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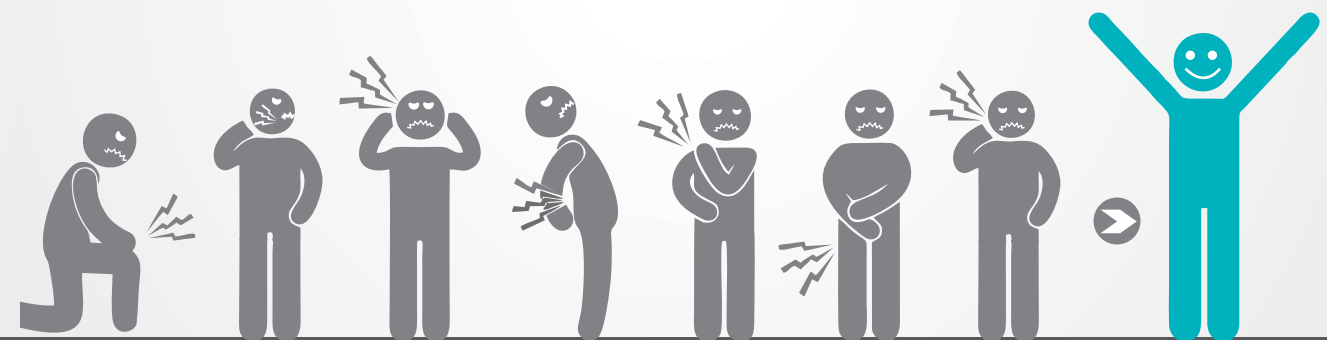
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Take a **Second Opinion**, if You are advised **Surgery**

Any Pain, More than 3 months # Consult Pain Management Expert



Knee Pain

Trigeminal Neuralgia

Headache

Back Pain

Shoulder Pain

Sciatica

Neck Pain

Pain Care Clinic



Pain Care Clinic is Gujarat's advanced Interventional Pain Clinic where any kind of Pain is treated with minimal invasive basic or advanced technologies which are popular in USA & other western countries. Any Intervention done here is US-FDA approved & evidence based & without operation.

Overview

Pain Care Clinic provides comprehensive care for people living with chronic pain, for whom medication & other therapies ineffective. The cause of pain is thoroughly analyzed by qualified pain physicians & treatment options given accordingly. With this treatment surgery on spine, back & knee (which are done mainly for pain) can be avoided in more than 70 % cases.

Pain Care Clinic is popular for proper guidance to the patient about their pain and high success rate of the treatment, friendly attitude of doctors & training of other doctors.

At Pain Care Clinic doctors always try to treat & reduce pain with medicine, if no adequate relief in pain then advanced pain management technologies are suggested to treat pain & cure the condition causing pain.

Pain Care Clinic is committed to reduce suffering & disability of patient, to give pain free life to patient & to reduce financial burden of surgery for the patient.



Advantage of Treatment done at Pain Care Clinic

- Proper guidance & education for any treatment of all kind of pain
- Day care minimal invasive treatment which is done only under local anesthesia.
- Target oriented treatment under live X-ray guidance with high accuracy to the pain generator
- No stitch – No blood loss in majority of treatments
- Less expensive than surgery
- Surgery can be avoided in more than 70 % of cases
- Treatment can be done at any age (not in children less than 15 years)
- Treatment can be done in high risk cases of Diabetes (Controlled), Controlled Blood Pressure, heart diseases too
- Avoid complication & side effects of anesthesia which is required for surgery
- Reduce intake & side effects of **Pain Killer**
- Routine life can be resumed from next day after treatment

Pain & Problems

Different Pains treated at Pain Care Clinic

Chronic Pain (any painful condition that lasts for more than 3 month) like:

- Headache / Migraine
- Neck Pain / Cervical Radiculopathy (Back and Arm pain)
- Trigeminal Neuralgia
- Fascial Pain
- Cancer related Pain Originating from various body parts
- Shoulder Pain
- Chest pain
- Back Pain
- Slipped Disc
- Sciatica
- Spine Pain
- Joint Pain
- Knee Pain
- Post Herpetic Neuralgia
- Peripheral Nerve Pain
- Vetebral Compression Fractures
- Post Surgery Back Pain or Neck Pain
- Complex Regional Pain Syndrome (CRPS)



Treatment Options at Pain Care Clinic



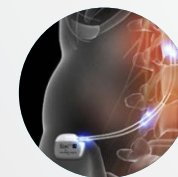
Medication
2-8 Weeks



Lifestyle Modification & Physical therapy
2 - 8 Weeks



Minimal Invasive Pain Interventions
to diagnose source of pain & to treat pain pathologies



Advanced treatment options like Endoscopic Discectomy ,
Spinal Cord Stimulator , Vertebroplasty , RadioFrequency Ablation ,
Intrathecal pump Implantation under live X-RAY guidance

Advanced treatment options

ENDOSCOPIC DISCECTOMY , SPINAL CORD STIMULATOR , VERTEBROPLASTY ,
RADIOFREQUENCY ABLATION , INTRATHECAL PUMP IMPLANTATION



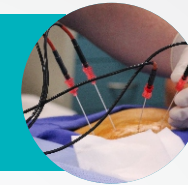
Pain Management is 34th specialty of Medicine in USA & other developed countries. Intervention means Minimal Invasive Procedures which includes targeted delivery of medications to the pain generating nerves or joints using needles. At Pain Care Clinic, Interventions are done with use of Live X-ray machines (like in cathlab) for precise drug delivery & accurate needle placement in high quality operation theatres. Latest & advanced technology is used for different pain interventions to reduce suffering & risk to patients.

Basic Interventions

- Transforaminal Block
- Lumbar Sympathetic Neurolysis
- Caudal Neuroplasty
- Sacroiliac Joint Neurolysis
- Facet Joint Block
- Facet Joint Medial Branch Neurolysis
- Ozone Discolysis
- Genicular nerve RF Procedures
- Trigger Point Injection
- Joint Injection
- Nerve Blocks
- Stellate Ganglion Block
- Coeliac Plexus Neurolysis
- Splanchnic Nerve Neurolysis
- Intercoastal Nerve Neurolysis
- PRP (Platelet Rich Plasma) Therapy

Advanced treatment options

ENDOSCOPIC DISCECTOMY , SPINAL CORD STIMULATOR , VERTEBROPLASTY ,
RADIOFREQUENCY ABLATION , INTRATHECAL PUMP IMPLANTATION



Advanced Interventions

- Radiofrequency Procedures (Back Pain , Neck Pain , Trigeminal Neuralgia , Visceral Pain, Cancer & Other pain)
- Endoscopic Discectomy for Slipped Disc , Sciatica, Back Pain.
- Vertebroplasty / Kyphoplasty for Vertebral Compression Fracture due to osteoporosis /cancer.
- PRP(Platelet Rich Plasma) for knee pain, Shoulder Pain, Tendon Repair etc.
- Spinal Cord Stimulator for Diabetic Neuropathy, Failed Back Surgery Syndrome, Post Herpetic Neuralgia.
- Intrathecal Pump Implantation for Cancer Pain.





Advanced Instruments

Advanced Instrument used at Pain Care Clinic

At Pain Care Clinic, we use best of the Equipments Brands known in the category like Karl - Storz, Cosman, Philips, Remi Lab , St. Jsudes etc. We use the equipments which give best results and best in safety of the patient.

- Cosman RF Generator (USA)
- Karl –Storz Endoscopy set
- Philips Fluoroscope (Live X-ray Machine)
- Ozone Generator (Germany)
- Remi labs Centrifuge system for PRP Therapy
- Racz Adhesiolysis system
- St Judes Spinal Cord Stimulator
- Medtronic Intra Thecal Pumps



Testimonials

Sciatica/SI Joint

Renukaben P Bhatt : Earlier I had pain in low back more than 30 years & knee pain more than 7 years, I had consulted many doctors & took medicine but they all had advised me for operation of spine & both knee. Then I heard about Dr. Palak Mehta. She had performed PRP treatment in my both knee & for Back Pain she put injection in SI joint . Now I had 80% relief in my **knee Pain & Back Pain**. Thanks to Dr. Palak Mehta for giving relief from very old pain.

Back Pain

Shantaben Bhanubhai Raiyani: When I consulted Dr Palak Mehta I was suffering from back pain since 1 year. I had severe pain while walking, sleeping and doing my routine activity. Dr Mehta suggested me for injection treatment and after her treatment there is complete relief in pain. Now I can walk, sleep, sit down and can do my routine activity without any pain.

Knee Pain

Sakinabibi Mehboobhai Mansuri: I was suffering from knee pain since 5 years and I consulted so many doctors but there was no relief in pain and even some doctors suggested me for knee replacement or they asked me to take complete bed rest. Once I saw Dr Palak Mehta's interview and consulted her and through her procedure treatment there is 95% relief in pain. I came to her clinic on wheel chair but now after taking her treatment I can do my routine activity independently without any support.

Neck Pain

Bhanubhai Nanjibhai Raiyani: I was suffering from Neck Pain since 3 years. After consulting Dr Palak Mehta and through her treatment there is complete relief in neck pain

Shoulder Pain

Indravadan B Surti : I was suffering from shoulder pain since 32 years. After consulting Dr Palak Mehta and through her injection treatment there is 70% relief in pain.

Trigeminal Neuralgia

Vimalaben Ambalal Patel : Pain before the operation was severe which was not bearable while talking, eating and during washing face, but now after operation it's really good, no more pain. Basically I will rate this operation of Trigeminal Neuralgia is 97%.

Endoscopic Discectomy

Jayaben Sureshbhai Panchal : Doctor's practice is good. I had back pain since 5 years and I saw Dr Palak Mehta's interview on television and consulted her. After examining she advised me for Endoscopic Discectomy treatment and after taking treatment there is 65% relief in pain.



Back Pain



Reasons

- Prolonged sitting at one place
- Jerky movement / weight lifting
- History of Fall / Trauma
- Advancing age
- Inflammatory Spondylo Arthropathy

Symptoms

- Posture change painful
- Sitting / driving painful
- Morning stiffness present
- Standing from sitting painful
- Local tenderness present
- Some times cross leg sitting / sitting painful

Investigations

- X-ray/ special X-rays
- MRI Spine
- Blood reports

Back Pain

Treatment Option

- Medicine trials for 2-6 weeks (if not taken)
- Guarded exercise or physiotherapy (patient can continue or stop according to benefit)
- If no benefit with above two treatment modalities then following interventions are suggested

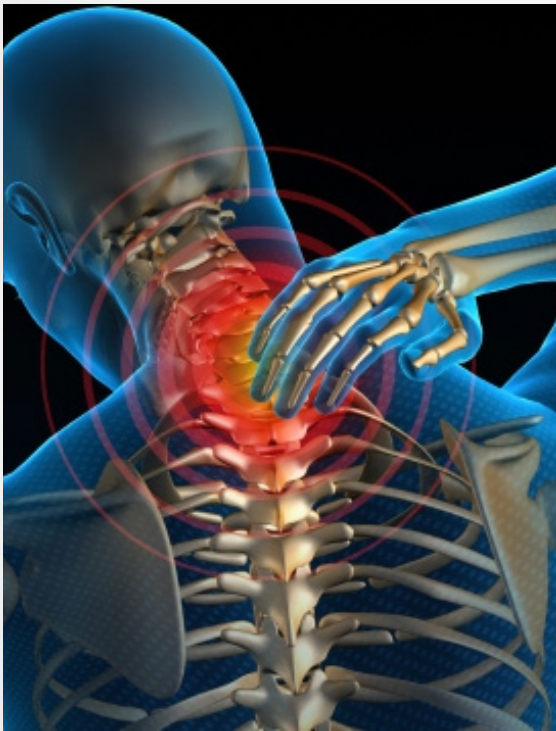
A. Facet Joint block / Neurolysis : It is done under live Fluoroscope (live X-ray) guidance after anesthetizing skin only. Gives immediate nearly 50 % relief as it relieves muscle spasm & inflammation around joint of spine. Majority of patient have good pain relief in 10 - 15 days.

B. Radio Frequency Procedures : If at all there is recurrence of pain after some time , Radio Frequency ablation is useful to ablate pain signals coming from nerves of facet joint. Insulated Radio Frequency needle are placed along the nerve to stimulate them using live X-ray. Once the desired pain area is confirmed, radio frequency current is passed through the needle to block the pain signals without affecting sensation of nerves of lower limbs.

C. Sacroiliac Joint Neurolysis / Piriformis Neurolysis : This joint pain is common after fall / trauma. It is one of very important reason for Failed Back Surgery Syndrome. After anesthetizing skin only needle is placed in this joint with help of Live X-ray. Dye is injected to confirm the needle position & medication delivered to reduce inflammation & muscle spasm . This pain is also common after pregnancy.

D. Rami Communicants Block : Commonly done for back pain, which is more with sitting ,caused by mild slipped disc / disc bulge . Needle are placed with the help of live X-ray images projected on screen.

Neck Pain



Reasons

- Prolonged sitting at one place
- Jerky movement / weight lifting
- History of Fall / Trauma / Accident
- Advancing age
- Inflammatory Spondylo Arthropathy

Symptoms

- Painful neck movement
- Headache on back side of head
- Morning stiffness in neck
- Some times night pain is more
- Sometimes Pain goes upto upper back & upper arm

Investigations

- X-ray
- MRI Spine
- MRI Brain SOS
- Blood reports

Neck Pain

Treatment Option

- Medicine trials for 2-6 weeks (if not taken)
- Guarded exercise or physiotherapy within limit of pain
- Alternate heat / cold application
- If no benefit with above 2 method than following interventions can be done.

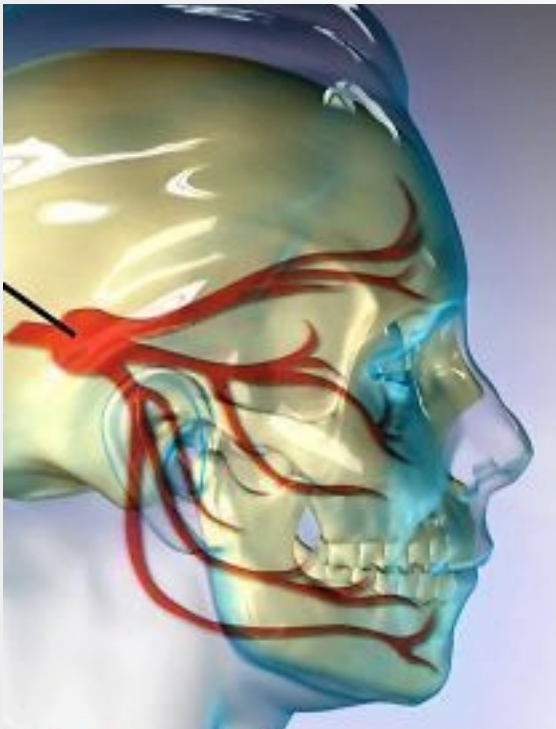
A. Cervical Facet Joint / Median Branch Neurolysis : This procedure is performed under live X-ray guidance when patient is fully conscious . The area from where the pain coming is identified with high accuracy, special needles are placed to deliver anti inflammatory medicine to which gives immediate, nearly 50 % or more than 50% relief . It is Day care procedure done under local anesthesia only .

B. Occipital nerve block : This is mainly performed to relieve headache in posterior part of neck . It is also an OPD base procedure & done under Local Anaesthesia only.

C. Radiofrequency procedures : If patients are having recurrence of pain after some time of treatment , Radiofrequency Procedures are done for long term benefit. In this treatment high frequency current is passed through the needle tip which ablate the pain signals from nerves without any effect on other nerve function. It is again done under local anesthesia with the help of live X-ray machine.

D. Cervical Epidural Steroid : This procedure is useful for relieving pain coming from lower Facet Joint in neck area . It is also useful for patients having slipped disc & nerve pain going to arm or hand.

Trigeminal Neurlagia



Reasons

- Compression on nerves by vascular loops or tumours in brain
- Post Traumatic or Post Surgery
- Repeated tooth extraction
- Post Radio Therapy in Cancer Patients
- Idiopathic

Symptoms

- Current like pain along chick or one side of face
- Episodic (few seconds to few minutes) Pain
- Aggravated with eating, speaking , heat /cold air, chewing
- Initially good response with medicine
- Touch aggravates the pain
- More at Night

Investigations

- MRI Brain
- Blood reports

Trigeminal Neurlagia

Treatment Option

A. Medical Management : Majority of time medicines like carbamazepine, oxcarbamazepine , pregabalin works nicely for the initial period. Later on this medicines does not help much in pain relief .

B. RFTC (Radio Frequency Thermo Coagulation) : At Pain Care Clinic with this advanced procedure patient get more than 90 % pain relief for longer duration .It is done mainly with Live X-ray machine with high accuracy after anaesthetizing skin only . Sometimes it can be done with help of CT Scan machine . In this procedure High Frequency current is passed along painful division (V1, V2, V3)of trigeminal nerve, so damage to other division of nerve can be avoided. At Pain Care Clinic , we have treated more than 200 cases of Trigeminal Neuralgia with RFTC. .

C. Sphenopalatine Ganglion RFTC : In Refractory or Recurrent Trigeminal Neuralgia advanced treatment like Pulsed Radio Frequency procedure of Sphenopalatine Ganglion is done with higher success rate & long lasting pain relief . It is again done under Local anesthesia & live X-ray Guidance . This procedure is also useful for management of Headache ,Head - neck Cancer Pain , Atypical Fascial Pain or any Neuropathic Pain of Face.

D. Ballon Compression : Here a balloon is inflated along trigeminal nerve to ablate the pain signals.

E. Other Treatment options : Cyber Knife , Galvanic Knife are other treatment options, but not common in India.

F. Micro Vascular Decompression : This is a surgery performed by neurosurgeon in patient having no pain relief with other treatment options.


a
Reason :

Symptoms :

Treatment Option

Advantage of Endoscopic Discectomy over Conventional Spine Surgery

Slipped Disc / Sciatica



Reasons

- Forward Bending , Weight Lifting
- Trauma , Infection
- Degenerative spine disease
- Disc Prolapse or Disc Herniation
- Jerky Movement

Symptoms

- Walking, standing increases pain & relieved with rest
- Associated with Tingling (ant crawling sensation), numbness in legs
- Pain going from back to leg
- Sensation loss along foot / leg
- Upstairs, Downstairs increases Pain
- Current like pain along leg & thigh

Investigations

- Blood Reports
- X-Rays
- MRI LS Spine
- EMG/NCV Study
- SOS

Slipped Disc / Sciatica

Treatment Option

Medicine , Physiotherapy, Rest can be suggested for 2-6 weeks.


If no benefit then following minimal Invasive Interventions are of choice. Any Intervention which will work best, can be decided after seeing patient & MRI together.

A. Transforaminal Neuroplasty : In patient having Minimal disc prolapse, this procedure is carried out in Operation Theatre with help of Live X-ray machine & after anesthetizing skin. Special Needle & medication is placed along the painful nerve or disc to reduce swelling & inflammation around nerve. It is day care procedure & can be done at any age.


B. Caudal Neuroplasty : In patients having bilateral leg pain , tingling , numbness on walking / standing due to multi level disc prolapse, this procedure is performed. Here the tuohy needle is placed in Caudal Epidural space & the drug is delivered under continuous visualization of live X-ray machine. These reduces swelling , adhesion around nerves and relieves pain.

C. Ozone Nucelolysis : In patients having disc herniation or ruptured / slipped disc, special needle is placed inside the affected disc. Ozone gas is prepared from Germany based ozone generator & inserted through needle inside the disc. Ozone causes shrinkage of disc & reduces inflammation around nerve. This again does not require prolonged hospitalization & done without any incision or surgery.

D. Endoscopic Discectomy : In patients with one sided disc herniation small needle is placed inside the disc & with the help of needle, Endoscope placed inside the affected disc . Seeing through endoscope bulged portion of disc is removed , this way the disc gets back the normal position. This is a key hole advanced procedure. Patients can go home on next day or within few hours of treatment.

Headache	
	Reasons <ul style="list-style-type: none">● Common in females● Aggravated with noise , inadequate sleep ,stressful environment , skipping meals, travelling, going in Sunlight● Reports are normal majority of time● Trauma
	Symptoms <ul style="list-style-type: none">● Throbbing , pulsatile headache or continuous dull aching headache● Some times Neck movements aggravates pain● Alternating headache common in Migraine● Initial good response to medicine later on poor response to medicine● Cluster headache is common in night lasts from 1 day to 7day● Migraine Headache is sometimes associated with Nausea & Vomiting
	Investigations <ul style="list-style-type: none">● MRI Brain with Cervical Spine● Blood reports
	Treatment Option <p>If no abnormality detected in MRI , medicine trial can be given for 1 month to 1 year.</p> <p>If there is recurrence of headache and intensity & frequency of headache increases following intervention are suggested.</p> <p>A. Cervical Facet Joint median branch nerve block : In this advanced procedure with the help of Live X-ray machine needle is placed along the joint of spine of neck from where the pain is originated & going up to head . This pain is more common at night or in morning. This procedure immediately gives nearly 50 % relief & within 8-10 days give 80 % pain relief. It is again day care procedure & patient can go home within few hours.</p> <p>B. Occipital Nerve Block : It is done at the back part of head to block the occipital nerve causing headache with the help of local anesthesia – It is an OPD based procedure.</p> <p>C. Spheno Palatine Ganglion Block & RFTC : At Pain Care Clinic Dr Palak Mehta has got special expertise in this procedure. It is done in operation theatre with the help of live X-ray machine. Initially the needle is placed behind nose into Sphenopalatine Ganglion when the headache is going on. After putting medicine through needle majority of the patient have nearly 80% relief in headache . This gives long term pain relief as well confirms the origin of headache . For long term benefit RFTC (Radio Frequency Thermo Coagulation) is performed.</p> <p>D. Botox Injection : Here special injection of Botulin Toxin is given at different points in muscle of head & neck to give long lasting relief.</p>

Shoulder Pain



Reasons

- Trauma
- Uncontrolled Diabetes
- Heavy weight lifting on shoulder
- Tumour

Symptoms

- Restricted & Painful movement of shoulder.
- Sometimes pain radiate to upper arm
- Upper back pain

Investigations

- X ray
- Sonography of the Shoulder Joint
- MRI of shoulder joint SOS
- Blood reports.

Shoulder Pain

Treatment Option

- Medicine trial for 4 to 6 weeks.
- Guarded exercise & Physiotherapy
- Alternate heat/ cold application
- If No benefit by above measure following intervention are suggested

A. Shoulder joint injection :

At Pain Care Clinic, After proper aseptic and antiseptic precaution, medication is injected in the joint with expert hands. 1 to 3 injection may required with gap of 15 days as per the recovery . After this therapy ,patient get long term pain relief.

B. PRP(Platelet Rich Plasma) Therapy :

PRP therapy is one of the most promising therapy for Degenerative osteoarthritis, muscle rupture. With this advance therapy, patient get long term relief without any side effect. PRP therapy reduce inflammation of the joint and regenerate the new cartilage so it is also called as Regenerative Therapy. 2 to 3 sittings are required for PRP therapy.

C. Suprascapular Nerve Block :

Under live X ray machine guidance and after anesthetizing skin, nerve is located with special needle and medication delivered on target nerve to numb the pain signal of Suprascapular Nerve to relieve the pain of shoulder and upper arm or upper back.

D. Radio frequency Procedure :

As we discuss in back pain, Radio frequency procedure is used to get long term pain relief. It only numb the pain signal of the nerve without affecting other function of the nerve. This advanced procedure is done for long term pain relief of shoulder, coming from suprascapular nerve. It is done under live X ray machine and after anessthetizing skin only.

FAQs

1. How much successful is the treatment ?

Any treatment for patient is decided after seeing patient & reports together. Success ratio of all Interventional procedure done at Pain Care Clinic is more than 70-80 % & operation can be avoided.

2. How many sittings are required ?

Only in Joint pain sittings are required 1 month apart , otherwise spine procedures or others procedures mostly 1 sitting is sufficient .

3. All Pain management procedures are under insurance coverage?

Yes, majority of procedure / treatment related to spine are covered under Insurance.

4. Does treatment require hospitalization ?

No, Joint related procedures does not require hospitalization. But spine related procedures/ interventions require observation of 2-6 hrs

5. What are the side effects?

Negligible / No side effects as all procedures are done after giving local anessthesia only.

6. How long do Patients have pain relief ?

Majority of patients have permanent pain relief but if in case there recurrence of pain we can repeat treatment.

7. Does steroids are used for treatment ?

At Pain Care Clinic , we don't inject steroid in knee/ other joint. But in spine procedure sometimes we use steroid exactly on the target of pain (without any side effect on other organs) after informing patient .

8. Does these procedures are painful ?

There is only minor needle pain anaesthetizing skin which goes away in few hours.

Dr. Palak Mehta

- Palak Mehta is Director of Pain Care Clinic, Ahmedabad, India.
- She is Gujarat's First lady pain physician to be Qualified as Fellow in Interventional Pain Practice (FIPP) awarded by world Institute of Pain , Texas Tech University , Lubbock, USA.
- She is visiting Pain Management Consultant at GCS Hospital & Medical college, HCG Hospitals & Nidhi Hospitals.
- She acquired MD (Anaesthesiology) from BJMC, Ahmedabad in July 2009.
- She had been invited as Faculty at many National & International Conferences.
- She is also Associate Editor and Reviewer Of Indian Journal Of Pain & She has 6 National and 2 International Publications.
- Palak Mehta is the Author of handbook of "Interventional Pain Management" and chief editor of "How to start and run a Pain Clinic".
- She has Contributed a Chapter in Spanish Pain Medicine book.
- She had been visiting Faculty at Padjadran University , Bandung, Indonesia.
- She was Organizing Secretary of International Conference " 7th SARPS congress" 2014 in Ahmedabad, India which was well attended by 450 National & 80 International Doctors.
- She has organized various CME & lectures for doctors to create awareness about Pain Management. She has started learning programmes to train doctors about various method of Interventional Pain Management.