A safe and proven non-drug, non-surgical treatment

Intramuscular Stimulation (IMS) is a scientific therapy for sports injuries and musculoskeletal pain caused by shortened muscle syndrome.

Muscle shortening does not show up on x-rays or MRIs and cannot be treated surgically. Pain medication and other prescriptions only mask the pain while risking side effects and dependency.

A proven treatment

IntraMuscular Simulation can reverse and is a proven treatment for:

- Cervical and lumbar strain
- Swimmer’s shoulder
- Rotator cuff tendonitis/impingement
- Elbow tendonitis (tennis elbow)
- Back pain
- Sciatica
- Hip bursitis
- Iliotibial band syndrome
- Patellofemoral pain (runner’s knee)
- Patella tendonitis
- Shin splints
- Achilles tendonitis
- Plantar fasciitis and heel pain

"I had pain, tightness, and spasms in my calf muscles that prevented me from running and competing for several years. I tried stretching and strengthening, deep tissue/trigger point massage, ultrasound, E-stim, Active Release Technique, acupuncture, herbs, Shiatsu, Chiropractic, and several tape wrap techniques. I visited the Kerlan-Jobe Clinic in L.A., team doctors for the Lakers, Dodgers, Kings, Ducks, and Angels and was diagnosed with ‘Compartment Syndrome’. I spent several thousand dollars and missed five years of competing… then I found Dr. Goodman...after just two visits I could tell this treatment was different than the others and that it was working. I began running again symptom free after the third treatment. I am now able to run as much as I want and am looking forward to competing again… I highly recommend his services for any type of sports related injury.

Dave Buffington,
5 time finisher, Hawaii Ironman Triathlon

Comments about the IMS Technique

"After 25 years of dealing with problems from the locomotive system I have the opinion that Dr. Gunn’s IMS technique is the most important contribution in the field in the last 10 years."

Bengt Johansson, M.D.
Chairman, Swedish Society for Orthopedic Medicine

"The most important skill of a good pain physician is the ability to examine the patient, knowing what to look for. Dr. Goodman is such a practitioner...he fully understands the principles of pain. Also important, from the patient’s point of view, he has an excellent pair of hands. We are grateful and proud that he is a certified lecturer for the Institute for the Study and Treatment of Pain (iSTOP)."

C. Chan Gunn, M.D.
Director iSTOP, Vancouver, B.C.

St. Luke’s Physiatry Practice
715 S. Cowley, Suite 224 | Spokane, WA 99202
(509) 473-6706 | www.st-lukes.org

Steven R. Goodman, M.D.
for an appointment, call (509) 473-6706
Sports Injuries and Shortened Muscle Syndrome

Sports injuries often lead to Shortened Muscle Syndrome. Injuries and normal ‘wear-and-tear’ sensitize the nerve and muscle circuit, causing the muscle to ‘short out’ and sometimes go into spasms.

Gradually, the muscle begins to actually shorten, leading to muscle imbalance and pain. Many patients report feeling stiff, ‘stuck’ or ‘out-of-place’ as a result of the shortened muscles restricting normal joint or spinal mobility.

The muscle also develops taut muscle fiber bands or tender knots called trigger points. Over time the shortened muscle pulls on its tendon, leading to various tendonitis syndromes.

“I began running again symptom free after the third treatment. I am now able to run as much as I want and am looking forward to competing again.”

Dave Buffington, Five-time finisher, Hawaii Ironman Triathlon

What to expect

IMS works by using a fine flexible pin in the muscle to stimulate spinal reflexes, relaxing the muscle and over time ‘resetting’ the muscle’s resting length and decreasing pain.

The effects of IMS are cumulative; each treatment stimulates additional healing of the nerve and muscle.

In addition to IMS, Dr. Goodman prescribes appropriate exercise to address muscle imbalance and postural deviations associated with shortened muscle syndrome.

Treatment schedule

Initial treatments are weekly and taper with improvement. The number of treatments required depends on the extent and severity of shortened muscles and any associated postural abnormalities. If the pain started recently several treatments may be all that is necessary.

For an appointment call (509) 473-6706

“I had been suffering from neck and shoulder pain ...for over 10 years. I had been using many ways to deal with the pain: P.T., deep tissue massage, yoga, stretching, but still felt like I had hit a ‘plateau’... I must tell you that I was mildly skeptical at first but when I left the office I felt as though the muscles in my right shoulder were relaxed for the first time in years. I had three additional treatments over the next month. It is as if the pain from the last 10 years has been erased.”

M. Kenny

“I’ve run for years and moved to Alaska last summer, running on an unforgivably uneven highway...eventually I developed full-blown Ilio-tibial Band Syndrome and had been suffering from pain and tightness for a few months before seeing Dr. Goodman...I could barely endure a standard quad stretch or massage on the IT band or knee. After 5 sessions with Dr. Goodman my hips were back in balance and my IT band was markedly looser so that I could begin conditioning... I am now running regularly and feel my body is finally in balance again.”

J. Shay

“I’m 39 years old, and after many years of athletics I developed a lumbar disc herniation and sciatica...I was told that I was an excellent candidate for surgery. IMS has successfully relieved me of my chronic spasms and sciatica and has made surgery unnecessary.”

H. Goldstein