

# Treatment Options for Patients with Chronic Pain

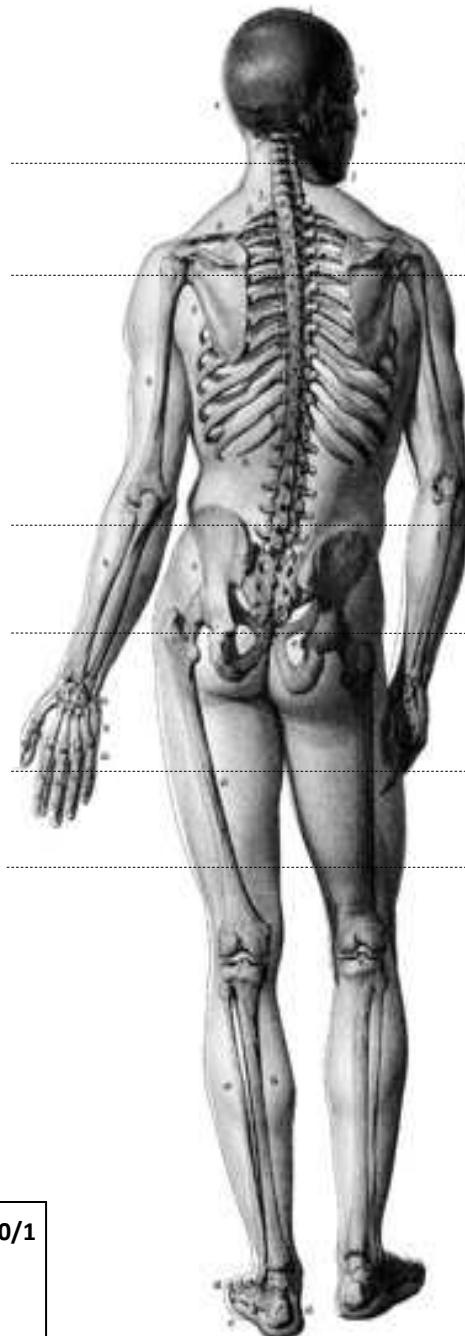
- Treating the underlying cause where ever possible
- Lifestyle changes
- Physical therapy including massage, physiotherapy, Pilates, Biokinetics, chiropractic, TENS
- Psychological support, coping training, stress management
- Analgesia & adjuvant medication
- Minimally invasive, per cutaneous interventional treatment
- Open ablative surgery
- Alternative non-allopathic healers of many types

A clear and realistic expectation of possible treatment, including what it entails & risks and benefits is essential for patients to benefit from pain management. Some pain conditions are quick and easy to treat, others are complex and only partially manageable. Often medicines alone can manage the pain; in some, interventional treatment is a good option. Pain management requires a team of professional healthcare providers including doctors, nurses, physiotherapists, biokineticists, pharmacists and support staff. We strongly encourage patients to see their GP as the coordinator of care, providing community based monitoring of progress and the collation of the total medical record. We do not provide general medical services - we support and provide specialist treatment input upon referral from family doctors or specialist colleagues & physical therapists. The more comprehensive the completion of the assessment forms, the "work-up" by doctors and the referral; the better the potential satisfaction with any treatment.

## Interventional Pain Treatment

**DOCTORS QUALIFIED AS PAIN FELLOWS WITH FIPP'S ARE TRAINED AND INTERNATIONALLY CERTIFIED TO PERFORM THESE PROCEDURES SAFELY.**

- Trigeminal Ganglion RF, PRF
- TG (V2) Maxillary Nerve Selective Blocks, PRF, RF
- TG (V3) Maxillary Nerve Selective Blocks, PRF, RF
- Sphenopalatine Ganglion Selective Blocks, PRF, RF
- Glossopharyngeal & Hypoglossal Selective Blocks, PRF, RF
- Gr. & Lesser Occipital Selective Blocks. PRF. RF
- Brachial Plexus Selective Blocks, PRF
- C<sub>2-7</sub> ZAJ (Facet) & Medial Br. Selective Blocks, PRF, RF
- C<sub>2-7</sub> Dorsal Root Ganglion Selective Blocks, PRF
- Stellate Ganglion Selective Blocks, PRF, RF, Lytics
- Suprascapular N, GH / AC joint Selective Blocks, PRF
- T<sub>1-12</sub> ZAJ (Facet) & Medial Br. Selective Blocks, PRF, RF
- T<sub>1-12</sub> Dorsal Root Ganglion Selective Blocks, PRF
- T<sub>1-3</sub> Thoracic Sympathetic Selective Blocks, PRF, RF
- Sternum Joints Selective Blocks, PRF
- Splanchnic Selective Blocks, PRF, RF, Lytics
- Coeliac Plexus Selective Blocks, PRF, RF, Lytics
- L<sub>2-4</sub> Sympathetic Selective Blocks, PRF, RF, Lytics
- L<sub>1-S1</sub> Dorsal Root Ganglion Selective Blocks, PRF
- L<sub>1-S1</sub> ZAJ (Facet) & Medial Br. Selective Blocks, PRF, RF
- Hypogastric Symp. Plex. Selective Blocks, PRF, RF, Lytics
- Blocks & PRF :Iliohypogastric, Ilioinguinal, Genitofem, Obturator, Cluneal, Lat Cutaneous ,TAP
- Caudal Neuroplasty / Racz Neurolysis
- Sacro Iliac Joint Selective Blocks, PRF
- Ganglion of Impar Selective Blocks, PRF, RF, Lytics
- Piriformis
- Hip, Knee, Ankle Joint Selective Blocks, PRF
- Sciatic Nerve Selective Blocks, PRF
- Psoas Compartment Selective Blocks, PRF
- Femoral Selective Blocks, PRF
- Saphenous Selective Blocks, PRF
- Peroneal Selective Blocks, PRF
- Tibial Selective Blocks, PRF



- Head & Neck Oncology Related Pain
- Headaches : Migraine, Tension, Cluster, Occipital, & Atypical Head Aches
- Trigeminal Neuralgia, TG .Autonomic Cephalgias
- Post Herpetic Neuralgias
- TMJ pain
- ZAJ (Facet) pain , Whiplash
- Radiculopathy pain
- Face & upper H&N Sympathetic Mediated Pain
- Upper Limb Sympathetic Mediated Pain
- Thoracic Outlet Neurologic Pain
- Shoulder Pain
- Hyperhidrosis Upper Limb
- Chronic Regional Pain Syndrome
- Trietz Syndrome
- Post Herpetic Neuralgia
- Erythromelalgia
- Back Pain 2<sup>o</sup> to Spondylolysis & Spondylolisthesis
- Post Herpetic Neuralgia
- Upper GIT, Pancreas & Renal Pain incl. Oncology
- Upper & Mid Gut Sympathetically Mediated Pain
- ZAJ (Facet) Pain, Radiculopathy Pain, FBSS
- Upper Pelvic Pain
- Hvoerhidrosis, Revnauds, CRPS,
- Lower 2<sup>o</sup> Pelvic Pain, Prostate, Gynae, Rectal
- Pyrifromis Syndrome, Sciatica
- Lower Limb Distribution Pain
- Joint & Bursa pain
- Chronic Regional Pain Syndrome
- Lower Limb Sympathetic mediated pain
- Fibromyalgia
- Erythromelalgia

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**PAIN CLINIC**