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The Future of Pain Care: Medical Innovations That Are Changing 2026

# Optimal Volume 5 | 2026 New Year Issue Wellness magazine

## THE WORK OF PURPOSEFUL HEALING

*A new year shaped by intention and impact*



**DR. NEVILLE CAMPBELL, M.D., M.B.A.**

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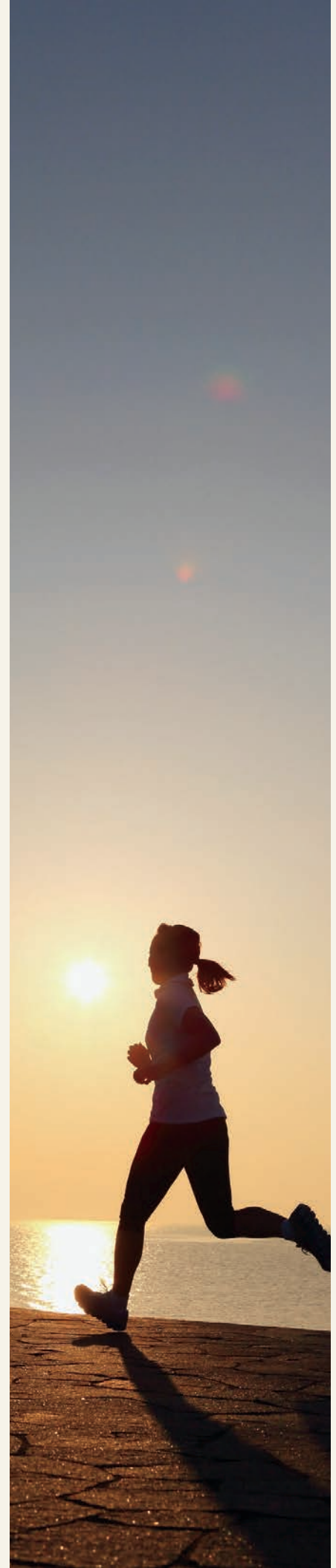
The Science of Healing  
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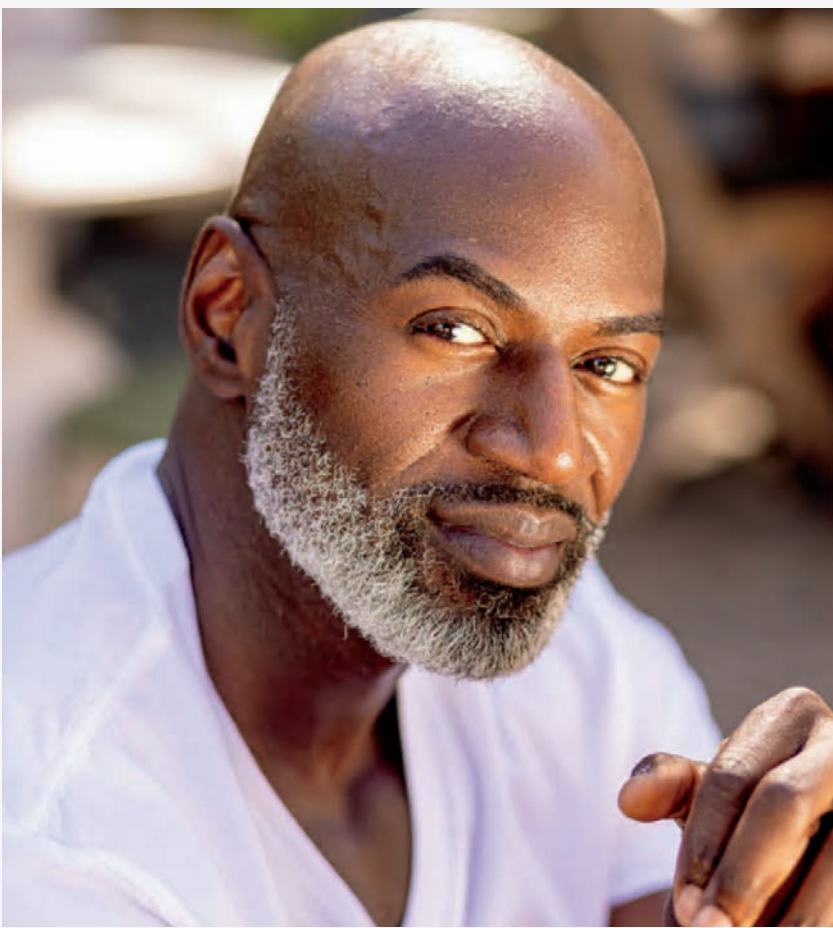
## The Work of Purposeful Healing

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# The Author & Editorial Letter



## Dr. Neville Campbell M.D., M.B.A.

Founder and Medical Director of the Center for Wellness, Pain, Orthopedic, and Spine of America (CWOPSA) in Las Vegas and Georgia, Dr. Neville Campbell is a dual board-certified anesthesiologist and pain management specialist who believes that healing is both medical and mindful.

Recognized for merging scientific innovation with human compassion, Dr. Campbell has dedicated his career to redefining pain care—making it more personalized, ethical, and restorative. His leadership at CWOPSA has helped thousands of patients regain motion, peace, and confidence through a comprehensive model integrating interventional medicine, regenerative therapies, and holistic wellness.

## Editor's Note

A new year offers an opportunity to pause and reflect on what truly matters—and for many of us, that reflection leads back to impact. For me, this season has brought renewed focus to purposeful healing: care guided by intention and measured by the difference it makes in people's lives.

At Optimal Wellness Magazine and the Center for Wellness and Pain Care, this philosophy shapes how we approach every patient and every decision. Healing is never accidental. It is thoughtful work, grounded in science, compassion, and a commitment to outcomes that support long-term well-being, not just temporary relief.

Impact, however, is not something created in

between provider and patient, in the trust that develops over time, and in the collective effort to move forward—sometimes slowly, always intentionally. I am part of that journey as much as anyone, continually learning, refining, and recommitting to care that truly matters.

Purposeful healing also extends beyond the clinical setting. It shows up in the choices we make every day: listening to our bodies, honoring balance, and allowing progress to unfold with patience. True wellness is built through consistency, awareness, and care.

As we begin this new year, I invite you to see healing as a collective journey. Not a destination, but meaningful work—guided by intention and driven by impact.

*Dr. Neville Campbell*  
Dr. Neville Campbell, M.D., M.B.A.



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# The Work of Purposeful Healing

*A new year shaped by intention and impact*

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## INTRODUCTION

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Healing is not a resolution—it is meaningful work shaped by intention and impact. As we enter 2026, Optimal Wellness Magazine centers on The Work of Purposeful Healing, a reminder that lasting wellness is built through thoughtful, consistent care.

At the core of this issue is The Science of Healing, where medical innovation and interventional precision reveal how pain care continues to evolve. These articles explore how evidence-based procedures and emerging discoveries are restoring function and improving quality of life through targeted, patient-centered approaches.

In The Art of Living, healing expands into everyday experience. From gentle new-year beginnings to post-holiday recalibration and small restorative habits, this section emphasizes progress without pressure—honoring the

emotional and physical realities that accompany recovery.

The Practice of Excellence highlights the systems and people that make purposeful care possible. Through stories of medico-legal clarity at Expert Works and the shared mission driving CWOPSA forward, this pillar reflects how integrity and expertise shape outcomes beyond the clinic.

Together, these pillars reflect a unified approach to healing: one grounded in science, guided by compassion, and focused on meaningful impact.



CENTER FOR WELLNESS

ORTHOPEDIC, PAIN & SPINE  
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*The Practice of Excellence*

## **A NEW NAME, A CLEARER FOCUS: CENTER FOR WELLNESS, ORTHOPEDIC PAIN AND SPINE OF AMERICA**

The Center for Wellness and Pain Care of America (CWPC) has officially rebranded as the Center for Wellness, Orthopedic Pain and Spine of America (CWOPSA), marking an important milestone in the organization's continued evolution and commitment to comprehensive, patient-centered care.

The new name reflects a broader approach to pain treatment—one that extends beyond traditional pain management to include an expanded emphasis on orthopedic pain and spine conditions. While the name has changed, the clinic's mission remains the same: to help patients find meaningful, lasting relief through thoughtful, evidence-based care.

CWOPSA offers a range of advanced, minimally invasive procedures designed to address the root causes of pain. These include treatments such as Vertiflex, facet fusion, and discectomy, which provide effective options for patients seeking alternatives to long-term medication use or more invasive surgical interventions.

The rebrand also provides greater clarity for patients and referring partners by clearly defining the clinic's orthopedic pain and spine capabilities. This distinction reinforces CWOPSA's role as a trusted provider of modern, procedure-forward care grounded in clinical excellence.

As part of its continued growth, CWOPSA brings together multidisciplinary expertise to support patients through every stage of care—from diagnosis to minimally invasive intervention—within a coordinated and supportive environment.

More than a name change, the CWOPSA rebrand represents a continued commitment to innovation, improved outcomes, and care that is both intentional and impactful. With a clearer identity and expanded services, CWOPSA is positioned to meet the growing demand for advanced pain and spine care across the communities it serves.



The Science of Healing

## The Future of Pain Care: Medical Innovations That Are Changing In 2026

Pain care is evolving rapidly, shaped by advances in science, technology, and a deeper understanding of how pain truly works. Rather than focusing solely on symptom relief, modern approaches aim to address the underlying mechanisms that drive pain. “We’re moving toward treatments that target the mechanisms of pain, not just the symptoms,” says Dr. Andrew Siddons, Pain Medicine Specialist. “This allows us to tailor care in ways that were not possible a decade ago.”





A major influence in this shift is the NIH Helping to End Addiction Long-term (HEAL) Initiative®, which supports research into safer, non-opioid therapies and the biological foundations of pain. Early findings highlight the role of neural circuitry and genetics in predicting how individuals respond to treatment.

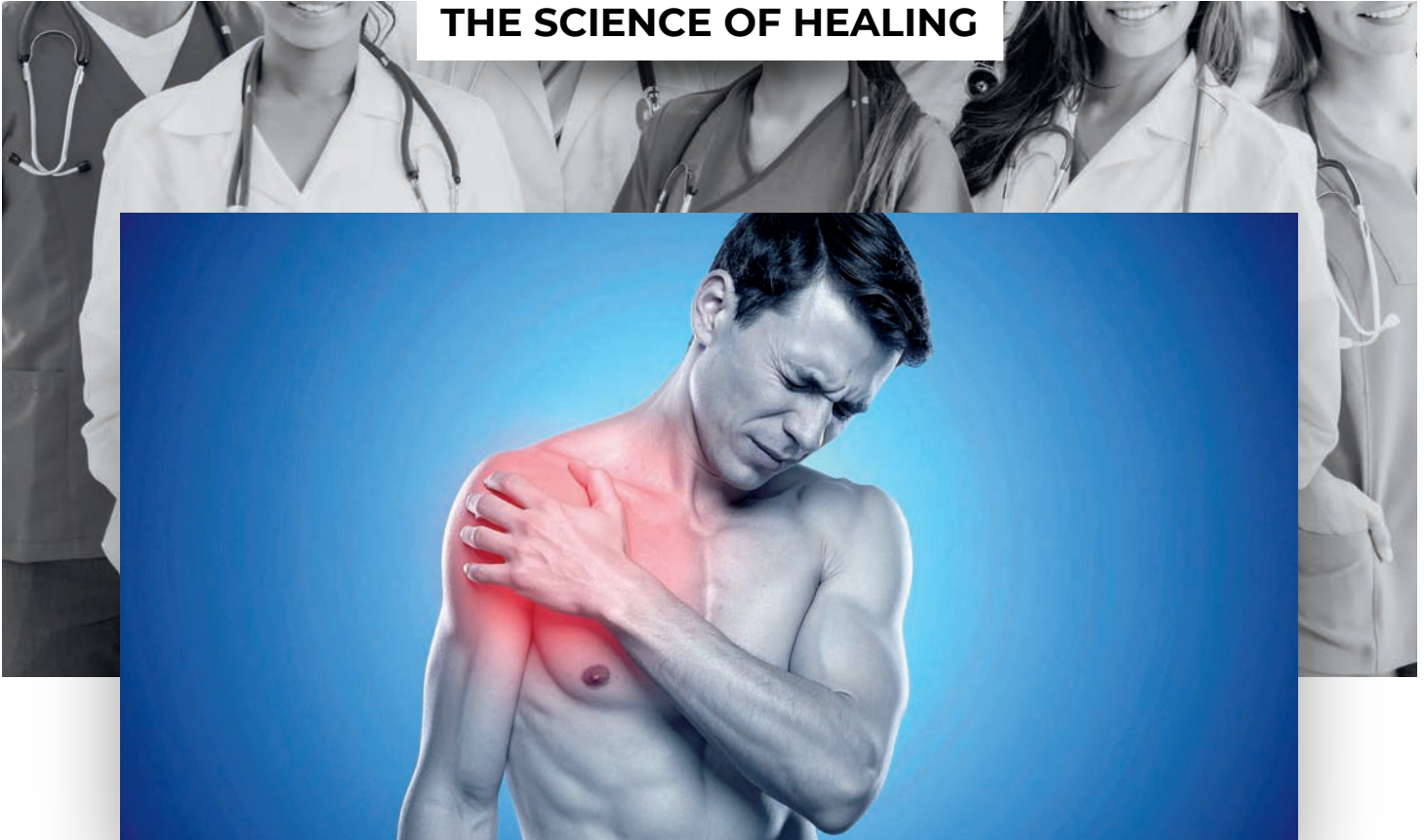
By combining genetic insights with advanced neuroimaging, clinicians are gaining unprecedented visibility into pain pathways. “Integrating genetics and neuroimaging gives us a window into pain pathways previously invisible,” notes Dr. Emily Chan, Neuroscience Researcher.

Innovation is also expanding treatment options through minimally invasive and functional therapies. Targeted interventional procedures, such as advanced decompression techniques, offer effective relief with shorter recovery times and reduced tissue

disruption. Neuromodulation technologies, including next-generation spinal cord stimulators, provide customizable pain control without long-term medication dependence.

Digital health tools are further redefining pain care. Artificial intelligence helps identify patients most likely to benefit from specific treatments, while wearable technologies capture real-world data on movement and function. “Real-world functional data are transforming how we define success in treatment,” says Dr. Miguel Torres, Rehabilitation Specialist.

Together, these advances support a more integrated, person-centered model of care that blends innovation with rehabilitation, behavioral support, and long-term functional goals—placing the individual, not just the pain, at the center of healing.



# WHY INTERVENTIONAL PAIN PROCEDURES MATTER MORE THAN EVER

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In an age where chronic pain has become a silent epidemic, interventional pain procedures stand as one of the most effective, evidence-based approaches to restoring function and dignity. At CWOPSA, these procedures are not a “last resort”—they are the first step toward motion and renewal.



Unlike conservative pain management that relies heavily on long-term medications, interventional therapies such as **epidural injections, facet joint ablation, and spinal cord stimulation directly target the pain source**. The result is focused on genuine healing at the neurological and structural level.

Research published in the Journal of Pain Medicine (2025) shows that patients undergoing targeted interventional treatments experience up to 60% greater

functional improvement than those on medication-only regimens. At CWOPSA, these findings guide every clinical decision, ensuring that science serves both efficacy and empathy.

Beyond the procedures themselves lies a deeper philosophy: that true recovery must bridge the biological and the behavioral. Patients are guided through post-procedural mindfulness, physical reactivation, and personalized recovery plans that sustain their progress.



Interventional pain care matters more than ever because it restores agency and quality of life—the ability for patients to move, work, and live without fear. In a world where many feel defined by their limitations, CWOPSA’s approach redefines possibility. Every injection, every ablation, every moment of regained motion becomes an act of reclamation—the body remembering its own potential for healing.

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# Start Where Your Body Is: A Gentle Approach to Wellness in 2026

## The Art of Living

The new year often arrives wrapped in expectation—fresh goals, fitness plans, and the promise of “a new you.” Yet real wellness rarely begins with reinvention. It begins with recognition—with meeting your body exactly where it is.





# The nervous system adapts best when progress feels safe and sustainable—not pressured.



Modern wellness science increasingly supports this compassionate starting point. Rather than dramatic overhauls, lasting change grows from small, realistic actions repeated consistently. As behavior scientist BJ Fogg, PhD, author of *Tiny Habits*, emphasizes, change is most effective when it feels doable, not demanding. When habits are small enough to succeed even on hard days, they're more likely to stick.

This approach aligns with emerging research in lifestyle medicine and neuroscience. Studies consistently show that gradual habit formation supports nervous system regulation, lowers stress hormones, and reduces burnout associated with all-or-nothing thinking. The body adapts best when progress feels safe and sustainable—not forced.

In practice, this can look surprisingly simple: five minutes of gentle movement, one nourishing meal added (not restricted), or a brief pause to breathe intentionally before sleep. These micro-choices may seem modest, but they send a powerful signal to the body: you are supported, not pushed.

Psychologist and health researcher Dr. Kelly McGonigal, known for her work on stress and self-compassion, notes that treating the body as an ally rather than an obstacle improves both physical outcomes and emotional resilience. When wellness is framed as cooperation instead of correction, people are more likely to remain engaged and consistent.

In 2026, wellness isn't about fixing yourself or chasing an idealized future version. It's about listening, responding, and building trust with the body you already live in. When you start where you are—with patience and respect—you create a foundation strong enough to support real, lasting change.



## WHERE INTERVENTIONAL CARE MEETS HUMAN-CENTERED MEDICINE: A CONVERSATION WITH

# DR. KYLE WENTZ

Pain management is undergoing a meaningful transformation—one that emphasizes thoughtful decision-making, safety, and the human experience of healing. At the Center for Wellness, Orthopedic, Pain, and Spine of America (CWOPSA), that evolution is guided by strong clinical leadership and a shared commitment to doing what is right for each patient. At the center of this approach is Dr. Kyle Wentz, Associate Medical Director and Lead Interventional Physician, whose role extends beyond performing procedures. Dr. Wentz helps guide how interventional care is practiced across the organization, ensuring that treatments are used responsibly, consistently, and always with the patient's best interest in mind.

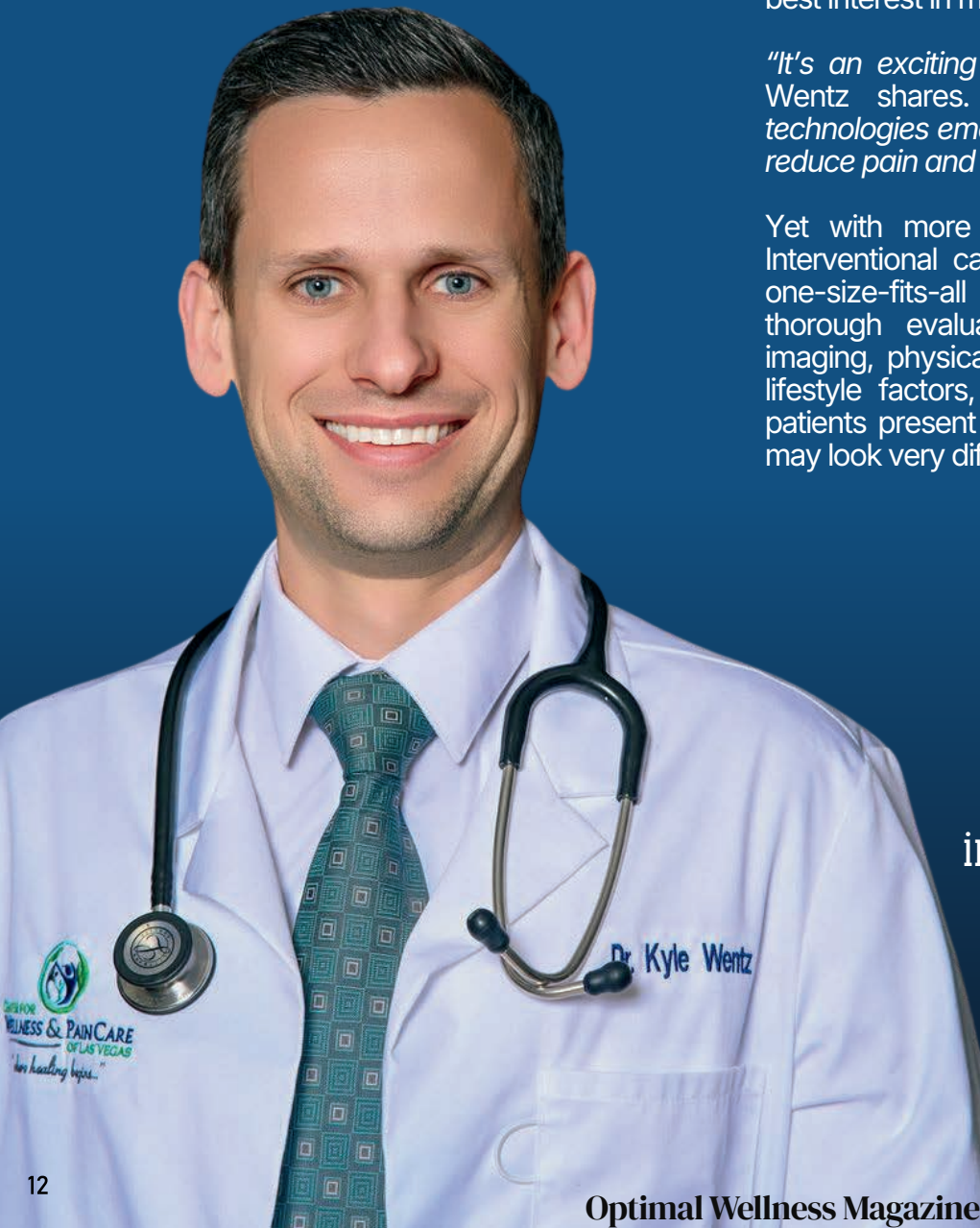
*"It's an exciting time to be in pain management," Dr. Wentz shares. "Every year, new treatments and technologies emerge that allow us to better help patients reduce pain and improve function."*

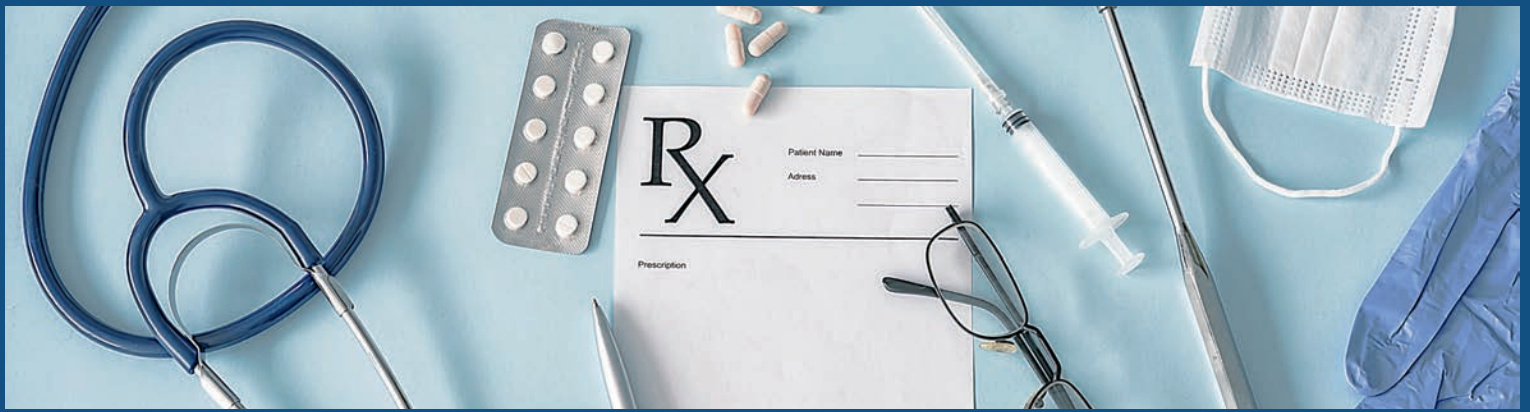
Yet with more options comes greater responsibility. Interventional care, Dr. Wentz emphasizes, is never a one-size-fits-all solution. Each patient undergoes a thorough evaluation that considers medical history, imaging, physical examination findings, work demands, lifestyle factors, and previous treatments. Even when patients present with similar diagnoses, their care plans may look very different.

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Integrity, ethics, and accountability guide how we practice medicine. Doing the right thing for the patient—including when recommending interventional care—builds trust and leads to better outcomes.

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## ADVANCING PAIN MANAGEMENT THROUGH PRECISION AND HUMANITY

A major focus of modern interventional pain care is reducing unnecessary reliance on narcotic medications. While medications remain appropriate for some patients, Dr. Wentz notes that they carry real risks, including dependence, tolerance, and diminished long-term benefit. Interventional treatments—when used appropriately—can offer targeted relief while helping patients decrease medication use and improve daily function and overall quality of life.

Safety is central to every decision. *“First and foremost, we take seriously the responsibility to do no harm,”* Dr. Wentz explains. Before any procedure, risks and benefits are carefully weighed, and patients are closely followed before and after treatment. Care coordination—especially for return-to-work planning and long-term recovery—is viewed as an essential component of successful outcomes.

Technology plays a key role in supporting precision and consistency across care. Image-guided procedures using fluoroscopy and ultrasound allow providers to deliver treatments with greater accuracy, minimizing discomfort and side effects while maximizing benefit. Shared clinical systems further ensure continuity of care across providers and locations. Ultimately, what defines care at CWOPSA is not a single procedure or technology, but a set of shared principles. Integrity, ethics, and accountability guide how medicine is practiced. Strong principles foster trust, and trust allows patients to feel confident in their care—an essential element of high-quality medicine.

Dr. Wentz is quick to point out that this approach is not his alone. It is reinforced daily by a collaborative team of providers, medical assistants, and staff who share a common goal: helping patients navigate difficult moments and move toward recovery.

*“It’s a privilege to care for patients during some of the hardest times in their lives,”* he says. *“And it’s the dedication of the entire team that makes that possible.”*



“  
It’s a privilege to care for patients during some of the hardest times in their lives and it’s the dedication of the entire team that makes that possible.”

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# The Golden Impact Gala: Expanding Care, Building Legacy

The Golden Impact Gala, held on November 13, 2025, at the Porsche Experience Center in Atlanta, brought together leaders from medicine, law, business, wellness, and community service for an evening defined by purpose and progress. The event marked the expansion of the Center for Wellness, Pain, Orthopedic, and Spine of America (CWOPSA) into Georgia while celebrating a shared commitment to compassionate, patient-centered healthcare.

Hosted by CWOPSA Founder and Medical Director Dr. Neville Campbell, the Gala highlighted CWOPSA's philosophy of combining clinical excellence with authentic compassion. Guests were introduced to CWOPSA Georgia's approach to pain management—one rooted in dignity, empathy, and individualized care. More than a celebration of growth, the evening emphasized collaboration across disciplines and the belief that meaningful impact is built through connection.

In his keynote address, Dr. Campbell reflected on the values guiding his work. "Purpose gives direction to effort. It transforms ambition into service, and work into impact," he shared. He also spoke on legacy, emphasizing that true success is measured by the lives improved through service to others.

Reflecting on the Georgia expansion, Dr. Campbell emphasized transformation over replication. By bringing a culture of compassion, integrity, and excellence to a new community, CWOPSA aims to build not just a medical practice, but a movement grounded in purpose. The evening concluded with live performances and a celebration of partnerships that signal a shared path toward lasting impact.



*The Practice of Excellence*

# ONE PULSE JAMAICA: HEALING BEYOND BORDERS

A defining moment of the Golden Impact Gala was the introduction of One Pulse Jamaica, a humanitarian organization co-founded by Dr. Neville Campbell and Dr. Collin Sewell to expand access to essential healthcare services across Jamaica and the Caribbean. The initiative is rooted in the belief that healthcare is a human right and that no individual should be denied care due to financial or systemic barriers.

The urgency of One Pulse Jamaica's mission has increased as communities continue to recover from the devastation of Hurricane Melissa. The storm displaced families, disrupted healthcare infrastructure, and left vulnerable populations without consistent access to medical services. In response, the organization has launched an ongoing donation drive to support hurricane victims and restore critical healthcare access.

Guests learned about One Pulse Jamaica's upcoming outreach missions, which focus on delivering free healthcare to underserved communities, particularly during times of crisis. Aligned with the Gala's theme of "Impact," the initiative reflects Dr. Campbell's belief that success is measured not by personal achievement, but by service to others.

Through compassion, collaboration, and action, One Pulse Jamaica transforms purpose into care—restoring dignity, hope, and healing beyond borders.



# The Post-Holiday Reset: Rebuilding Your Routine After the Season of Excess

After the celebrations fade, many wake to find their energy scattered—sleep disrupted, eating patterns off-track, and the rhythm of movement forgotten. The post-holiday slump is real, but recovery doesn't have to be punitive. It can be restorative.



A true reset doesn't come from restriction or extremes. It comes from restoring the basics that keep the body regulated and resilient. Across wellness research and clinical practice, four essentials consistently rise to the surface: sleep, nutrition, movement, and stress regulation.

Start with rest. Sleep is the foundation that allows every other system to function. Research summarized in the Sleep Foundation Review (2025) shows that even one week of consistent sleep timing can help rebalance hormones, improve pain tolerance, and sharpen cognitive function. Before adding anything new, stabilize when and how you rest.

From there, support the body with hydration and balanced nutrition. Simple, whole foods—adequate protein, fiber-rich plants, healthy fats—help stabilize blood sugar and reduce inflammatory stress. Wellness isn't built on elimination alone; it's built by giving the body what it needs to regulate itself.

Movement follows, but gently. Wellness research continues to affirm that consistency matters more than intensity. Just ten minutes of stretching, mobility work, or mindful walking can improve circulation, stimulate endorphins, and reset posture. Short, intentional movement breaks throughout the day help “wake up” muscles and joints without overwhelming the nervous system.



**A reset rooted in wellness isn't about doing more. It's about returning to what works, honoring the body's signals, and rebuilding from a place of steadiness rather than strain.**



Finally, stress regulation ties everything together. Breathwork, brief pauses, or moments of nervous-system downshifting allow the body to integrate rest, nourishment, and movement more effectively. When stress is managed—even in small ways—the body becomes more receptive to healing and change.

A reset rooted in wellness isn't about doing more. It's about returning to what works, honoring the body's signals, and rebuilding from a place of steadiness rather than strain.

THE ART OF LIVING

# BETWEEN WHAT WAS AND WHAT'S NEXT: CHOOSING PRESENCE AT THE START OF A NEW YEAR

The healthiest way forward isn't imagined—it's practiced, moment by moment, in the body you're already in.



The start of a new year often places us in a quiet tension between what has passed and what we hope will come. Memories of yesterday linger, while expectations for the future press forward with urgency. Resolutions promise transformation, yet many leave us feeling ungrounded—pulled out of the present and into a version of ourselves that doesn't yet exist.

Wellness, however, does not unfold in the future. It happens now, in the body, in real time. Research in behavioral psychology and nervous system regulation continues to show that sustainable change begins with presence, not projection. The body responds best to what is immediate and embodied, not abstract or idealized.

Rather than asking what needs to be fixed or improved this year, a more stabilizing question emerges: How can I live today in alignment with what I want more of? When the focus shifts from outcomes to experience, the nervous system relaxes. Stress hormones decrease, emotional clarity improves, and the body becomes more receptive to change.

Grounding practices are among the most effective tools during this transitional period. Simple acts—slowing the breath, feeling the weight of the feet on the floor, stepping outside and noticing the air—signal safety to the body. These moments anchor attention back into the present, interrupting the cycle of mental time travel that often fuels anxiety and overwhelm.

Living the qualities you wish to experience—steadiness, vitality, balance—creates momentum without force. Instead of waiting for motivation, regulation becomes the guide. Instead of chasing change, the body is invited into cooperation.

The new year does not require reinvention. It asks for attention. When you arrive fully in the present—breathing, sensing, listening—you stop postponing wellness and begin inhabiting it. Not as a resolution, but as a way of being.



***THE NEW YEAR DOES NOT REQUIRE REINVENTION. IT ASKS FOR ATTENTION. WHEN YOU ARRIVE FULLY IN THE PRESENT—BREATHING, SENSING, LISTENING—YOU STOP POSTPONING WELLNESS AND BEGIN INHABITING IT. NOT AS A RESOLUTION, BUT AS A WAY OF BEING.***





### *The Practice of Excellence*

# **CWOPSA SUMMIT 2025:** *BUILDING BRIDGES AND ELEVATING PATIENT EXPERIENCE*

On November 7, 2025, CWOPSA convened its second annual summit, bringing together both in-person and virtual team members in a shared effort to strengthen collaboration and elevate patient-centered care. Building on the success of its inaugural 2024 summit, this year's gathering reflected CWOPSA's continued commitment to growth, connection, and excellence across the organization.

The in-person summit, themed "Building Bridges: Strength, Synergy, and Service," focused on team bonding and interactive workshops designed to foster alignment and collaboration. At the same time, the CWOPSA Virtual Summit 2025 carried the theme "From Good to Exceptional: Elevating Patient Experience One Interaction at a Time," ensuring remote staff were equally engaged and connected to the organization's mission.



Across both formats, workshops were closely aligned with CWOPSA's mission and vision, emphasizing compassionate, comprehensive pain management grounded in trust, respect, and open communication. Team members were encouraged to share openly, reflect on their roles, and participate in meaningful dialogue that supports continuous learning and psychological safety.

More than an internal event, the CWOPSA Summit 2025 served as both a reflection and a recommitment—highlighting how investing in people and collaboration directly enhances patient experiences and outcomes. By strengthening its teams, CWOPSA continues to build a culture where patients feel supported, valued, and empowered at every interaction.



The Practice of Excellence

# The Essential Voice of the Medical Expert: How Expert Works Bridges Medicine and Law

Personal injury cases begin with a person. Before the records, the reports, and the courtroom, there is an individual whose body and life were altered by injury. Law and medicine exist not as abstractions, but as human disciplines—designed to bring clarity, care, and fairness to moments when life has been disrupted. Medical experts serve that purpose by giving injury a voice that can be understood within the legal system.



# **WHEN THE MEDICAL AND LEGAL DISCIPLINES WORK TOGETHER WITH INTEGRITY AND COMPASSION, THEY DO MORE THAN RESOLVE DISPUTES—THEY CONTRIBUTE TO A MORE HUMANE SOCIETY, ONE WHERE INJURY IS SEEN, TRUTH IS HONORED, AND PEOPLE REMAIN AT THE CENTER OF THE PROCESS.**

Medical records alone rarely tell the full story. They document visits and findings, but not always the lived impact of pain, limitation, or uncertainty. Medical experts help bridge this gap by interpreting symptoms, diagnoses, and imaging within the broader context of function, prognosis, and quality of life. Their role is not to advocate, but to explain—so the legal system can see injury as medicine understands it.

Independence is essential to that explanation. An independent medical expert is free to follow the medical facts wherever they lead, without obligation to outcome or treatment decisions. That independence protects credibility, but it also protects the injured individual, ensuring that their experience is neither overstated nor minimized, only accurately understood.

Causation lies at the heart of most personal injury cases and requires careful medical judgment. Experts evaluate whether an injury is consistent with the event described, how pre-existing conditions may factor in, and whether the progression of symptoms aligns with known medical patterns. These conclusions carry real weight, because they shape how responsibility, care, and compensation are ultimately determined.

From this work come the reports that guide legal decision-making. Expert medical opinions clarify diagnosis and causation. Impairment ratings translate lasting injury into measurable functional impact. Life care planning, when appropriate, looks forward with responsibility—projecting future medical needs based on medical necessity and realistic prognosis. Together, these analyses help courts understand not just what happened, but what it means for the person living with the injury.

This is where physicians like Dr. Campbell sit within the process. As an independent medical expert, his work is guided by a clear sense of purpose: to make a meaningful impact by bringing clarity, fairness, and medical truth into situations that profoundly affect people's lives. His role is grounded in respect for the injured individual and for the legal system tasked with resolving complex questions. By remaining independent, methodical, and humane in his analysis, he ensures that medical expertise serves its highest function.

At their best, medical experts act as translators between two demanding fields. They explain complex medical realities in clear, accessible language, allowing judges, attorneys, and juries to make informed decisions rooted in understanding rather than assumption.

Personal injury litigation stands at the crossroads of law and medicine. When the medical and legal disciplines work together with integrity and compassion, they do more than resolve disputes—they contribute to a more humane society, one where injury is seen, truth is honored, and people remain at the center of the process.



# *Carrying the Work Forward*

**Optimal Wellness Magazine**

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Healing often reveals itself in small, faithful moments—brief pauses that allow the body and mind to realign. A breath taken with awareness, a choice to rest, a moment of gratitude before sleep. These micro-recoveries remind us that renewal does not always arrive dramatically, but gently, through attention and care.

Neuroscience continues to affirm what lived experience has long known: consistency shapes recovery. When moments of restoration are repeated, they restore clarity, motivation, and resilience—quietly rebuilding what stress and strain have worn thin.

As this issue closes, the invitation remains simple yet profound: to approach healing as meaningful work. Not rushed. Not forced. But guided by intention, sustained through care, and measured not only by outcomes, but by the quality of presence along the way.



**NEVER MISS AN ISSUE!**

**2026 NEW  
YEAR ISSUE**

**VOL. 5**

**THE WORK OF PURPOSEFUL  
HEALING: A NEW YEAR  
SHAPED BY INTENTION AND  
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# Optimal Wellness

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