



PAIN CLINIC PAIN MANAGEMENT CLINIC AT QUICKCARE

Pain is a debilitating medical problem that can have a major impact on a person's physical and mental well-being. quickcare Pain Services offer a comprehensive range of treatment options for patients suffering from acute and chronic pain.

The pain clinic is a team of pain medicine consultants providing some of the most advanced treatment options in a supportive and compassionate environment with the aim of returning patients to a pain free, independent life.

OUR MISSION

Our mission is to help people improve their pain control and reduce the associated stress, anxiety and depression through knowledge and understanding. Our aim is to develop an individualized care plan tailored to your condition and degree of pain and your personal needs. Your treatment might include a multimodal approach using a combination of different therapies including medication, interventional procedures (such as injections) and rehabilitation therapies.

EVALUATION

On your first appointment you will have a comprehensive evaluation done by a pain consultant, including a full physical and psychosocial assessment. It will also include a review of your previous medical history and relevant investigations. Supplemental diagnostic tests may be required (e.g. MRI) to further pin point the source of your pain.

TYPES OF PAIN WE TREAT

- **Low back pain**
- **Spinal stenosis**
- **Herniated discs and degenerative disc disease (discogenic pain)**
- **Neck pain**
- **Cervical and lumbar facet joint disease**
- **Sciatica/Radiculopathy ("pinched nerve")**
- **Sacroiliac joint disease**

- **Neuropathic (Nerve) pain**
- **Head pain / Occipital neuralgia (Scalp/head pain)**
- **Facial Pain & Trigeminal Neuralgia**
- **Hip pain**
- **Intercostal neuralgia (Rib pain)**
- **Peripheral neuropathy (Diabetic nerve pain)**
- **Complex regional pain syndrome**
- **Shoulder and knee arthritic pain (osteoarthritis)**
- **Myofascial (Muscular) pain**
- **Post surgical pain**
- **Post-herpetic neuralgia (shingles pain)**
- **Nerve entrapment syndromes**
- **Pelvic pain**

PAIN TREATMENTS OFFERED:

- Epidural Injections (caudal, lumbar, cervical and thoracic)
 - Interlaminar (midline) Epidural Steroid injection
 - Transforaminal Epidural Steroid injection
- Selective Nerve Root Injections
- Facet joint injections
 - Medial Branch blocks
 - Intraarticular Facet Joint injection
- Radiofrequency Ablation / Denervation
 - Medial Branch Nerves
- Pulsed Radiofrequency Interventions
- Adhesiolysis (RACZ procedure)
- Intervertebral Procedures
 - IDET / Annuloplasty
 - Decompression / Nucleoplasty
- Joint Interventions
 - Hip injection
 - Knee injection and radiofrequency
 - Sacroiliac injection and radiofrequency
 - Shoulder injections
- Sympathetic Nerve Blocks
 - Stellate Nerve block
 - Celiac Plexus block
 - Lumbar Sympathetic Plexus block
 - Superior Hypogastric Plexus block
 - Ganglion Impar block
- Peripheral Nerve blocks

- Iliohypogastric
- Ilioinguinal
- Genitofemoral
- Intercostal
- Occipital
- Supratrochlear
- Supraorbital
- Pudendal
- Bursa Injections (Bursitis)
- Intravenous Medication Diagnostic Infusion
- Trigger Point Injection