



# Pain Medicine Consultants

Minimally Invasive Spine Care and Comprehensive Pain Medicine

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Patient Consultations  
Spinal Injections  
Nerve Blocks  
Radiofrequency Neurolysis  
Spinal Cord Stimulation  
Rehabilitation Services  
Physical Modalities  
Soft Tissue Manipulation  
Acupuncture  
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We believe that patients do much better when they use “every tool in the toolbox” to try and help them to relieve pain or help control the symptoms of depression and anxiety. Below are some options to help address any ongoing anxiety, depression, or frustrations that you may have.

The Wellbrain Go Guided Meditation app is linked to your BHI psychological screening and has several free mindfulness courses. Look for an email from Wellbrain to enroll.

- Try to do a bit of stretching or aerobic exercise each day
- Try to get outside for some free “nature therapy”
- Stay out of the news cycle limit avoid social media
- Try to eat nutrient heavy foods
- Full Catastrophe Living book
- Mindfulness in Plain English book
- How Not to Die or How Not to Diet book
- Heartmath Guide Imagery Program
- Healthjourneys.com audio programs
- Headspace or Calm Phone Apps
- Andrew Weil Breathing CD series
- 7 Minutes of Magic Qigong book and E course
- Discuss with your PCP a psychology referral
- Call your insurance carrier for a psychology referral