

OTHER TREATMENTS FOR COMMON CHRONIC PAIN CONDITIONS

WHAT YOU SHOULD KNOW

If the therapies and medications you have been prescribed are not helping you cope with your pain, your health care provider may suggest that you consider an interventional treatment.

Interventional treatments:

- Range from injections to actual surgical procedures
- Directly address the source of your pain
- May be used in combination with other therapies
- May help reduce your pain if other treatments have not worked for you

INTERVENTIONAL PAIN MANAGEMENT THERAPIES

Below is a list of the most common types of proven therapies for pain management.

- **Cryoneuroablation** — The nerves that are causing your pain are frozen to potentially eliminate the source of your discomfort
- **Epidural Steroid Injections** — A steroid medication that is injected into the space around the spinal cord in your lower back, to reduce the swelling and inflammation that is causing your pain
- **Interspinous Process Spacer Devices** — Implantable devices inserted between the thin, bony projections of the back of the spine, to open the area where the nerve endings are located to provide pain relief
- **Intrathecal Pain Pumps** — Small doses of potent medications delivered straight to the source of your pain by small devices implanted under your skin, to provide consistent pain relief
- **Joint Injections** — Used to reduce inflammation and pain in your joints, these injections can provide relief for several months and are most frequently injected into shoulders, knees, and hips
- **Nerve Block** — Different types of medications injected into or near your inflamed nerves to relieve pain
- **Neuromodulation** — Small devices implanted in your body that provide electrical or magnetic stimulation, sending pulses directly to the area that's causing pain, to reduce your sensitivity to it
- **Radio Frequency Ablation** — Pulses of radio frequency waves used to surgically remove the nerves that are causing or contributing to your chronic pain
- **Vertebral Augmentation** — A surgical procedure that stabilizes your spine by using cement to fix the fractured bones in your spine and reduce your back pain

Interventional pain management requires the full cooperation of patients throughout the treatment process, in order for a successful outcome to be achieved.

Benefits

- Treats the source of your pain
- Can provide prolonged pain relief
- Does not impair your ability to move and perform everyday tasks

Keys to Success

- Realize that you may need to combine an interventional therapy with other treatments, such as physical therapy, for best results
- Understand that you should keep moving, performing gentle exercises
- Set realistic expectations for your pain relief and being aware that you may need more than one treatment or approach to make a difference

Talk to your health care provider to determine the right treatment for you. For more information, visit [HelpsHereDE.com](https://www.HelpsHereDE.com).