

2023 Report Findings:

Chronic pain is treatable

This white paper lays out the latest findings on how chronic pain presents in patients and the most effective treatment protocols.

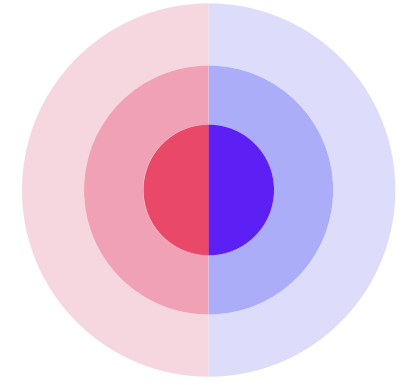
Each patient at Lin Health Medical Group (Lin) completes a comprehensive review of their pain history and symptoms.

Our data shows that in striking contrast to many other treatment options, a brain-first pain recovery approach can safely and effectively treat chronic primary pain.

Consistent with ICD-11's introduction of a top-level category for **Chronic Primary Pain**, our real-world data support the need to view persistent pain as a multi-system, multi-symptom, bio-psycho-social condition.

Here are five must-know findings from our data and solutions for healthcare professionals working with patients coping with pain.





Finding #1: Multi-site pain presentations are the norm, not the exception

In our data, it is clear that chronic pain is a cross-system disorder.

85%

85% of Lin patients report pain in more than one location.

92%

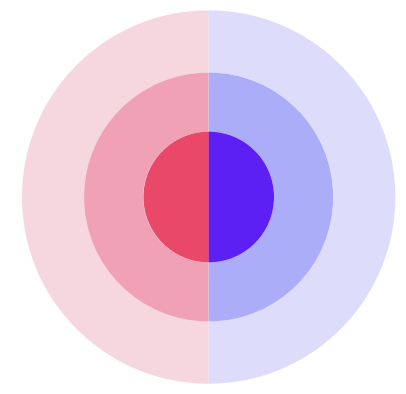
92% of people with migraines have another pain presentation as well.

89%

89% of people with lower back pain have at least two other pain locations.

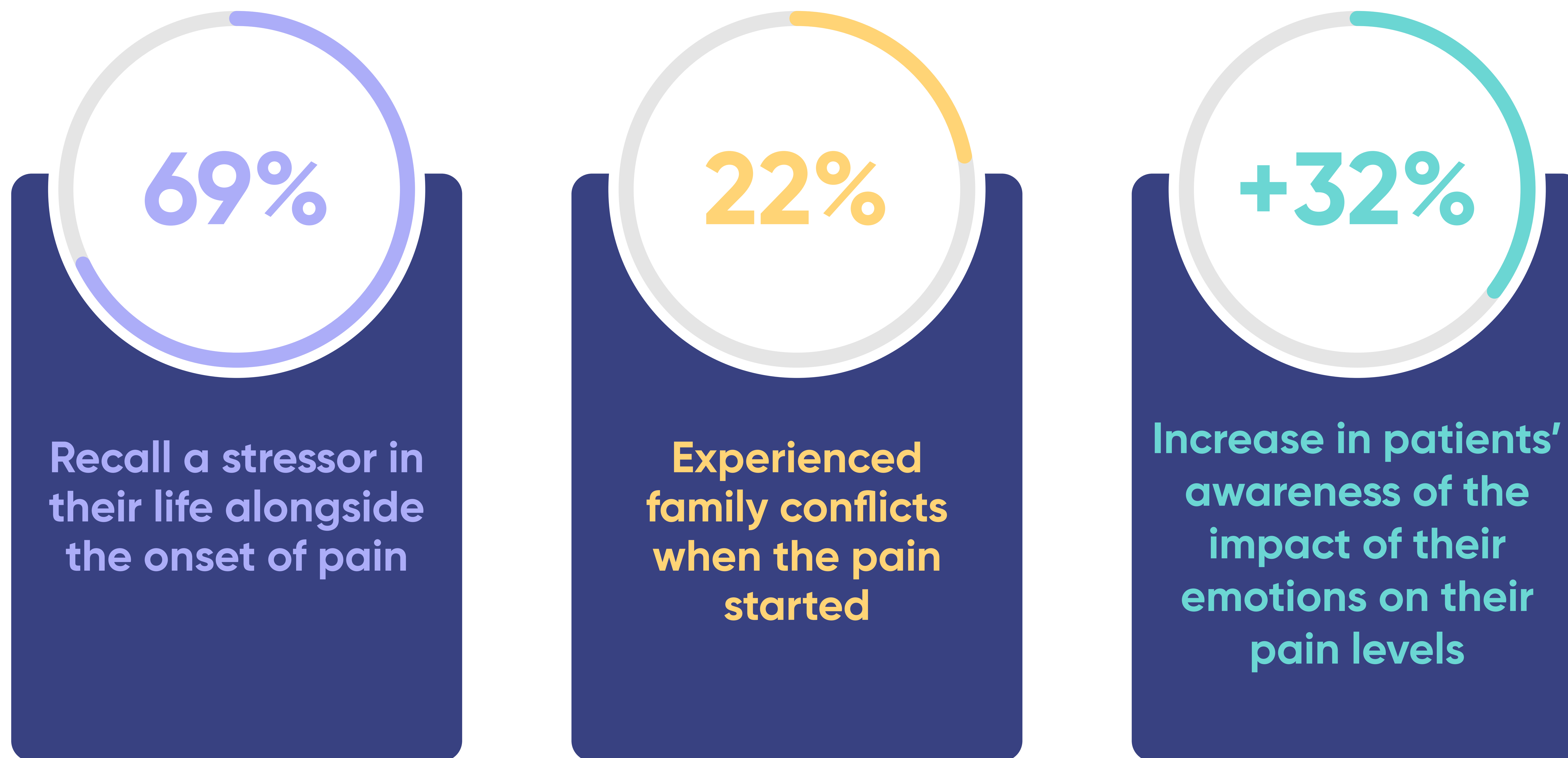
So . . .

When a patient presents with a pain condition, it is essential to ask about other pain experiences in other locations to get the best understanding.



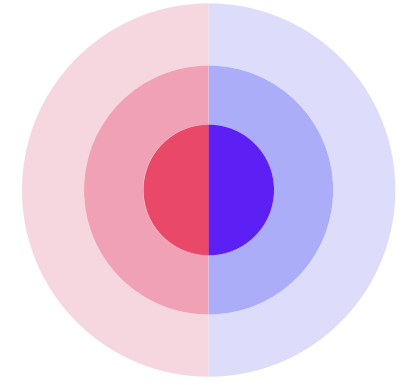
Finding #2: Pain is connected to stressful life events

Here's what our patients report when it comes to stress, emotions, and pain.



Keep in mind . . .

The link between stressors, challenging emotions, and chronic pain emerges clearly in our data. Building awareness of the impact of challenging emotions on pain is a key part of the pain recovery process.



Finding #3: Chronic primary pain is the norm, not the exception

ICD-11 introduced a new top level category of chronic primary pain (MG 30.0). Chronic primary pain is a pain experience that is bio-psycho-social in origin, with low contribution of structural trauma or disease processes.

All patients presenting with chronic pain at Lin Health Medical Group are assessed by trained medical staff to determine if their pain presentation meets criteria for chronic primary pain, appears to be a mixed presentation, or appears to be consistent and proportional to findings related to structural or disease origin.

70%

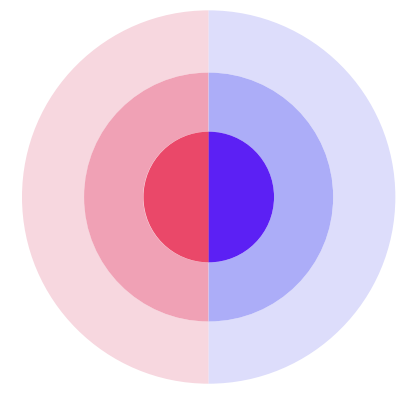
of patients evaluated for primary pain by licensed medical providers diagnosed as having exclusively **primary pain**.

26%

of patients had evidence of primary pain alongside some current structural concerns.

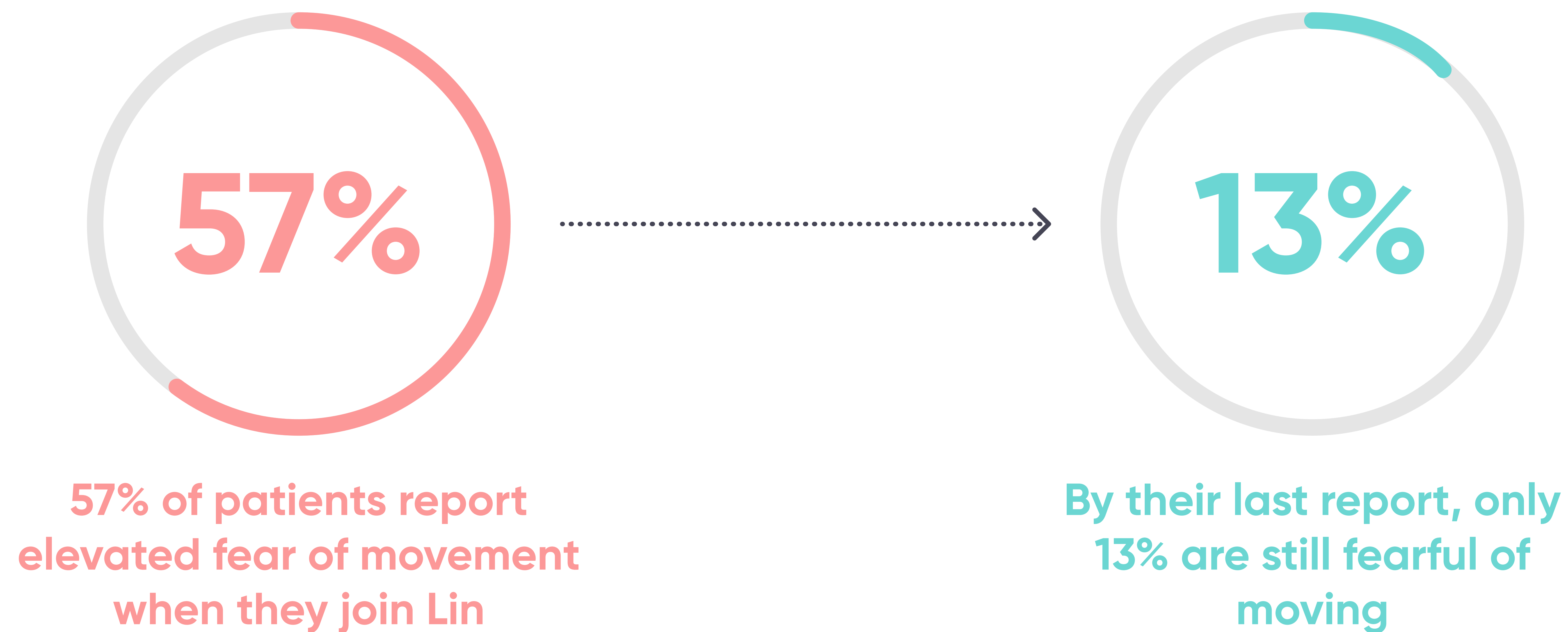
4%

of patients evaluated were rated as having pain that was consistent with and proportionate to a structural origin of the pain experience.



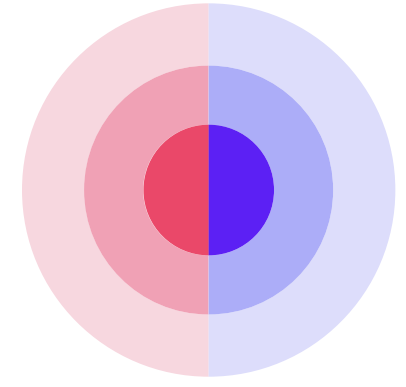
Finding #4: Turning down the fear is essential and possible with Lin's treatment approach

75% of people come to Lin regularly worrying that their pain will get worse. Lin excels at turning down the fear factor. One specific fear Lin focuses on is fear of movement. We love seeing our patients reduce fear and return to moving and doing activities they love.



Why Fear?

The Tampa Scale of Kinesiophobia (TSK- 11) is a standardized measure used to assess pain-related fear of movement. We use the TSK-11 to track changes in fear of movement. **Reduction in TSK-11 scores is a critical mediator governing the impact of the pain reprocessing approach we use at Lin.**



Finding #5: An approach that's safe, effective and loved by patients. Pain recovery is possible.

Ultimately, pain recovery means reducing pain intensity. The best care not only turns down pain, it also is adored by patients. With 76% of patients reporting that within 3–6 months they are doing better than before they started working with us, Lin Health's impact is clear. Safe, effective, and loved – Lin's approach helps people recover from chronic primary pain!

45% reduction in pain intensity.

Lin's results are on par with the IMPACT study gold standard for pain recovery outcomes.

doi: [10.1097/j.pain.0000000000001952](https://doi.org/10.1097/j.pain.0000000000001952)

It's no wonder that people with chronic pain love Lin Health Medical Group.

60

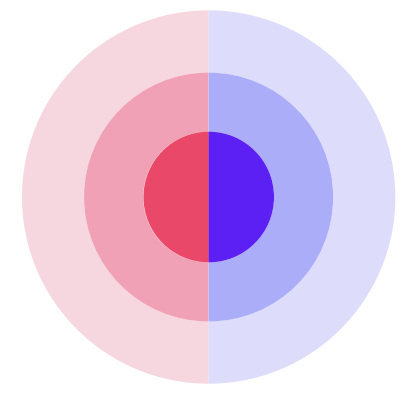
Net promoter score

4.8/5

Stars ★ Trustpilot

Technical Note:

This report is based on data from 1,045 people who received care at Lin Health over the period from 6/1/2022 to 1/31/2023. Exact sample size varies for each metric, as data is provided by patients on a voluntary basis.



Lin Health Medical Group partners with providers to help your patients with chronic pain.

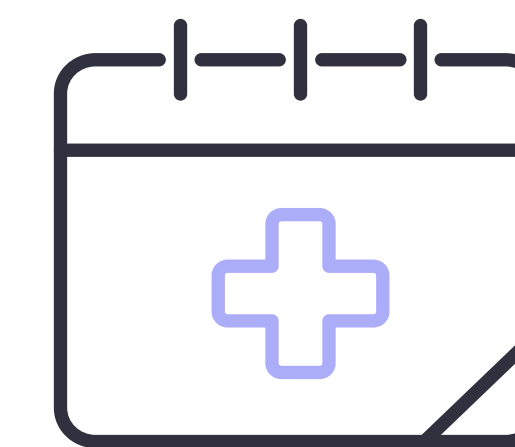
Are you a healthcare provider struggling with the persistent challenges of treating chronic pain patients? You're not alone. At Lin Health Medical Group, we understand the struggles providers and patients face and are here to help. We work with providers as a referral partner to offer patients comprehensive pain treatment for conditions ranging from back and joint pain to migraines, fibromyalgia and IBS.

For the full list of conditions we treat, please see the next page.

The most accessible chronic pain treatment



Covered by insurance



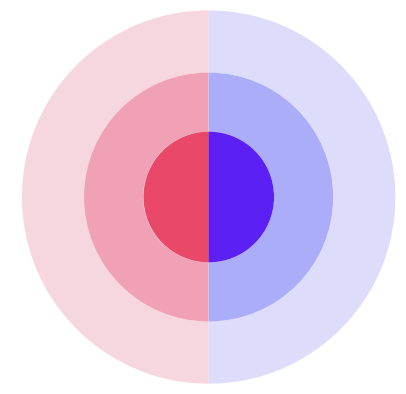
No wait list



Available by Telehealth

Lin is in-network with major insurance plans and health systems in Texas, Colorado, Maine and more states soon!





Conditions Lin Health Medical Group Treats

Shoulder

Chronic shoulder pain (M25.51)

Frozen shoulder (M75)

Chest

Chronic cough (R05)

GERD (K21)

Back

Back pain - lower (M54.5)

Back pain - thoracic (M54.6)

Piriformis syndrome (M62.8)

Sciatica (M54.3)

Pelvis

Chronic pelvic pain syndromes (N73)

Endometriosis (N80.0)

Interstitial cystitis (N30.10)

Irritable bladder syndrome

Vulvodynia (N94.8)

Head

Migraines (G43)

Dizziness (R42)

Chronic neck pain (G89.29)

Tension headaches (G44.2)

TMJ (M26.60)

Trigeminal neuralgia (G50.0)

Tinnitus (H93.1)

Whiplash (S13.4)

Gut

Chronic abdominal pain syndromes (R10.9)

Irritable bowel syndrome (K58)

Leg

Chronic knee pain (M25.56)

Chronic hip pain (M25.5)

Foot pain syndromes (M25.5, M79.6)

Meralgia paresthetica (G57.1)

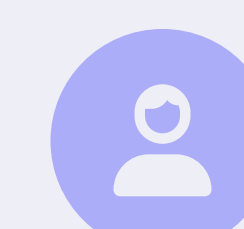
Patellofemoral syndrome (M22.2)

Feet

Plantar fasciitis (M72)

See more
conditions

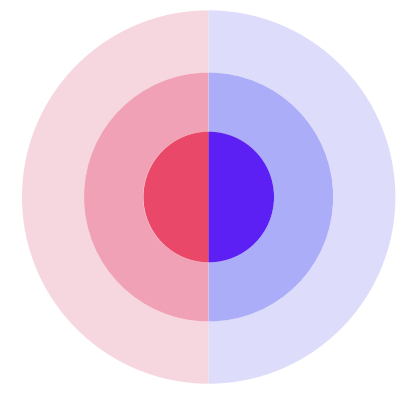
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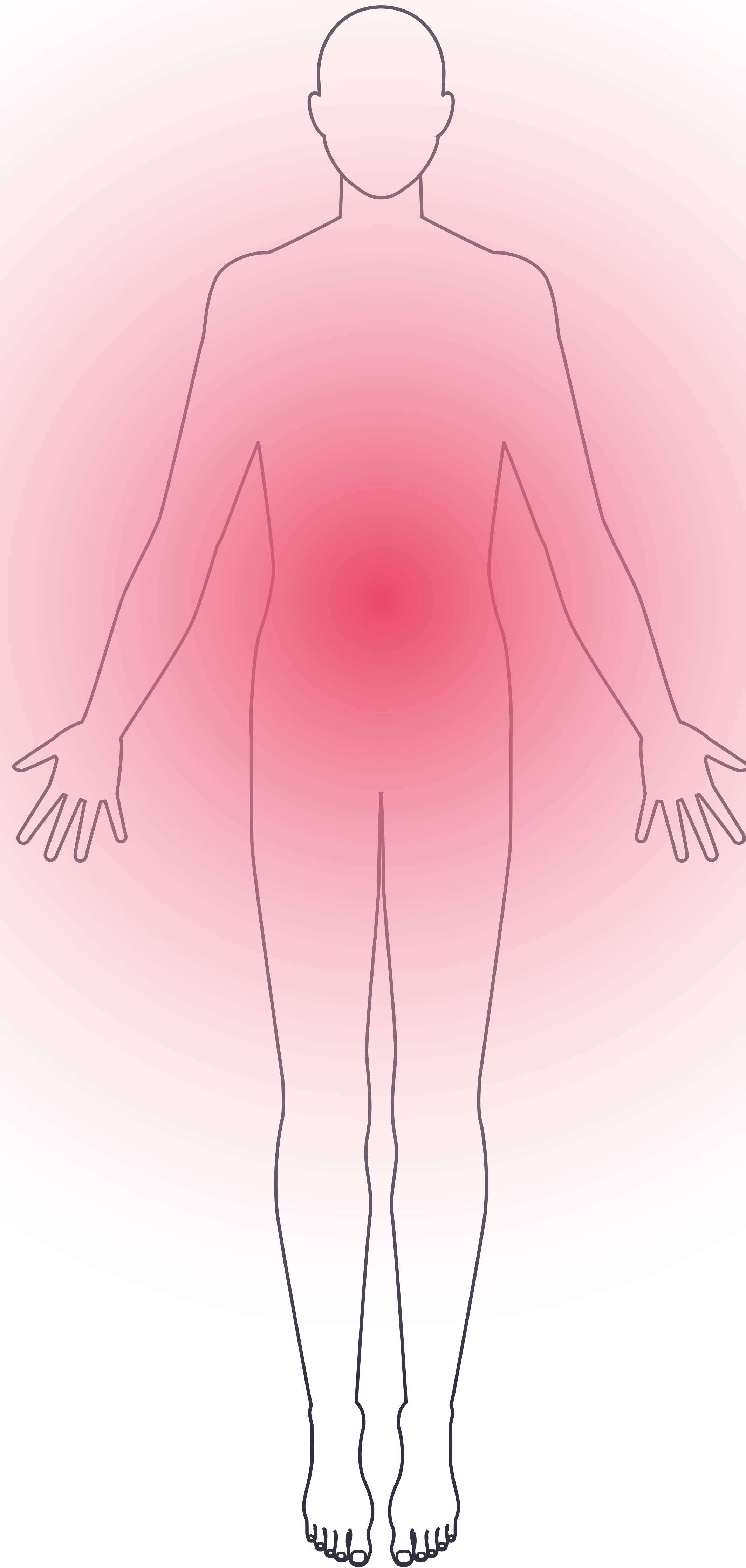
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Call us: (970) 632-7055

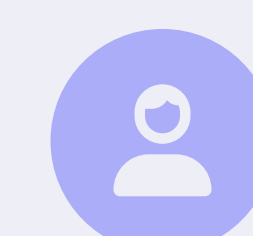


Conditions Lin Health Medical Group Treats



Whole Body

- Amplified Musculoskeletal Pain Syndrome - AMPS (M79)
Chronic Fatigue Syndrome - CFS, aka Myalgic Encephalitis or Systemic Exertion Intolerance Disease* (R53.8, R93.32)
Chronic hives (L50.1)
Chronic tendonitis - in any joint (M76)
Chronic post-procedural pain (G89.28)
Chronic pain syndrome (G89.4)
Complex regional pain syndrome - CRPS (G90.5)
Fibromyalgia (M79.7)
Globus sensation without known cause (F45.8)
Hypersensitivity syndromes - to touch, sound, smells
Inappropriate sinus tachycardia - otherwise normal
EKG/ECG (R00.0)
Myofascial pain syndrome (M79.1)
Pain not otherwise classified - Central pain syndrome (G89)
Pain, unspecified (R52)
Paresthesias - numbness, tingling, burning (R20.2)
Postural orthostatic tachycardia syndrome - POTS (G90.A)
Pseudoseizures without known cause (R56.9)
- Repetitive strain injury (T14.8, M70.9)



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Help patients find real relief from chronic pain, finally.

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