

Choice Pain and Rehabilitation, using non-surgical injections and therapy to help patients return to activity.

The primary goal of CHOICE Pain and Rehabilitation Center is to assist patients in pain management, to return patients to their maximum activity and independence and to restore patients' quality of life.

CHOICE Pain and Rehabilitation Center, with locations in Hyattsville, Gaithersburg, Lanham, and Dundalk, Maryland, offers a wide-range of treatment options for pain to ensure the best results. An increasing number of doctors in Maryland are now offering pain management services, but unfortunately, many of these providers have no formal training in pain management and may not administer medications within the required standard of care.

A large number of these physicians may only offer injection treatments and refuse to accept the responsibility of prescribing narcotic medications. In these cases, after injection therapy treatment is exhausted, the patient is told to return to the referring

physician for the management of narcotic medications. The physicians at CHOICE Pain and Rehabilitation Center, who have specialized training and certifications in Pain Management, understand that treatment involves proper pain injection therapy along with continuing care beyond the pain injections.

Because chronic pain may affect the sufferer in many ways, the most beneficial treatment may require a multi-disciplinary approach. This means providing treatment not just for the physical pain, but also treatment to help the patient return to mental and emotional well being. CHOICE Pain and Rehabilitation Center is able to offer a very wide range of pain management treatments to achieve these goals.



Injection Therapy to Relieve Painful Symptoms



Pain is your body's natural alarm signal that something is wrong. In many cases, the body's response to injury is to tense the injured area, which restricts blood flow. An increase in pain can result in increased tension and a pain-tension cycle that could be hard to overcome. Incorrect body

mechanics and posture, coupled with stress, may also cause increased muscle tension and pain. People often reduce activity because of pain, may lead to gradual muscle weakness and de-conditioning, resulting in further pain.

With injection therapy, medication is injected into the area surrounding a nerve root, which reduces inflammation and relieves pain. Relief from such injections can last anywhere from a few weeks to a few months and sometimes longer, especially if therapy is used simultaneously to strengthen muscles in the back.

When physicians choose to use injection therapy, their ultimate goal is to relieve pain long enough to enable the patient to begin physical therapy.

During an injection procedure, the patient lies on their stomach to enable a C-arm fluoroscopic device to provide X-ray images of the spine. Local anesthetic may be injected into the skin and underlying tissues to reduce discomfort from the injection. Next, a needle is inserted into the epidural space, with the vertebrae serving as "landmarks." The physician views images from the C-arm to make sure the needle is positioned correctly. The corticosteroid injection may include a saline solution or a local anesthetic. Its dosage, volume and components will vary according to each individual patient.

Once the needle enters the epidural space, a syringe containing corticosteroid solution is connected to it. After ensuring the needle is in the correct place, the solution is slowly injected. During this time, you will be able to communicate with the doctor, and the most common sensation reported is one which resembles the feeling of "pins and needles."

Pain Conditions Treated at CHOICE

Acute pain usually begins suddenly and may be intense. It often triggers visible bodily reactions such as sweating, an increase in blood pressure, and more. Acute pain is generally a signal of injury to the body, recent surgery or medical illness; and it resolves when pain relief is given and/or the injury is treated. In more serious cases of pain, however, a pain medicine doctor may be necessary to help manage the pain and offer patients relief.

Chronic pain persists, and pain is often considered chronic when it lasts beyond the normal time expected for an injury to heal or an illness to resolve. Chronic pain, also known as persistent pain, can be stressful for both the body and the soul, and usually requires careful, ongoing attention to be treated appropriately.

While CHOICE Pain and Rehabilitation Center offers treatment options for many acute and chronic pain disorders, below are some of the most common pain conditions treated:

Musculoskeletal Pain

- Musculoskeletal Pain
- Back & Neck Pain
- Shoulder, Arm & Hand Pain
- Hip, Knee & Foot Pain
- "Whiplash" Injuries
- Work Related Injuries
- Sports Injuries
- Post Surgical Pain Syndromes
- Myofascial Pain
- Facet Syndrome
- Joint Pain
- Compression Fracture
- Fractured Rib Pain
- Fibromyalgia
- Coccydynia

Neuropathic Pain

- Diabetic Neuropathy
- Complex Regional Syndrome
- Postherpetic Neuralgia
- Acute Shingles
- Peripheral Neuralgia
- Nerve Injuries
- Phantom Limb Pain
- Amputation Stump Pain
- Neurogenic Pain Syndromes
- Intercostal Neuralgia

Pain Caused By

- Arthritis
- Cancer
- Headache

Other Conditions

- Intractable Angina
- Vascular Disease
- Post Dural Puncture Headache
- Abdominal Pain
- Facial Pain including TMJ
- Pain caused by mood disorders or psychological disorders

Tristan Shockley, M.D.

Board Certified Physical Medicine & Rehabilitation



Dr. Tristan Shockley grew up in San Diego, CA and relocated to the east coast to complete his educational training. At Howard University he graduated magna cum laude with a major in Chemistry and minor in Biology. He matriculated to Howard University's College of Medicine where he completed his medical degree in 2005. After completing a medical internship in Phoenix, AZ he went on to specialty training in the field of Physical Medicine & Rehabilitation at Sinai Hospital of Baltimore/University of Maryland. As an American Board of Physical Medicine & Rehabilitation certified physician, Dr. Tristan Shockley's interests include musculoskeletal medicine, non-surgical interventional pain medicine including fluoroscopic and ultrasound guided procedures, weight management, prolotherapy, and other general physiatric treatments.

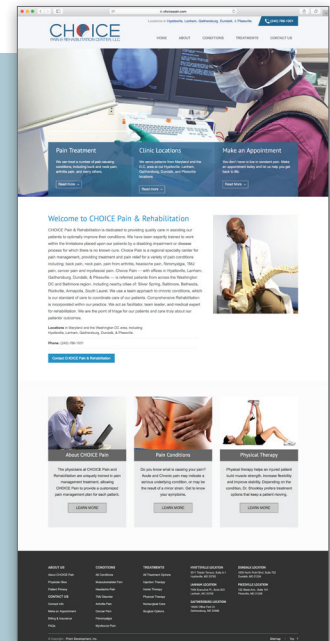
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Board Certified in Pain Medicine

Board Certified in Physical Medicine & Rehabilitation
Fellowship Trained in Pain Medicine



Dr. Obi Onyewu is fellowship trained and double board certified in Pain Medicine and Physical Medicine & Rehabilitation. A native of Washington DC, Dr. Onyewu received his medical degree from Temple University School of Medicine in Philadelphia. He completed his residency in Physical Medicine & Rehabilitation at Georgetown University Hospital and Pain Medicine Fellowship training at the Mid-Atlantic Pain Institute. Dr. Onyewu was named one of the nation's top 150 pain specialist to know by Becker Spine Review in 2012, as well as Vital's Patient Choice award in 2012, and Vital's Compassionate Doctor award for 2012 and 2013. Dr. Onyewu has a special interest in minimally invasive innovations to treat complex pain issues.



Visit CHOICE Pain and Rehab online for more information about pain relieving treatments that can get your back to life.

www.ChoicePain.com

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