



The Carrasco Pain Institute

The Carrasco Pain Institute is located in the heart of the South Texas Medical Center in San Antonio, Texas. The Institute includes a medical clinic, rehabilitation/fitness center, a medical spa, on-site Surgical Suite and Production Studio.

About Dr. Carrasco

In 1987, he earned his Medical Degree from Texas Tech University School of Medicine, followed by the completion of his Anesthesiology residency training with sub-specialization in Pain Management at the world-renowned Cleveland Clinic Foundation. Additional training in Pain Management was completed in Columbus, Ohio.

Dr. Carrasco founded the Carrasco Pain Institute and Spa, a multidisciplinary institute where he treats individuals who suffer mild to severe pain.

In 2008, he created the Carrasco Media Group, through which he hosts a television medical program the Dr. Carrasco Show, and developed Virtual Science University's learning program.

The Carrasco Pain Institute

Tel. (210) 614-4825

Email: info@CarrascoPainInstitute.com

www.CarrascoPainInstitute.com

Gait & Balance Program

Balance and walking problems can result from orthopedic conditions, neurological disorders, inactivity, chronic pain, or injuries that involve the joints, muscles, and nerves. Dr. Carrasco realizes how important balance and walking is for independent living. Our therapists provide therapy to help you achieve the greatest amounts of physical activity and independent function.

Gait Training

Gait training focuses on strength, endurance, motion, balance, and coordination for safe walking, transferring from one surface to another, and the PREVENTION OF FALLS.

Core Stability Training

Core stability is a very important part of rehabilitation. Core stability training targets the muscles of the pelvis, spine, and shoulders to help provide a solid infrastructure for body movements and balance. We will focus on sitting and standing balance because it is so important for independence with activities of daily living.

Therapeutic Exercise

Therapeutic exercise is commonly used to help keep joints and muscles healthy. Exercise can help muscles gain movement and then strength. Exercise therapy can help improve flexibility, strength, endurance, coordination, balance, and posture. These components are necessary for functional movement and independence with activities of daily living.



Modalities

Electrical stimulation, ultrasound, massage and heat treatments are modalities that can help relax muscles, stimulate muscles, increase range of motion, and reduce pain. The therapist may use more than one modality or combine a modality with exercise to generate the greatest therapeutic effect.

Recommendations:

Two to three visits per week for four weeks

Program Cost:

\$20.00 per visit



The Carrasco Pain Institute and Spa

Pain Management • Rehabilitation • Medical Spa



Health, Hope & Healing

According to the National Center for Health Statistics, 75 Million Americans experience persistent pain, and at least 3 million people are estimated to suffer from moderate to severe pain. Jobs are lost, families are torn, and lives are destroyed from the devastation that pain causes.

DR. CARRASCO PAIN PROJECT

Dr. Arnulfo Tarin Carrasco has launched a campaign entitled, the Dr. Carrasco Pain Project to create awareness, promote education, and to initiate advocacy for those who are suffering from pain. The Pain Project will provide patients, their families, and the community as a whole with the knowledge of the latest medical treatments available, bringing them Health, Hope, and Healing back into their lives.

Join us at our next Pain Project event.
Please call (210) 614-2063



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THE DR. CARRASCO SHOW

Emmy Award Winning Series

Dr. Arnulfo Tarin Carrasco has created and produced The Dr. Carrasco Show to provide patients, their families, and the community with the latest medical treatments available, bringing Health, Hope, and Healing back into the lives of those who suffer from pain.

Dr. Carrasco Show
Sunday mornings at 8:30 am on **FOX 29** /Cable 11
Full episodes online at www.DrCarrascoShow.com

