



## COMMON PAIN TYPES AND TREATMENTS

### BACK PAIN

*Most common type of chronic pain.*

- LIFT
- LAND
- MUA
- SIT
- MILD
- DISC
- BVN Ablation
- Epidural Steroid Injection
- Medial Branch Block
- Peripheral Nerve Stimulation
- Facet Injection
- Spinal Cord Stimulation
- Selective Nerve Root Block
- Dorsal Root Ganglion Stimulation

### LEG PAIN

*Frequently associated with back pain and commonly called sciatica.*

- LAND
- MUA
- LIFT
- SIT Procedure
- Epidural Steroid Injection
- Medial Branch Block
- Joint Injection
- Facet Injection
- Spinal Cord Stimulator
- Peripheral Nerve Stimulation
- Dorsal Root Ganglion Stimulation

### NECK PAIN

*Often associated with whiplash injury and can cause headaches.*

- LAND
- MUA
- SIT Procedure
- Epidural Steroid Injection
- Medial Branch Block
- Joint Injection
- Facet Injection
- Spinal Cord Stimulator
- Peripheral Nerve Stimulation

### JOINT PAIN

*Frequent manifestation of arthritis.*

- MUA
- SIT
- Peripheral Nerve Injection
- Radiofrequency Ablation
- Peripheral Nerve Stimulation
- Joint Injection

### BACK SURGERY PAIN

*Commonly called Failed Back Surgery Syndrome.*

- LAND
- MUA
- LIFT
- SIT Procedure
- Medial Branch Block
- Joint Injection
- Peripheral Nerve Stimulator
- Epidural Steroid Injection
- Facet Injection
- Spinal Cord Stimulator
- Intrathecal Pain Pump

### KNEE PAIN

*Most common major joint complaint.*

- GAE
- MUA
- Joint Injection
- Peripheral Nerve Radiofrequency
- Peripheral Nerve Stimulation

### SHOULDER PAIN

*Can be associated with tendonitis or possible rotator cuff tear.*

- MUA
- Joint Injection
- Peripheral Nerve Radiofrequency
- Peripheral Nerve Stimulation

### HIP PAIN

*Often manifests as pain radiating into the groin.*

- MUA
- SIT (if pain is sacroiliac)
- Joint Injection
- Peripheral Nerve Radiofrequency

### STOMACH PAIN

*Can be a sign of organ dysfunction but will often also be associated with constipation.*

- Celiac Plexus Block
- Intrathecal Pain Pump
- Dorsal Root Ganglion Stimulation
- Medication Management

### TREATMENT KEY

- LAND - Laser-Assisted Neural Decompression
- LIFT - Lateral Interspinous Fusion Therapy
- MUA - Manipulation Under Anesthesia
- SIT - Sacroiliac Joint Fusion
- GAE - Genicular Artery Embolization
- MILD - Minimally Invasive Lumbar Decompression
- DISC - Degenerative Disc Spine Care



## COMMON PAIN TYPES AND TREATMENTS

### ARTHRITIS

Can occur with age or an accident and usually due to inflammation.

- LAND
- LIFT
- MUA
- Radiofrequency Ablation
- Spinal Cord Stimulation
- Epidural Steroid Injection
- Peripheral Nerve Injection
- Trigger Point Injection
- Sacroiliac Joint Injection
- Joint Injections
- Tendon or Bursa Injections
- Facet Joint Injections
- Medial Branch Blocks
- Discogram
- PRP
- Amniotic Fluid
- Regenerative Medicine
- Sympathetic Nerve Blocks
- Kyphoplasty and Vertebroplasty

### SPINAL STENOSIS

Can put pressure on the spinal cord and nerves within the spinal canal usually caused by age-related wear and tear.

- LAND
- LIFT
- MUA
- MILD
- Radiofrequency Ablation
- Spinal Cord Stimulation
- Epidural Steroid Injection
- Peripheral Nerve Injections
- Trigger Point Injections
- Sacroiliac Joint Injections
- Tendon or Bursa Injections
- Facet Joint Injections
- Medial Branch Blocks
- Discogram
- PRP Injections
- Amniotic Fluid Injections
- Regenerative Medicine
- Sympathetic Nerve Blocks
- Physical Therapy
- Bracing (orthoses)
- Medication Management
- Kyphoplasty and Vertebroplasty

### CANCER PAIN

Can be caused by the primary cancer or a secondary effect of the tumors.

- Spinal Cord Stimulator
- Medication Management
- Nerve Blocks
- Intrathecal Pain Pump
- Radiofrequency Ablation
- Peripheral Nerve Stimulation

### FIBROMYALGIA

Generalized pain with no laboratory or radiologic abnormalities.

- MUA
- Intrathecal Pain Pump
- Medication Management
- Behavioral Health
- Chiropractic Care
- Physical Therapy

### HEADACHES

Can be associated with an intercranial lesion, neck pathology, hereditary headaches or migraines.

- LAND
- MUA
- Spinal Cord Stimulator
- Radiofrequency Ablation
- Epidural Steroid Injection
- Medial Branch Block
- Joint Injection
- Facet Injection

### ADDICTION

The misuse or abuse of a substance or medication.

- Spinal Cord Stimulator
- MUA
- Intrathecal Pain Pump

### PAIN MEDICATION

Second line treatment for acute and chronic pain.

- MUA
- Intrathecal Pain Pump

SCAN TO LEARN MORE  
ABOUT TREATMENTS AT  
ADVANCED SPINE AND PAIN

