MARCH 2024 VIRTUAL MEETING

SPINAL: PAIN MANAGEMENT (Dr. P. Pryzbylkowski)

BASIC ANATOMY

Pain Management [chronic spinal pain] basic anatomy of areas of the spine that are more susceptible to developing chronic pain disorders resultant from trauma and/or occupational exposure.

- Cervical
- Thoracic
- Lumbosacral

Chronic spinal pain disorders

Treatment

- Most efficacious diagnostic tools for chronic pain disorders for diagnosis of chronic spinal pain disorders
    - X-rays
    - EMG
    - MRI (contrast/non-contrast)
    - CT Scan
    - Myelography
    - EEG
    - Discography
- Clinical evaluation with specific testing regarding cervical, thoracic and lumbosacral. Objective phased evaluation. Testing to exclude or minimize secondary gain/malingering considerations;
- Significant history considerations
- Differential diagnosis considerations.
- Non-surgical management inclusive of depomedrol dose packs/physical therapy/chiropractic/medicinal modalities;
- Frequency of accompanying psychiatric disorders; pre-existing psychiatric disorders complicating treatment protocols
- Injection modalities – (what are they and why prescribed)
    - Epidural Steroid Injections
    - Selective Nerve Root Blocks
    - Facet Joint Injections
    - Sacroiliac Joint Blocks
    - Medial Branch Blocks

- Facet Rhizotomy
- Radiofrequency Ablation
- Regenerative Injections
- TENS/Spinal Cord Stimulator/Dorsal Column Stimulator

- Neuromodulation modalities, TENS, spinal cord simulator
- Medication modalities/opiates, medical marijuana
- Addiction concerns
- Regulations/protocols for opiates
- Most frequent spinal chronic pain diagnoses

2. Etiologies of trauma and repetitive stress exposures, biomechanics; obesity, pre-existing personality disorders regarding predisposition for chronic pain disorders subjective complaints disproportionate to objective findings;

- Frequency of complex regional pain syndrome; objective criteria supporting diagnosis and presumptive modalities of treatment inclusive of ketamine/inpatient programs]
- Biggest challenges in chronic spinal pain treatment modalities.
- Secondary gain considerations in litigation/workers' compensation claims. Enhanced risk factors regarding chronic spinal pain including neuropsychiatric/psychiatric, suicide, exacerbation of existing diabetes mellitus, enhanced aggravation of acceleration of cardiovascular disease, kidney dysfunction, narcotic addition.

- Others

  Significant issues/concerns/challenges regarding chronic spinal pain treatment