

Pain Relief without Surgery



Livewell Pain Clinic

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Pain

Back
Sciatica-Leg
Neck
Cancer
Trigeminal Neuralgia
Neuropathic
Slipped Disc



Painless Treatment
Pain-free Life

Livewell Pain Clinic

Your Pathway to Pain-Free Living

Pain Treatment List

- Back Pain
- Neck Pain
- Disc Pain
- Sciatica-Leg Pain
- Slipped Disc
- Neuropathic Pain
- Post Operative Chronic Pain
- Complex Regional Pain Syndrome
- Trigeminal Neuralgia
- Cancer Pain
- Vertebral Compression Fracture
- Frozen Shoulder
- Post Herpatic Neuralgia

Our Mission

- Our Mission at Livewell is to diagnose the most likely Source of pain using latest techniques.
- Treat chronic pain by using state of art non surgical (interventional) pain management techniques.
- Minimize or eliminate dependence on pain killer medicine.
- Treat chronic pain patient as a whole to help them return back to productive & functional life.
- Promote a healthy, functional and active lifestyle. Provide a cost effective care.

LIVE WELL Pain Clinic is a new, dedicated facility conveniently located in the heart of Ahmedabad City offering best possible remedy for curing pain. It has a state-of-the-art procedure suite enabling most procedures to be performed on the premises. The clinic is equipped with a high-tech operation theater, best indoor facilities to carry out all day-care procedures and much more. All the machines, instruments and devices installed at the clinic are of highest standards thus guaranteeing best results.

Our Approach to Pain

At Live Well Pain Clinic, we believe in a compassionate patient-centered program to obtain the most effective long-term relief from pain. As Pain Specialists we specialize in the evaluation, diagnosis, and treatment of persistent pain at its origin. We cater to the needs of patients suffering with chronic or debilitating pain who have not responded to the usual physical therapy, and pharmacological protocols offered by their primary doctors.

Treating pain is a very individualized process. The type of pain treatment a patient receives depends on many factors, including the cause, severity, and location of pain. We relieve pain through a technique called Intervention. These are minimally invasive procedures (like injections) and are done under radiological guidance.

Interventional Procedures

Interventional Pain Management is a well developed specialty in developed countries like USA and Europe.

Interventional pain management procedures involve treatment of pain through injecting medicine directly into or near affected areas. These include nerve blocks, nerve ablation, joint procedures, radio frequency procedures etc. All of these procedures are performed using fluoroscopic imaging (Live X-ray imaging) to ensure precise needle placement, and a local anesthetic is used to numb the injection site. We utilize the latest technology and techniques to minimize risk and discomfort to the patient. Most procedures are carried out on-site in our Standard Operation Theatre, using state-of-the-art radiological machine.

Treatment Options

- Transforaminal Block
- Facet Joint Block
- Percutaneous Disc Decompression
- Radio-Frequency Nerve Ablation
- Percutaneous Adhesionolysis
- Piriformis Injections
- Stellate Ganglion Block
- DRG Pulsed Radio Frequency
- Cancer Pain
- Splanchnic Nerve Block
- Celiac Plexus Block
- Hypogastric Block
- Ganglion Impar Block
- Intra-Thecal Pump
- Spinal Cord Stimulator
- Lumbar Sympathetic Block
- Trigeminal Ganglion Radio Frequency
- Vertebroplasty - Kyphoplasty
- Endoscopic Disc Removal
- Disc Decompressor

FAQs

■ **ARE THESE PROCEDURES SAFE? ARE THERE ANY SIDE EFFECTS OF THESE PROCEDURES?**

These procedures are tried and tested in the developed nations since decades and have proven to be safe.

■ **DO I REQUIRE HOSPITALIZATION FOR THESE PROCEDURES?**

No, these procedures are day-care procedures and you can go home after 1-2 hours.

■ **ARE THESE PROCEDURES PAINFUL?**

All the procedures are done with proper local anesthesia and most of our patients do not feel pain at all.

■ **ARE THESE PROCEDURES COVERED UNDER HEALTH INSURANCE (MEDICLAIM)?**

Yes, most of the procedures are covered under health insurance / mediclaim. For more details, you may speak to us.





Dr. HITESH PATEL MD, FIPP

(Fellow of Interventional Pain Practice)USA
Pain Specialist

Dr Hitesh Patel is a Pain Specialist. Besides his training and experience of working in the USA, Dr Patel has worked with some of the premium medical facilities in India including Breach Candy and Fortis Hospitals in Mumbai and Charnok Hospital in Kolkata as a Pain Specialist.

He has extensive experience with all interventional pain management techniques and is well-trained in advanced techniques such as radio frequency neurolysis, diagnostic and therapeutic selective nerve root and facet injections, intradiscal procedures, discography, and implantation of devices such as intrathecal opioid pumps and spinal cord stimulators.

His clinic - LIVEWELL PAIN CLINIC, is designed to be an effective pain relief destination to all patients suffering from acute and chronic pain. He is also currently associated with Ahmedabad city's A-list hospitals viz Sterling, CIMS, and Shrey.

Dr Patel is an active member of Indian Society For Study of Pain(ISSP). He is actively involve in making doctors and public aware about about this special branch of medicine called Algology that deals in Pain Management. His motto is to make people aware about ways to prevent and manage pain in the most effective manner.

Ahmedabad's Best Pain Specialist Award



Business & Service
Excellence Award



Indian Achievers Award
for Health Care Excellence



FIPP Certificate



Training Certificate

BACK PAIN

What is Back Pain?

Out of 10 every 8 people in the world has been suffered from severe attack of back pain during their life time. Back pain is a symptoms: symptom rather than disease. Doctor finds out the cause of back pain and treats accordingly.



Reasons of Back Pain

- Advancing Age
- Joint Problem -
Lumber Facet Arthropathy
- Ligament or Muscle Injury
- Disc Problem -
Slipped Disc or Tear in Disc
- Repetitive Back Injury
- Repetitive Stress
- Poor Muscle Tone
- Occupational Trauma -
Lifting
- Working on the Computer
for Long Hours

How Back Pain is Diagnosed?

Getting an accurate diagnosis of the cause of back pain is critical, because different diagnoses will require very different treatment approaches. And the sooner an accurate back pain diagnosis is made, the sooner the patient can find an appropriate treatment for pain relief and to improve his or her ability to enjoy everyday activities.

The Most Common Diagnostic Tests Include: • X-rays • MRI scans • Blood Test

What are Treatment Options for Back Pain?

1) Conservative: Rest, medications & exercise are initial form of a treatment.

2) Interventions: If exercise and medicine are not working than your doctor might suggest you spinal blocks / injection. There are number of procedure for back pain. Your doctor will see all reports and then suggest you best treatment options for you.

At LiveWell Pain Clinic we do all these pain procedure very routinely. Our expert hands at LiveWell Pain Clinic do all procedure in few minutes and you will become pain free.

All these blocks are very useful and make patient life more pain free. Mostly all pain procedure for back are a day care procedure and patient can go back to home on same day. Pain reliefs usually start within one week.

Facet Joint Block: When back pain originates from the facet joints (located in each side of the vertebrae), a specific type of injection called a facet joint injection may reduce inflammation and provide pain relief. Doctors use fluoroscopy to ensure the needle is correctly placed before the medicines are injected. Fluoroscopy is a special type of x-ray used to project live images onto a monitor (TV screen).

Radio-Frequency Ablation: If facet joint injection successful and pain comes back within a short period of time you might get benefits from a radio – frequency ablation of medial branch. Under live X ray guidance we insert a radiofrequency needle in neck. Proper position is confirmed under x ray machine. Once we confirmed needles proper position we use radiofrequency current to make it numb. This procedure only numbs sensory part of joint and nerve and does not affect any function of nerve. This procedure can give a long term pain relief.

Transforaminal Block: During transforaminal block, medications are injected into the “foraminal space which is also called an epidural space.” Epidural space is the area between the spinal sac and spinal canal, which runs the length of the canal.

To read more about back pain see the section of Sciatica.

SCIATICA / SLIPPED DISC

Sciatica is a symptom caused by slipped disc and the pain generally affects the back, hip and leg.



What are Symptoms of Sciatica?

- Tingling and numbness in one or both legs
- Ant walking sensation
- Radicular pain in leg
- Pain increase by walking and standing
- Partially or completely relieved by rest

Causes of Sciatica

Irritation of sciatic nerve or its fibers
Slipped disc - Lumbar disc herniation
Radicular pain in leg
Degenerative vertebra can causes Sciatica

Treatment Options for Sciatica:

- 1) **Conservative:** Rest, medications & exercise are initial form of a treatment.
- 2) **Interventions:** There are many interventions available for sciatica/ slipped disc. At LiveWell Pain Clinic we do all these pain procedure very routinely. Our expert hands at LiveWell Pain Clinic do all procedure in few minutes and you will become pain free.

All these blocks are very useful and make patient life more pain free. Mostly all pain procedure for sciatica are a day care procedure and patient can go back to home on same day. Pain reliefs usually start within one week.

A) Transforaminal Block: Mild bulge (Slipped) Disc can cause a swelling on the existing nerve roots. Injecting a drug in to a foramen will reduce that swelling inside and help the patient by dissipating the pain.

B) Percutaneous Disc Decompression / Nucleoplasty :

In this procedure we remove a part of the slipped disc, which is bulging out through a needle. No incision or surgery is required for this procedure. We have latest equipment to do these procedures.

We numb the skin of the back. Under live X- ray (under IITV) guidance, we insert a needle like instrument called "Disc Dekompressor" or "Nucleoplasty" in the back. This instrument goes in between vertebra in to a disc. Once we confirm an instrument position with a live X-ray (IITV) machine, we turn on the machine and use latest techniques to remove a significant part of the disc which is called Nucleus Pulpous. Usually we do this procedure for three minutes.

- For Disc De compressor we use an instrument called Disc De Kompressor from Stryker, USA.
- For Nucleoplasty we use an instrument called "Nucleoplasty", from Arthrocare Germany.

C) Endoscopic Disc Removal: For an endoscopic disc removal we remove a bulged disc through an instrument called endoscope. Small needle is inserted through the back and we remove a part of disc through it. After numbing a skin and underlying muscles we insert endoscope inside a slipped disc. We remove a bulged disc under direct vision. It is an excellent procedure and we can remove a significant amount of disc material with this procedure. Patient can go home on same or next day. After seeing: Reviewing all reports and MRI scan doctors can decide which procedure is good for patient.

For Endoscopic Procedure we use all instruments from a company "KARL - STORZ" from Germany.

Advantages of This Procedure:

- Get rid of Sciatica problem without surgery
- Remove a part of disc
- Procedure done under local anesthesia
- No bed rest needed
- Less post-operative pain
- Short recovery period
- Get results equal to surgery
- Provide a disc sample for biopsy if required
- Avoids surgery and consequences of surgery
- No scarring after procedure
- Can be done on elderly patients and patient with diabetes, high blood pressure.

NECK PAIN

What is Cervical Spondylosis (Neck Pain)?

Cervical Spondylitis is an age-related degeneration ('wear and tear') of the vertebrae and discs in the neck. To an extent, we all develop some degeneration in the vertebrae and discs as we become older.



What are Symptoms of Neck Pain / Cervical Spondylosis?

- Neck pain
- Sometimes headaches mostly in back of head (occipital part)
- Movement of the neck makes the pain worse.
- Occasional pain in the shoulders, Often accompanied by neck muscle stiffness.
- Pain radiate to the upper arm, forearm or hand
- Giddiness & vertigo associated with pain and stiffness.

What are Causes of Neck Pain?

• Advancing age • Repetitive neck injury • Poor Muscle tone
• Joint Problem – Cervical Facet Arthropathy • Ligament or muscle injury • Disc problem – slipped disc or tear in disc • Poor Muscle tone • Occupational trauma – lifting heavy loads on head, gymnastics, working on the computer for long hours • Occupations requiring minute concentration wherein people work with bent neck for long time • Any kind of odd postures that put a strain on the neck

What are treatment options for Neck Pain?

- 1) **Conservative:** Rest, medications & exercise are initial form of a treatment.
- 2) **Interventions:** If pain is not controlled with pain killer or exercise then role of intervention become important. There are many interventions available for neck pain. At LiveWell Pain Clinic we do all these pain procedure very routinely. Our expert hands at LiveWell Pain Clinic do all procedure in few minutes and you will become pain free.

All these blocks are very useful and make patient life more pain free. Mostly all pain procedure for neck pain are a day care procedure and patient can go back to home on same day. Pain reliefs usually start within one week.

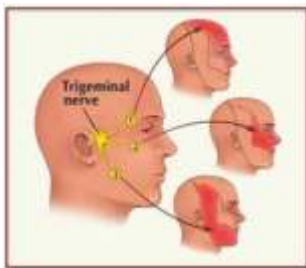
1. Cervical Epidural Injection: This is an x ray guided injection, where anti-inflammatory drug is injected around affected vertebrae and nerve in neck. This helps you to reduce inflammation and keeps neck relaxed and moving. Once a neck is relaxed you can do a good exercise and keep it more fit. This injection we give under local anesthesia and under continuous X ray guidance.

2. Radiofrequency Ablation: This is newer techniques. If cervical spondylosis is not getting cured with other sort of treatment. Then: Then radio frequency ablation of nerve which carries pain sensation of that particular joint/s can be helpful. Under live X ray guidance we insert a radiofrequency needle in neck. Proper position is confirmed under x ray machine. Once we confirmed needles proper position we use radio frequency current to make it numb. This procedure only numbs sensory part of joint and nerve and does not affect any function of nerve. Effect of radio frequency on pain is usually good.

Shoulder Pain (Frozen shoulder)

- Frozen shoulder is a painful condition that affects movement of shoulder.
- Symptoms are pain and stiffness in the shoulder
- Risk factors for frozen shoulder include diabetes, stroke, accidents, lung disease, connective tissue disorders, thyroid disease, and heart disease. The condition usually appears in people above 40 years age.
- Medication and exercise are initial form of treatment.
- Intervention available for frozen shoulder is Shoulder block (Intra Articular): In shoulder block we put Local injection over shoulder under radiological guidance.

TRIGEMINAL NEURALGIA



Trigeminal neuralgia is a chronic pain condition that affects the trigeminal nerve, which carries sensation from your face to your brain. If you have trigeminal neuralgia, even mild stimulation of your face - such as from brushing your teeth, eating food, drinking water or even touching on face - may trigger a jolt of excruciating pain.

Trigeminal Neuralgia symptoms may include one or more of these patterns:

- Pain affecting one side of face.
- Episodes of severe, shooting or jabbing pain that may feel like an electric shock.
- Spontaneous attacks of pain or attacks triggered by things such as touching the face, chewing, speaking and brushing teeth.
- Bouts of pain lasting from few seconds to minutes.
- Episodes of several attack lasting days, weeks, months or longer - some people have periods when they experience no pain.
- Pain in areas supplied by the trigeminal nerve (nerve branches), including the cheek, jaw, teeth, gums, lips, or less often the eye and forehead.

Causes of Trigeminal Neuralgia:

- Pressure of a blood vessel on the trigeminal nerve.
- Physical damage to the nerve caused by dental or surgical procedures, injury to the face or infections.
- Over time, changes in the blood vessels of the brain can result in blood vessels rubbing against the Trigeminal Nerve Root.
- Trigeminal neuralgia can occur as a result of aging, or it can be related to multiple sclerosis or a similar disorder that damages the myelin sheath protecting certain nerves



Trigeminal Neuralgia Treatment

Trigeminal neuralgia treatment usually starts with medications. However, over time, some people with the disorder eventually stop responding to medications, or they experience unpleasant side effects. For those people intervention is required.

Medicines

Medications to lessen or block the pain signals sent to your brain are the most common initial treatment for trigeminal neuralgia.

- 1. Anticonvulsants:** Carbamazepine (Tegretol, Mazetol) is the drug most commonly prescribed - and with the most demonstrated effectiveness - for trigeminal neuralgia.
- 2. Antispasmodic Agents:** Muscle-relaxing agents such as baclofen may be used alone or in combination with carbamazepine or phenytoin. Side effects may include confusion, nausea and drowsiness.

Radio Frequency Ablation of Trigeminal Nerve This procedure selectively destroys nerve fibres associated with pain. At LiveWell Pain Clinic we do this pain procedure very routinely. Our expert hands at LiveWell Pain Clinic do all procedure in few minutes and you will become pain free. We treat many numbers of patient every months.

This procedure can be done under local anesthesia. After giving local injection on patient cheek, Doctor insert radio frequency needle. Under constant CT Scan Guidance Doctor guides needle in proper direction.

Once needle is at proper position (on foramen ovale) on nerve we give radio frequency current for 2 to 3 minutes, Which will destroy the selective sensory fibres of trigeminal nerve.

This procedure will take around 30 minute. Pain relief is usually immediate after procedure. This procedure is safer than major surgical procedure and gives good pain relief as compare to surgery.