



**PREMIER SPINE
& PAIN MANAGEMENT**
YOUR PAIN DOCTORS

*Specializing in minimally invasive
same-day procedures.*

NEW JERSEY:

Hillsborough: 501 Omni Drive, 08844

Somerset: 399 Campus Drive, Suite 110, 08873

Succasunna: 66 Sunset Strip, Suite 208, 07876

Middletown: 20 Cherry Tree Farm Road, 07748

PENNSYLVANIA:

Easton: 3735 Easton/Nazareth Hwy., #203, 18045

most insurance accepted

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**Discover Life
Without Pain**



*Specializing in minimally invasive
same-day procedures.*

Pain relief is clearly important; however, the goal is never merely pain relief. We strive to be very specific in identifying the structural, mechanical and functional cause of your pain to help you enjoy a healthy and active lifestyle.

Diagnosing the source of the problem will help us manage pain with various cutting edge and focused interventions, therapies, and same day minimally invasive procedures to ensure your quality of life.

Treatment plans are designed to decrease pain, accelerate healing, improve mobility, strength and function, and teach skills needed to prevent the problem (along with the pain) from returning in the future.

By addressing the causative factors that can be rehabilitated, we have a much greater ability to keep people from ever getting started with narcotics for pain management.

*Contact us today to schedule
your first appointment.*



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Dr. Arun Kandra, MD

Board Certified in
Anesthesiology and Pain Management



Vivek Das, M.D.

Board Certified in Anesthesiology,
Pain Management and Palliative Care

*Some of the many treatment
procedures we offer:*

STEM CELL THERAPY

By using stem cells obtained from your own bone marrow, we are able to mimic your body's natural ability to heal. This regenerative procedure is an all-natural alternative to surgical intervention.

INJECTIONS

An epidural steroid injection helps relieve a patient's pain and inflammation, but more importantly it also helps them progress in their rehabilitation program in order to best manage the causative factors of their condition and prevent the pain from returning.

- Lumbar, Cervical & Thoracic epidural steroid injection
- Facet Joint injections
- Joint injections
- Trigger Point injections

NERVE BLOCKS

Therapeutic nerve blocks contain local anesthetic to control acute pain.

- Stellate Ganglion Block
- Hypogastric Plexus Block
- Celiac Plexus Block
- Ganglion Impar Block
- Intercostal Nerve Block
- Discogram
- Occipital Nerve Blocks

RADIOFREQUENCY ABLATION (RFA)

RFA uses radio waves to decrease pain signals from a specific area of nerve tissues. Once the pain is manageable the patient can begin a rehabilitation program.

SPINAL CORD STIMULATION THERAPY (SCS)

SCS delivers mild electrical stimulation to the spine that modifies or blocks pain signals to the brain.

VERTEBROPLASTY

Vertebroplasty is a minimally invasive procedure used to stabilize and stop the pain caused from a spinal fracture.

MEDICAL MARIJUANA

Medical marijuana is a highly effective pain reliever that may be used to treat numerous conditions ranging from chronic pain to diseases to migraine headaches and inflammatory bowel disease. A comprehensive evaluation can be provided to write a recommendation for medical marijuana.

Some of the many conditions we treat:

SPINE, NECK & HEAD

- Degenerative Disc Disease
- Sciatica
- Failed Back Surgery
- Whip Lash
- Herniated Discs
- Facet Joint Disease
- Scoliosis

OTHER CONDITIONS

- Varicose Veins
- Sports Injuries
- Fibromyalgia
- Joint pain (Hip, Knee & Shoulder)
- Abdominal & Pelvic pain
- Headache & Migraines
- Chronic Pelvic pain from Endometriosis
- Motor Vehicle Accidents
- Work Injuries / Slip & Fall
- Cancer pain
- Irritable Bowel Syndrome
- Cervical Radiculopathy
- Complex Regional Pain Syndrome (CRPS)
- Iliotibial Band Syndrome (ITBS)

Contact us to learn how we can help you!

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