



**PAIN & SPINE
SPECIALISTS**



**Enhance
Your Quality
Of Life**

Orthopedic Bracing

Back Braces Defined

Back braces are orthopedic devices designed to provide support and alleviate pain in the lower back region. These braces come in various types, including flexible, semi-rigid, and rigid, each serving different levels of back pain and instability. They are commonly used to reduce discomfort, promote mobility, and protect the lower back during activities like lifting or twisting.

Conditions and Symptoms Treated

Back braces are primarily used to address conditions such as chronic back pain, lumbago, osteoporosis, and sciatica. These orthoses can offer relief by stabilizing the spine, reducing pressure on the discs and joints, and providing support to the muscles. Individuals experiencing these conditions may benefit from the use of back braces to manage their symptoms and improve their quality of life.

Candidates for Back Braces

Ideal candidates for back braces include individuals suffering from moderate to severe back pain, those with a history of spinal issues or injuries, and individuals looking to prevent further back strain during physical activities. People who need additional support for their lower back due to muscle weakness, degenerative conditions, or postural issues can also benefit from using back braces for added stability and pain relief.

How to Prepare

Before starting back brace treatment, it is essential to consult with a healthcare professional to determine the most suitable type of brace for your specific needs. Understanding how to correctly wear and adjust the brace is crucial for maximizing its benefits. Additionally, discussing any existing medical conditions, lifestyle factors, and expectations with your healthcare provider can help tailor the treatment plan to your individual requirements.

During the Back Bracing Treatment

During back brace treatment, individuals can expect a noticeable reduction in lower back pain, increased support while performing everyday tasks, and improved posture. The brace may need to be worn consistently for a prescribed duration to achieve optimal results. Regular adjustments and monitoring by a healthcare provider may be necessary to ensure proper fit and effectiveness of the brace throughout the treatment period.

After the Treatment

After completing back brace treatment, individuals may experience improved back stability, reduced pain intensity, and enhanced overall function. It is important to follow any post-treatment instructions provided by the healthcare provider, including recommendations for continued back strengthening exercises, proper posture techniques, and periodic reassessments to maintain the benefits achieved during the treatment phase. Regular follow-ups can help track progress and address any recurring symptoms effectively.





PAIN & SPINE SPECIALISTS



DIGITAL GUIDE

Enhance Your Quality Of Living

We provide comprehensive pain management services to individuals who suffer from moderate to severe pain.

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VISIT US ONLINE AT
PASSMD.COM

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HOW WE CARE FOR PATIENTS

OUR MISSION

Our services are designed to address the root causes of chronic pain—not just the symptoms. Our goal is to restore your comfort, mobility, and quality of life through advanced treatments including interventional injections, medication management, advanced procedures, and regenerative therapies.

OUR SERVICES

(OPTION BELOW ARE CLICKABLE)

INJECTION THERAPIES

FACET JOINT INJECTIONS



MEDIAL BRANCH NERVE BLOCKS



STELLATE GANGLION BLOCKS



SACROILIAC JOINT INJECTIONS



EPIDURAL STEROID INJECTIONS



VIA DISC NP (DISC INJECTIONS)



LUMBAR SYMPATHETIC BLOCKS



HYALURONIC ACID INJECTIONS



TRIGGER POINT INJECTIONS



NON-INTERVENTIONAL (CONSERVATIVE THERAPIES)

MEDICATION MANAGEMENT

A guided medication treatment program that uses a systematic approach to prescribing, monitoring, and adjusting medications.



DME BRACING SERVICES

Bracing services designed to improve comfort, functionality, and relief for back, neck, knee, hip, and wrist pain.



ADVANCED PROCEDURES

SPINAL CORD STIMULATION



PERIPHERAL NERVE STIMULATION



RADIOFREQUENCY ABLATION



THE AURORA ZIP PROCEDURE



THE INTRACEPT PROCEDURE



SACROILIAC JOINT FUSION



THE MILD PROCEDURE



THE MINUTEMAN PROCEDURE



NEW INNOVATIONS

STELLATE GANGLION BLOCK INJECTIONS

For PTSD, depression & Long COVID



HORMONE REPLACEMENT THERAPIES

Testosterone, Estrogen & Progesterone



PLATELET-RICH PLASMA & EXOSOMES

Regenerative injections for enhanced healing



PEPTIDE INJECTIONS (AMINO ACIDS)

To promote optimal cell functions and repair



TRANSCRANIAL MAGNETIC STIMULATION

For treatment-resistant depression



PAIN REGIONS

(CLICK TO EXPLORE TREATMENTS)



BACK PAIN



HEAD PAIN



HIP PAIN



NECK PAIN



KNEE PAIN



SHOULDER PAIN



LEG PAIN



HAND PAIN



FOOT PAIN



ABDOMINAL PAIN

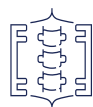
SPECIALIZED TREATMENT SERVICES



WORK INJURIES



FAILED SURGERY



PERSONAL INJURY



LONG COVID

CONDITIONS

WE SPECIALIZE IN

(CLICK TO EXPLORE EACH)



DEGENERATIVE DISC DISEASE



BULGING DISCS



ARTHRITIS (JOINT RELATED PAIN)



FIBROMYALGIA



HEADACHES / MIGRAINES



NEUROPATHY AND NEURALGIA



SCIATICA PAIN



PERIPHERAL NERVE ENTRAPMENT



CRPS (COMPLEX REGIONAL PAIN SYNDROME)



HERNIATED DISCS



DISCOGENIC PAIN



COMPRESSION FRACTURES (VERTEBRAL)



LUMBAR SPINAL STENOSIS



FACE JOINT SYNDROME



DIABETIC PERIPHERAL NEUROPATHY



CHRONIC JOINT PAIN



EXPLORE OUR LOCATIONS

(CLICK FROM BUTTONS OR
SCAN THE QR CODES BELOW)

MARYLAND

[VIEW LOCATIONS ▶](#)



PENNSYLVANIA

[VIEW LOCATIONS ▶](#)



VIRGINIA

[VIEW LOCATIONS ▶](#)



FLORIDA

[VIEW LOCATIONS ▶](#)



OHIO

[VIEW LOCATIONS ▶](#)



WHAT TO EXPECT

Individuals looking to schedule a new patient appointment will be guided through the entire process by one of our new patient coordinators (NPC). Our NPCs will thoughtfully listen to your concerns and gather the appropriate information to schedule. Our practice understands that living with chronic pain is difficult, and we prioritize scheduling a new patient appointment within a week of their first phone call.

New patients can schedule an appointment in any of our convenient locations and are not required to complete any imaging before being seen.

WHY CHOOSE US



Board-Certified Doctors and Fellowship Trained Physicians



Comprehensive Treatments That Target The Root Cause



Cutting Edge Regenerative & Alternative Therapies for Pain



We Accept All Insurances. Including Medicaid & Medicare

BOARD-CERTIFIED DOCTORS

Our advanced pain specialists make it a priority to remain up-to-date with current treatments and scientific research.

Knowledge of the most modern techniques and medical practices provides patients with the best care. Our pain management doctors regularly participate in continuing education units (CEUs) and conferences to enhance their proficiency in the medical field for the betterment of our patients.



COMPREHENSIVE SERVICES

Chronic Pain Relief

Medical interventions can alleviate the symptoms and underlying causes of long-lasting pain.

Workers Comp & Personal Injury Claims

Whether you are in pain from a personal or work-related injury, we can help you recover.

Personalized Pain Management

Individualized treatment plans effectively treat your pain and improve your range of motion.

Minimally Invasive Treatments

Outpatient procedures produce less pain, reduced risk of complications, and a shorter recovery time.

“

Dr. Sudhir Rao is such an amazing doctor! During my first visit, he never tried to rush through my appointment; he genuinely listened to all my concerns and then took his time to explain all his recommendations to me in detail and how they would help me.

Nikki Walker

Healthgrades.com 

“

Completely the best care you could want. The staff is so pleasant and caring, and the doctors have a true heart for healing. I love being a patient here and would give ten stars if I could—absolutely the most caring during my procedure with Dr. Suhas Badarinath.

Catherine C.

Google Review 

“

I have been with Dr. Rao for 13 years. He is the most caring doctor I have ever been to! Dr. Rao makes you feel very comfortable at all times. I would not want to go to any other doctor. I go to the Hagerstown location, and everyone is very nice.

Theresa R.

Google Review 



VIEW LOCATIONS



SCHEDULE APPOINTMENT



SEE MORE REVIEWS



PHONE NUMBERS