

Pain Management Clinic

*A referral is needed from your doctor or medical provider.
You will be contacted to set up an appointment.*

If you do not have a primary care provider, you can make an appointment with a Family Practice or Internal Medicine provider at one of our five South Texas Medical Clinics locations.

Back Pain

Back pain is the second leading cause of lost days from work. It is second only to the common cold. Your lower back is essentially the core of your physical self and therefore, when severe pain attacks this area, it can be debilitating and affect everything you do in everyday life. Playing golf, catch with the kids, riding rides at the amusement parks, swimming, horseback riding, dancing, skating, skiing, jogging, working out, aerobics, yoga, any kind of sports, and even cooking are some of our favorite things to do that will be affected by back pain.



Head & Neck Pain

Both headaches and neck pain can be debilitating problems. Life is on hold when the pain is 24 hours a day, 7 days a week and overbearing. Although headaches and neck pain are extremely common, the origin of these issues can be difficult to pinpoint and treat. It is common for people with chronic headaches to have seen multiple physicians and to have undergone a variety of diagnostic measures and treatments. Many patients have invested a tremendous amount of time and money on oral medications, epidural steroid injections, acupuncture, massage, and chiropractic therapy to name a few without sustained success. Performing at the office, playing golf, interacting with the kids and family, enjoying the amusement parks, swimming, horseback riding, dancing, skating, skiing, jogging, working out, aerobics, yoga, any kind of sports, and even cooking are some of our favorite things to do that will be affected by headache and neck pain.

Cancer Pain and Cancer Treatment Pain

Those who have been diagnosed with cancer often perceive this process as fighting an uphill battle. The patient and their family members find themselves whisked into a whirlwind of doctor's visits, treatments, medications, surgeries, lost time from work, and a number of other life changing issues. Their diet changes, the sports they participate in, the activities they remain and become involved with and the places they visit. What is often times underestimated is the pain associated with a cancerous condition and its treatment.

We begin with a thorough history and physical examination. We first determine if a patient's symptoms are originating with their cancerous condition or something completely unrelated or coincidental. Additional diagnostic testing is sometimes required. Once the origin of the pain has been determined, a strategy to safely and effectively address the patient's pain is initiated and implemented. This may include pain medication or invasive pain management techniques.

Arm Pain and Hand Pain

The origin of a patient's pain is not always easy to pain. Many people suffer from pain, numbness or symptoms can certainly have their origin directly are times when these symptoms can be referred asymptomatic. Pain, numbness or tingling in the pinched or irritated nerves as they branch off the spinal cord in the cervical spine. Repetitive stress injuries can also cause pain in your upper arms and wrists. Seniors with delicate bones, active children and people who participate in contact or other outside sports are especially at risk. Playing golf, catch with the kids, swimming, horseback riding, dancing, skating, skiing, jogging, working out, aerobics, yoga, many kinds of sports, and even cooking are some of our favorite things to do that will be affected by arm pain.



discern. A good example of that would be arm tingling in their arms or hands. These at the sight of the symptoms. However, there from an origin that is completely arms or hands is commonly created by

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Arm Pain and Hand Pain Common causes include:

Brachial plexus injury	Broken arm	Broken wrist/broken hand
Bursitis	Cancer (malignancy), primary or metastatic	Carpal tunnel syndrome
Herniated disk	Rotator cuff injury	Sprains and strains
Tendinitis	Tennis elbow	Thoracic outlet syndrome
Ulnar nerve entrapment		
De Quervain's tenosynovitis (a painful inflammation of the tendons on the thumb side of your wrist)		

Leg Pain and Foot Pain



There are a number of factors that may create lower extremity pain. The most common is usually related to a pinching of the nerve in the lumbar spine. This is called lumbar radiculopathy or sciatica. It may also result from a pinching of the nerve in certain compartment syndrome such as neuralgia parasthesia. Another type of leg pain can be associated with direct trauma to the nerve in your leg; this is called neuropraxic injury or neuropraxia.

Common types of Lower Extremity pain we treat include:

Bursitis	Entrapment Syndrome	Foot Pain
Hip Pain	Intermittent Claudication	Knee Pain
Piriformis Syndrome	Tendonitis	Arthritis
Meralgia Paresthetica		

With all of these conditions early diagnosis and treatment is paramount for excellent recovery.

Thoracic Pain

Thoracic pain is usually defined as pain from the bottom of the cervical spine to the last thoracic vertebra. Most common thoracic pain results from small joint towards the back of the vertebra called facet joints. We tend to consider this as biomechanical pain related to motion. Often sports like golf, weight lifting, tennis, jogging, football and baseball will prematurely set up inflammatory process that will increase the degenerative change in these joints.



Common types of Thoracic Pain we treat include:

Chronic Chest Wall Pain	Post Rib Fracture Pain	Pleuritic Pain
Thoracic Vertebral Pain	Thoracic Radiculopathy	Flail Chest
Postmastectomy Pain	Costochondritis Mastodynia	Thoracic Outlet Syndrome
Rib Dysfunction		

Thoracic pain can also radiate around the rib cage to the sternum or abdomen. These processes are called thoracic neuritis, abdominal muscular pain. Proper diagnosis and early treatment is essential for excellent outcome for the patient and to prevent further damage to the joint.



Wharton

2100 Regional Medical Drive, 979-532-1700, Family Practice, Internal Medicine

Rosenberg

2520 B.F. Terry Blvd.(FM 2218), 281-342-6006, Family Practice, Internal Medicine

Needville

3006 School Street, 979-793-4114, Family Practice

El Campo

1602 N. Mechanic, 979-543-2956, Family Practice, Internal Medicine

Bay City

111 Avenue F (Hwy 60N), 979-245-9754, Family Practice

1700 Golden, 979-244-5025, Internal Medicine