transition to another phase at this time