

# Pain Patient Guide



## Pain Management

Pain Management is a medical specialty that focuses on finding and treating the source of acute and chronic pain.

Pain can take over your life no matter what the source. Whether you've thrown your back out during a weekend in the backyard or are suffering from pain that just won't go away, you can take control of your life with a pain evaluation at Southeast Pain Care. Our physicians are double board certified in anesthesiology/neurology and pain management. They work with you, using the least invasive methods possible, to customize a treatment plan that will return you to a more active lifestyle.



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## About Southeast Pain Care

At Southeast Pain Care, we focus on interventional pain procedures (injections), supporting medications and more advanced therapies to control and relieve the pain of our patients. We focus on two types of pain: acute and chronic pain.

- Acute pain management is designed for active adults who have new pain symptoms and need the help of a specialist. In some cases, pain control is not just a matter of comfort, but it is also a matter of medical safety that can contribute to the healing process.
- Chronic pain is a complex condition that refers to pain that lasts longer than expected for a disease or injury. It is frequently severe enough to limit a person's activity or make it difficult to function at work and home. If you have had pain for longer than two weeks, you should be evaluated by a pain specialist.

Southeast Anesthesiology Consultants founded Southeast Pain Care in 1997. Southeast Pain Care's physicians are double board certified by the American Board of Medical Specialists in anesthesiology and pain management. Our doctors, along with our physician assistants, service more than 45,000 patients each year in both North and South Carolina.



## SEPC's 4 Pronged Pain Management Approach

Southeast Pain Care offers a multi-disciplinary approach to pain management. We believe that it is vital to work closely with each patient to determine the proper treatment program. Our years of experience help us listen and create a treatment plan unique to your individual needs.

Our overall approach to pain management can be viewed as a four-pronged approach that may include one or more of the following components:

- **Interventional techniques** – As pain management specialists, our physicians have a wide array of highly specialized interventional techniques. Some examples of interventional techniques include stimulators, radiofrequency ablation and catheters.
- **Medication management** – Physicians review the type and frequency of medications to prevent over medication, but ensure pain relief.
- **Rehabilitation** – Physicians work with physical therapists to create a rehabilitation program when necessary. Many times physical and occupational therapy can help provide pain relief.
- **Counseling** – Long-term pain also has psychological implications, including anxiety and depression. We assist patients in coping with these concerns by referring patients to psychologists for counseling.



## Conditions We Treat

- Arm pain
- Neck pain
- Leg pain
- Sciatica
- Nerve pain
- Back pain
- Myofascial pain
- Headaches and migraines
- Post-surgical pain
- Spinal cord injury
- Shingles pain
- Diabetic nerve pain
- Arthritis pain
- Failed Back Surgery Syndrome
- Complex Regional Pain Syndrome (or RSD)
- Peripheral vascular disease/ low blood flow
- Work related injury
- Weekend warrior pain

*For additional information regarding a specific pain condition please visit [sepaincare.com](http://sepaincare.com).*

## Treatment Options Available

We have many pain care treatment options. Some of these include:

- Epidural steroid injections
- Nerve blocks
- Trigger point injections
- Joint injections
- Temporary and permanent epidural catheters for pain relief
- Pain control medications
- Radiofrequency lesioning/ablation to destroy a painful nerve
- Spinal cord stimulation to relieve lingering back and extremity pain
- Percutaneous discectomy to relieve the pain of bulging discs

*For additional information regarding a specific treatment option please visit [sepaincare.com](http://sepaincare.com).*



- ◀ *All interventional procedures are done under fluoroscopy or x-ray so that the pain physician can pinpoint the problem area and deliver medication to the exact nerve.*



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## Services Provided at the Following Locations:

### **CMC Main**

Morehead Medical Plaza  
1025 Morehead Medical Dr  
Suite Ste. 225  
Charlotte, NC 28204  
Phone: 704-377-PAIN (7246)

### **Museum Medical Center**

a facility of Mercy Hospital  
3030 Randolph Rd  
Suite Ste. 100  
Charlotte, NC 28211  
Phone: 704-377-PAIN (7246)

### **Ballantyne**

a facility of CMC Pineville  
14135 Ballantyne Corporate Place  
Suite 250  
Charlotte, NC 28277  
Phone: 704-377-PAIN (7246)

### **CMC Huntersville**

Northcross Medical Park  
16455 Statesville Road  
Suite 310  
Huntersville, NC 28078  
Phone: 704-377-PAIN (7246)

### **CMC University**

101 East WT Harris Blvd  
Suite 4001  
Charlotte, NC 28262  
Phone: 704-377-PAIN (7246)

### **Kings Mountain Hospital**

706 W. King Street  
Kings Mountain, NC 28086  
Phone: 980-487-5500

### **Stanly Regional**

929 North Second St.  
Suite 101  
Albemarle, NC 28001  
Phone: 704-984-4730

### **CMC Union**

355 Venus St.  
Suite A  
Monroe, NC 28112  
Phone: 980-993-7230

### **Piedmont Medical Center**

1665 Herlong Court  
Suite B  
Rock Hill, SC 29732  
Phone: 803-324-1028

### **CMC Blue Ridge**

720 Malcolm Boulevard  
Valdese, NC 28690  
Phone: 828-580-7620

### **Hickory**

a Facility of Grace Hospital  
located in Burke County  
2134 14th Avenue Circle, NW  
Hickory, NC 28601  
Phone: 828-580-2280

### **Hampton Roads**

814 Kempsville Rd.  
Suite 104  
Norfolk, VA 23502  
Phone: 757-455-8887

### **Mount Holly**

275 Beatty Drive  
Belmont, NC 28012  
704 512-3475  
704 512-3487 (Fax)

