The Insanity Prescription

Insanity Malta forms an integral part of [the Pain Clinic](http://www.painclinic.com.mt/) which is a new concept established in 2015 by a group of medical professionals. This team of professionals provides a holistic approach to pain management, especially chronic, stress-related or difficult-to-treat painful conditions. They strongly believe in [exercise as one of the best ways to manage most of these conditions](http://www.painclinic.com.mt/exercise/) and like to prescribe “Insanity” as a first-line treatment to anyone who has the physical capabilities to do it. In fact, Insanity is being prescribed to treat:

1. Stress and tension
2. Anxiety and depression
3. Addiction disorders
4. Many types of chronic pain

If you are prescribed “Insanity”, then your doctor already knows that you are physically capable of undergoing this intensive exercise. If you are new to exercise and are not sure your medical condition can allow you to do “Insanity”, then you can [contact the pain clinic team](http://www.painclinic.com.mt/contact-us-2/) for an initial assessment before starting.

One of the pain clinic team’s key professionals is a physiotherapist highly specialized in Sports and Exercise Medicine. He is available to [treat Insaniacs](http://www.painclinic.com.mt/physiotherapy/) that need specialized management of any muscular or ligamentous injuries or complaints.

The [Pain Clinic medical team](http://www.painclinic.com.mt/about/) provides continuous support for Train Insane Malta and offers free medical advice [via email](mailto:%20info@painclinic.com.mt) for any difficulties that Insaniacs may have. For more information, visit the pain clinic website: <http://www.painclinic.com.mt> or email [info@painclinic.com.mt](mailto:info@painclinic.com.mt)