

Our philosophy: Multidisciplinary Approach to Pain Management

We believe that the 1st step in successful pain management is to **identify the cause of pain**; then utilize appropriate therapies to treat it. Research shows there is no “one size fits all” for pain management, therefore we tailor our treatment program based on your specific pathology and pain problem. We have identified the following core methods that have proven to be effective in treating pain.

1. Patient Education
 2. Home Exercise Program
 3. Physical Therapy
 4. Medications (anti-inflammatories, muscle relaxants and medications for nerve pain)
 5. Interventional/Injection Therapies that target the cause of pain
 6. Advanced Therapies like Radiofrequency Ablation and Spinal Cord Stimulation
 7. Opioid Pain Medications to be used along with other treatment modalities if necessary.
- Our Goal is to use proven, evidence based techniques to target and treat various pain disorders so that you can lead a pain free and productive lifestyle.

Pain & Spine Center