

Problems usually treated in a Pain Clinic

Common pain problems treated at this clinic include:

- Herniated or bulging discs
- Pinched nerves
- Low back pain
- Neck pain
- Shoulder and arm pain
- Pain from shingles
- Pain after surgery
- Sciatica
- Cancer pain
- Muscle pain

For more information:

UnityPoint Health – Trinity Muscatine Pain Clinic requires a referral.

1518 Mulberry Avenue,
Muscatine Iowa 52761

 **UnityPoint Health**
Trinity Muscatine

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unitypoint.org

Pain Free Living is Close at Hand

Pain Management Services

 **UnityPoint Health**
Trinity Muscatine



What is a Pain Management Service?

Pain management is the discipline of healthcare devoted to the diagnosis and treatment of various pain related disorders. A pain management service is dedicated to alleviating pain and suffering through the administration of anesthesia and analgesia by traditional medicine and nursing philosophies, complementary medicine approaches, and interventional spinal pain management therapies.

The UnityPoint Health – Trinity Muscatine pain management service uses a team of healthcare professionals (e.g., physicians, nurses, therapists) working together, to provide a full range of pain related treatments (e.g., injections, medications, education, physical therapy). This full range of service is used to treat patients that are suffering from acute and chronic pain disorders.

The purpose of the pain management service is to:

1. Improve quality of care to the community
2. Improve patient access to pain management care in the community,
3. Improve patient outcomes after such pain related treatments,
4. Improve efficiency and effectiveness of pain management in the community.

The goals of pain management are to relieve, reduce, or manage pain and improve a patient's overall quality of life through minimally invasive techniques specifically designed to diagnose and treat painful conditions. Pain management nurse specialists also strive to help patients return to their everyday activities quickly and without heavy reliance on medications.

So, what does this Pain Clinic do?

We work closely with you and your physician(s) and other healthcare providers (e.g., nurse practitioners, physician assistants, physical therapists, chiropractors, neurosurgeons and other back specialists) to help you control your pain, and increase your level of activity and function. Our treatment goal is to return you to your maximum level of function with the least amount of pain.

Controlling pain is not always easy! And, sometimes it is not possible to be completely pain-free, but we will assist you to learn skills that increase your comfort and ability to function.

When you visit our clinic we will review your medical and pain history, look over the results of any diagnostic tests you may have completed and do a physical exam. Further tests may be needed to help develop the most appropriate treatment plan for you. We also work closely with other specialists that complement your pain treatment.

Treatment Options

After a consultation and physical examination has been completed, an individualized treatment plan may include one or more of the following interventions:

- Nerve, muscle or ligament therapies
- Fluoroscopically directed epidural injections
- Facet joint and associated medial branch nerve blocks
- Sacroiliac joint injections
- Medications
- Physical modalities
- Various anesthetic regional interventions
- Radiofrequency ablation therapies

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