

Pain Management

What is **Interventional Spine Medicine** and what do you do? We are asked this all the time. Interventional Spine Medicine is a pain management practice committed to alleviating pain that impacts the quality of life of our patients. The people who come to ISM live every day in pain and have tried to manage pain with the help of their primary physician. The spine that houses the spinal cord and the nerves, the conduit of sensation and a distributor of motor commands through your body, is source of over 80% of the types of acute and chronic pain we treat and is the area in which we specialize.

Our patients come to us on referral from their physicians, who are looking to us as specialists in the field of pain management to take the next steps in the care of their patients' pain conditions. We maintain a true partnership with the referring doctor in communicating the care we are providing so our patients get a coordinated level of care.

What kinds of treatments do we offer to our patients? In most cases pain alleviation can be accomplished by injection therapies (a minimally invasive alternative to surgical procedures), medication management, chiropractic care or surgical procedures. We also provide cutting-edge diagnostic procedures to pinpoint the source of the pain the patient is experiencing.

A Sample of Injection Therapy Procedures.

-Nerve Blocks: A nerve block involves the use of a local anesthetic such as lidocaine to numb the nerves believed to be triggering pain.

-Epidural Steroid Injections: An anti-inflammatory medicine (cortisone-like) is injected into the epidural space to decrease

inflammation of the nerve roots and accelerate the healing process.

-Facet Joint Injections: When back or neck pain originates from the facet joints (located in the back of the vertebrae), a specific type of injection called a facet joint injection with local anesthetic and steroid may reduce inflammation and provide pain relief.

-Radiofrequency Lesioning (RFL): RFL involves delivery of radio-wave energy to a very small area of the nerve in order to interrupt the pain signal.

Medication Management.

-Pharmacotherapy Management: Medication management does not always mean narcotics or 'pain killers', in fact we use many different kinds of medicines to help manage chronic pain. Every pain is different so not all pain is treated the same.

Surgical Procedures.

-Spinal Cord and Nerve Stimulation: This modern technique utilizes a highly sophisticated, implantable, small computer device. A low-voltage electrical signal is delivered through fine wires to the spinal cord, or selected nerves, in order to block the sensation of pain.

Percutaneous Disk Decompression: The result of the procedure is the disc size is reduced by 10-20%, which reduces the pressure on the surrounding nerve roots.

Diagnostic Procedures.

-Discography: In search of the source of spinal pain, disc stimulation, or diagnostic provocation discography, confirms or denies the disc(s) as a source of pain.

-Quantitative Sensory Testing: QST helps to identify early onset nerve damage (neuropathy) and is a functional tool for following treatment progress

ISM is made up of a team of physicians with a breadth of experience in areas including: Internal Medicine, Anesthesiology, and Osteopathic Medicine.

Interventional Spine Medicine was opened by Dr. Asteghik Hacobian, MD, Dr. Jan Slezak, MD and myself in 2000. We opened the practice with a shared vision of delivering a superior level of care by solely focusing on providing innovative, state of the art techniques for the alleviation of chronic pain. We at ISM pride ourselves on our compassionate, patient-focused approach to care. In contrast with other pain practices where physician assistants and nurse practitioners do spinal intervention procedures, **only our physicians who are board certified perform these delicate procedures with the increased safety that comes along with years of specialty training.** With the growth of our practice, we have added Dr. Michael Repik, DO to round out our team of physicians.

To expand our offering while continuing our focus on pain management, we are pleased to announce the addition of our chiropractor, Dr. Patricia (Tricia) Pike. She specializes in chiropractic orthopedics which compliments our offering of pain management therapies. Dr. Pike is based in our Barrington location.

We have five locations to serve our patients—Barrington, Rye, Plaistow (opened in December 2009), Laconia and Gilford.



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SPINE MEDICINE**
INNOVATIVE PAIN MANAGEMENT

141 Route 125
Barrington, NH 03825
866.335.5600
www.nhpain.com



MANUEL G. SANCHEZ, M.D.

Through nearly 35 years of practice, Dr. Sanchez has tremendous experience in the management of all types of acute and chronic pain. He has participated in the development of the pain management science that has evolved over the years and brings that experience to the benefit of his patients and colleagues at ISM.