

FOR THE WIN

A newsletter brought to you by NWSEM

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Message from Dr. Fralich

Greetings NWSEMedicine Community.

May is here, which means longer days, warmer weather, and plenty to celebrate. It's also **National Pet Month**—a perfect time to appreciate the joy our furry companions bring into our lives. I recently welcomed a new chocolate labrador puppy into my home, and it's been fun (and sometimes tiring!) reminder of how much happiness pets can add to our lives.



Spring is a great time to get outside, stay active, and reset healthy habits. Whether you're walking your dog, gardening, or getting back into your favorite outdoor activities, it's important to listen to your body and take care of those aches and pains before they become bigger issues. Remember, we can help with that so please come see us instead of suffering through another month of discomfort and avoiding the activities you love!

We also want to take a moment to recognize Mother's Day this month. To all the moms—and those who play a motherly role in someone's life—thank you for the care, strength, and support you give every day. You are truly appreciated and deserve to be celebrated.

Lastly, **we're excited to offer a FREE Carpal Tunnel Syndrome screening on Wednesday, May 13 at 5:00 PM at our clinic.** If you or someone you know has been experiencing numbness, tingling, or weakness in your hands or wrists, this is a great opportunity to get evaluated and learn about how carpal tunnel release under ultrasound guidance can get you back to work or play in as little as 3-6 days without stitches or general anesthesia!

If you'd like to attend the screening or have questions, please reach out to our office or register using the link below—we'd love to see you there.

Yours in health,

Dr. Fralich



Patient Spotlight - *Turner Livingston*

Turner Livingston has had a ball in his hand since he was born. As a 22-year-old basketball player at Bushnell University, the competitiveness of the game and the love of “getting buckets” has always driven him. But during his senior year of high school, that passion was challenged when he developed severe patellar tendinitis.

For four years, Turner played through constant pain. He wasn’t able to dunk off his jumping leg and even running or light jumping on his left knee caused excruciating pain. Simple daily activities became difficult, and sitting for long periods left his knee aching and burning.

After dealing with the injury for years, Turner received a PRP injection from Dr. Fralich to help heal his patellar tendon. The results were immediate and noticeable. For the first time, he could do Bulgarian split squats and heel tap squats without any pain. Walking “felt so much better, and the lingering ache [he used to feel] after sitting was finally gone.”

Turner describes his experience at the clinic as “the greatest experience ever”, crediting the medical team as “some of the most amazing people [he’s] worked with. Dr. Fralich was able to see me last minute in her crazy schedule hours after I got injured this year. She then made some phone calls and helped me get a record-breaking MRI visit. That’s just the level of care you’re getting when you work with her and her clinic. They know what they are doing and they don’t stop until you’re fully healthy. They truly care about your wellbeing and want you to succeed.”

Side note: Turner recently launched his new clothing brand, Overlooked. Follow him on Instagram @overlooked_.

What is Cupping?

By Shay Hannigan-Luther, MATRN, LAT, ATC

Cupping, the practice of placing cups upside down on the skin to create a suction effect, has been around for thousands of years. Traditional Chinese medicine is most often credited for developing and utilizing the treatment, though records of cupping have also been found in ancient Egyptian and Middle Eastern cultures. It has been used to treat a wide variety of ailments over the centuries, from indigestion to high blood pressure to infertility. Over the years, variations of cupping have been developed, including wet cupping, where a small incision is made in the skin to allow for blood to be drawn out by the suction pressure of the cup. More recently, cupping has gained some mainstream attention for its use as a soft tissue treatment by athletic trainers, physical therapists, and other healthcare providers. The distinctive circular bruising pattern on a patient after treatment is often very visible, resulting in high-profile athletes such as Michael Phelps endorsing the treatment after being questioned about the bruises by the media. Despite the growing public interest, research findings and opinions about cupping remain mixed.

Proponents of cupping argue that the treatment promotes an increase in blood flow and decrease in pain and may have some beneficial effect on myofascial adhesions. Although cupping has been shown to cause a short-term improvement in pain, meta-analyses have found that it is not significantly greater than a placebo treatment. Some studies have also identified hemodynamic and local metabolic changes under the treated area; however, these changes do not appear to last more than 2-3 hours after treatment and their clinical significance is not clear. In general, research about cupping is extremely varied and of low quality, in part due to the wide range of cupping techniques implemented by clinicians, which makes it difficult to draw firm conclusions.

Despite the lack of concrete evidence, many clinicians, myself included, have seen patients benefit from cupping treatment as a part of a comprehensive treatment plan. Like many treatments that we use, cupping is just one piece of the larger puzzle of the care plan for patients and should not be used as the only treatment in isolation. So, if you plan to undergo cupping treatment with someone, make sure you understand what the goals of the treatment are, work with your provider to create a thorough treatment plan, and be prepared to look like you were attacked by an octopus.

Upcoming Events:

FREE Carpal Tunnel Syndrome screening on Wednesday, May 13 at 5:00 PM at our clinic.

Call **888-681-0221** or click [here](#) to reserve your spot.

Click a link below to listen to Dr. Fralich's Podcast



Do you experience pain and numbness in your hand?

Do you find it difficult to grip objects with your hand?

If so, you may be one of the millions of people suffering from a condition called **carpal tunnel syndrome**, which causes pain and tingling in your hand due to a compressed nerve.

DON'T WAIT ANY LONGER TO GET OUT OF PAIN AND BACK TO LIFE.

Now you can get rapid relief from carpal tunnel pain, recover quickly, and get back to the things you want and need to do. All thanks to carpal tunnel release with ultrasound guidance.

The procedure can be performed using local anesthesia in a procedure room or office setting. Most patients can return to normal activity in 3 to 6 days.^{1,2}



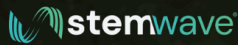
RECOVERY IN DAYS, NOT MONTHS.

We now offer carpal tunnel release with ultrasound guidance.

Call today to see if carpal tunnel release with ultrasound guidance is right for you.

Northwest Sports and Exercise Medicine (509) 703-7866

REFERENCES: 1. Eberlin KR, Amis BP, Berkgigler TP, Dy CJ, Fischer MD, Gluck JL, Kaplan FTD, McDonald TJ, Miller LE, Palmer A, Perry PE, Walker ME, Watt JF. Multicenter randomized trial of carpal tunnel release with ultrasound guidance versus mini-open technique. *Expert Rev Med Devices*. 2023 Jul;20(7):597-605. <https://doi.org/10.1080/17434440.2023.2218543> 2. Paterno AL, Marwin VM, Paterson PD, Alexander RD, Nelson JT, Miller LM, PhD, PStat. Office-based carpal tunnel release with ultrasound guidance: 6-month outcomes from the multicenter ROBUST trial. *J Hand Surg Glob Online*. Feb 19, 2024. <https://doi.org/10.1016/j.jhsg.2023.12.005>



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Active adults, Athletes and Weekend warriors

If you're struggling with...

- Joint Pain
- Shoulder Pain
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- Plantar Fasciitis
- Knee Pain
- Neuropathy



Introductory

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