

Failed Back Surgery Syndrome (FBSS) or Post Laminectomy Syndrome

Spinal Cord Stimulation — A breakthrough treatment.

The first line of treatment after failed surgery is the same : Medications, physical therapy, trigger point injections, TENS, behavioral modification, etc.

Most of the time it will offer very limited help.

The second line of treatment is various nerve blocks (injections) and many other different procedures like, Epidurals, Facet Blocks, Radiofrequency Rhizotomy (RF), Neurolysis, Epidurolysis (breaking the scar tissue), sacroiliac injection, etc. All of these can be done at THE PAIN CENTER.

If you continue to have pain then there is a third line of treatment. This includes spinal cord stimulation, pain pump or repeat surgery.

Spinal Cord Stimulation is a very promising option. The good thing about this procedure is that a 'trial' is done first. It doesn't involve any surgery and it is done at THE PAIN CENTER. If the trial is successful in relieving the pain, then the permanent procedure is done.

What is Spinal Cord Stimulation (SCS) ?

Spinal Cord Stimulation is a reversible treatment for chronic pain of the back and/or limbs.

SCS system looks and works a lot like a pacemaker. It generates electrical impulses and sends them to your spinal cord so that the pain impulses from the leg and back will not pass through. (Called the gate-way control theory).

Typically, the pain is replaced by a gentle tingling or massaging sensation (parasthesia) in the area that was painful. The goal of SCS is to cover the patient's painful area with parasthesia, without undesired painful sensations.

SCS has been steadily increasing in popularity as the other options of a pain pump or another surgery is less desirable.

The objective of SCS therapy is to reduce a patients pain, replacing it with gentle tingling and massaging so that patients can return to a more normal lifestyle and resume a role as a functioning member of his or her family and community.

The Spinal Cord Stimulation Trial

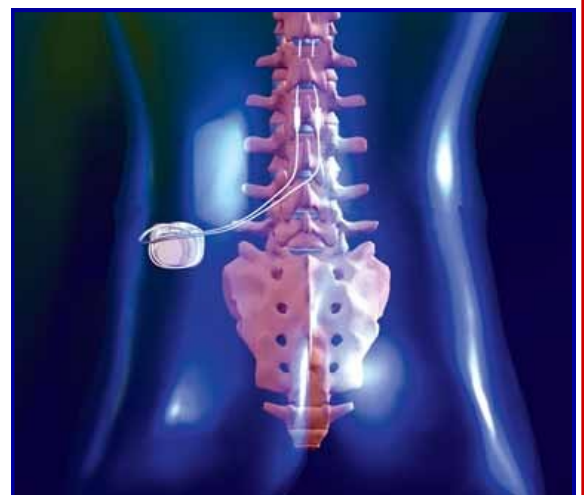
One big advantage is that it can be tested before a system is permanently implanted. "Try it before you buy it".

It is a short procedure done at THE PAIN CENTER under oral or conscience sedation. A needle is placed in the epidural space of the spinal cord (much like an epidural steroid injection.) Through the needle one or more electrical leads are placed in the space over the spinal cord. Once the most effective areas of the pain relief are determined, the patient goes home with the trial stimulator (a battery) worn on a belt and controlled by the patient. During the trial period of one week, the patient is encouraged to resume light activities such as walking.

If the patient experiences sufficient pain relief then only a permanent system is implanted, otherwise, the leads can simply be pulled out.

Physician and Patient consider Spinal Cord Stimulation successful if it does any of the following:

- Provides pain relief 50% or greater
- Helps patient reduce the intake of narcotic medications
- Helps patient return to some of the activities they enjoy



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Permanent Placement of SCS

If the trial is successful then the permanent placement is done in Ambulatory Surgery Center or Hospital. Here, the electrical leads are in the same place over the spinal cord, then the battery is placed underneath the skin in the buttocks. It is a rechargeable battery with a lifespan of ten years.

Who is a good Candidate For SCS?

1. Recurrent pain after back surgery, CRPS (RSD) Neuropathic pain, Diabetic Neuropathy. Where conservative treatments have not been successful.
2. Another surgery is not likely to help
3. The patient has had psychological evaluation
4. The patient doesn't have a pacemaker or other contraindications.
5. The patient had a successful trial with the SCS

In Europe, it is also being used for many other chronic pain conditions: pain due to poor circulation of peripheral arterial disease, Auginial pain and a myriad of other chronic pains.

At THE PAIN CENTER, we have all the modalities of a multi disciplinary approach to pain management: medications, physical therapy, psychotherapy, interventional pain techniques as epidurals, facet blocks, nerve lesioning, epidurolysis, sacroiliac and hip injection and the spinal cord stimulation trial. Our physical medicine and rehab (Dr. Backos) can perform EMG tests for sciatica and pinched nerve.

We also have on our facility a pharmacy and durable medical equipment offices.

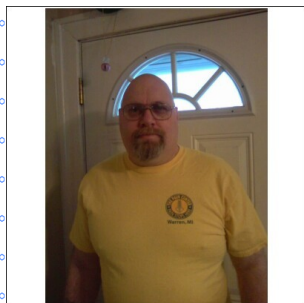
Everything for pain relief on one site

** You will be given literature and DVD on SCS. You will be explained in detail by a medical assistant and the doctor. You will attend a class with the company representative to answer all of your questions. You will have a psychology evaluation. And then only a trial of spinal cord stimulation will be arranged.

Testimonials from our patients



My name is Paul Petty and I am writing this article because I got tired and upset by people telling me what I should take for my severe back pain. I finally found what I really needed after receiving this same flyer in the mail. I can only say it was the best news I could receive. After receiving a few treatments from THE PAIN CENTER, I finally am free of the severe back pain I had before meeting Dr. Bothra. What a wonderful doctor. He must be a great healer of pain to have been in the presense of Pope John Paul and also to have known Mother Teresa. Please, if you want relief from whatever pains you are suffering, go to THE PAIN CENTER. You won't be sorry. Please don't believe all of the advice people give to you about medicines that stop your pain. ~Paul Petty



After three back surgeries and 20 years of pain, I met Dr. Bothra. What a Godsend for me. We tried many options to stop my pain. Dr. Bothra then told me of something different. It was called a S.C.S. (Spinal Cord Stimulator). It sounded scary, just the name, but it is not. It's a half dollar sized implant. It really worked to stop my pain. I can't believe I could be pain free. Thank you Dr. Bothra. ~Thomas Taylor



THE PAIN CENTER

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