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Innovative Quality Care. One Patient At A Time.



Pain Medicine Newsletter –Spine Pain

Introduction

Pain Medicine is a new and rapidly evolving medical specialty dealing with Acute and Chronic Pain problems. Over the last twenty years, many chemical and anatomic pain pathways have been identified and studied. With recent advances in technology, new techniques and **minimally invasive procedures** in interventional pain medicine have eliminated the sources of pain, allowing many patients to return to a normal level of activity. New research, focusing on Neck and Back pain, has created innovative solutions to previously persistent spinal disorders, **making surgery unnecessary**.



There is a Difference in Pain Medicine

There are numerous causes of neck and back pain. Not all patients have herniated discs and pinched nerves. Careful diagnostic evaluations and pathology specific treatments are required to identify and treat specific spinal pain problems... Epidurals do not cure all back pains. New procedures and techniques have significantly expanded the treatment possibilities for both acute and chronic injuries and other pain ailments. Our doctors are full-time Board Certified Pain Medicine Anesthesiologists, not part-time operating room Anesthesiologists. Pain management does not consist only of injections and prescription of medications. Comprehensive patient work-ups include history evaluations, physical examinations, review of any diagnostic tests and often the prescription of further diagnostic tests. Diagnostic fluoroscopic injections are often used to confirm precise anatomic locations of injured or pathologic structures. Comprehensive treatment plans are formulated and discussed with the referring or primary care physician.



Back Pain

Back pain remains the most common pain complaint of patients seeking the services of a pain physician. Many back pain problems occur following injury, strain and accidents. Most of these patients are not candidates for back surgery. With the aging of the population, the number of people suffering from degenerative disc disease, spinal stenosis and sciatica has dramatically increased. A well-trained spine pain specialist can help most of these patients.

The pain medicine specialist, after a careful evaluation, often performs diagnostic injections usually with fluoroscopic guidance. These injections isolate and confirm the source of the patient's pain. The pain can emanate from soft tissue, tendons, ligaments, muscles, joints, discs and nerve structures. Once identified, these painful structures are medically treated.



Neck Whiplash

Neck Pain

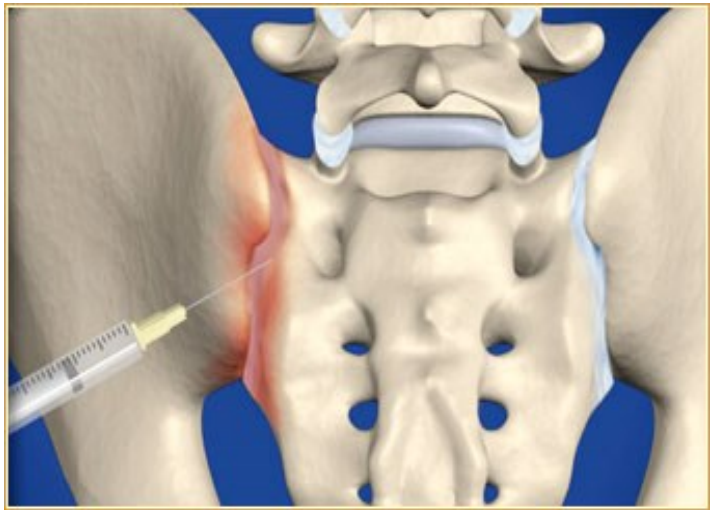
Neck pain, similar to Back Pain is a major medical problem causing a patient to seek medical help. Neck pain is especially common after motor vehicle accidents and is commonly known as a whiplash injury. Neck pain is also common after falls, sports injuries and other traumatic events where the head or neck is impacted by a variety of objects or forces.

As we age, wear and tear often causes painful degenerative changes. The neck pain often causes frequent or daily headaches and reduced mobility of the head and neck.

We do not have to live with the pain of the aging spine! There are new and effective modern treatments that can allow us to return to our normal activities without pain.

The Sacroiliac Joint

Approximately twenty per cent of low back pain emanates from the sacroiliac joint. Before the 1990's, the sacroiliac joint was not considered a source of back pain. The sacroiliac joint is a triangular bone that wedges into the pelvic girdle. Each time we move or walk, weight is shifted down one Sacroiliac Joint, then the other. The Sacroiliac Joint (SIJ) is rough and has grooves. When unlocked, the SIJ moves with a rotation and a sliding movement. As we walk, we swing our legs. This causes the SIJ to unlock and lock. So, when we firmly put our weight onto the joint, the joint is locked. When the locking—unlocking mechanism malfunctions, there is slippage or loosening or stretching of the joint. This pulls and stretches the ligaments and joint capsule that support the SIJ. This pulling and stretching of the joint causes severe pain. Frequently, there is pain with standing and walking and even sitting. Often, this pain radiates into the leg and down to the foot (Sciatica). Treatment of this SIJ pain frequently requires injection therapy. Trauma, from automobile accidents, sports injuries, falls, work injuries and age related degeneration are common causes of SIJ pain.



Common Neck & Back Injuries & Inflammation

Inflammation in the joints of the neck, back or Sacroiliac Joint that does not resolve after several weeks often causes irreversible tissue and bone damage. This can eventually lead to permanent disabilities and chronic pain. Rapid identification of the injured structure and early correct treatment can often avoid these unfortunate consequences.

Seek Treatment for Your Spine Pain

Spine pain can be successfully treated and resolved. The sooner real medical treatment is started, the better the results. Look for physicians who do careful and thorough evaluations. There is no "one size fits all". Discuss ALL options with your physician.



INNOVATIVE QUALITY CARE. ONE PATIENT AT A TIME

Lawrence Gorfine, M.D.
Douglas MacLear, D.O.

TAKE BACK YOUR LIFE

We offer bright new hope for people who've been living with pain.

- Back Pain/Neck Pain
- Spinal Stenosis
- Sports Injuries
- Motor Vehicle Injuries
- Joint Injuries
- Sciatica Pain
- Herniated Discs
- Rotator Cuff Injuries
- Plantar Fasciitis
- Reflex Sympathetic
- Dystrophy (RSD)



Call us Today at (561) 649-8770. **Because life shouldn't hurt.**

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