



**PAIN & SPINE
SPECIALISTS**

**Enhance
Your Quality
Of Life**

Abdominal or Pelvic Pain

Abdominal or Pelvic Pain Defined

Abdominal or pelvic pain is any discomfort between your belly button and pubic bone. It's a common issue many people experience, although the pain's intensity, type, and frequency can vary significantly. When this pain becomes persistent and lasts for an extended period, it transitions into what we call chronic pain. Chronic abdominal or pelvic pain can dramatically affect your quality of life, making everyday activities challenging. Therefore, when pain persists, it's vital to consult with a specialist who can accurately diagnose and treat the condition.

Causes of Abdominal or Pelvic Pain

The causes of abdominal or pelvic pain are manifold. It could be due to gastrointestinal issues like gastritis, appendicitis, or irritable bowel syndrome. Gynecological conditions such as endometriosis, ovarian cysts, or uterine fibroids can also lead to chronic pelvic pain in women. In men, conditions like prostatitis or hernias may be the cause. Sometimes, the pain could result from urinary tract infections, kidney stones, or bladder disorders.

Symptoms of Abdominal or Pelvic Pain

Common symptoms associated with abdominal or pelvic pain can include a sharp, stabbing sensation, a dull ache, cramping, or a burning sensation in the abdomen or pelvic area. Pain may be constant or intermittent, and its intensity can range from mild to severe. Accompanying symptoms might include bloating, changes in bowel movements, nausea, vomiting, fever, or unexplained weight loss.

Conditions Causing Abdominal or Pelvic Pain

Conditions such as chronic pelvic inflammatory disease, interstitial cystitis, and pelvic congestion syndrome often lead to chronic abdominal or pelvic pain. Other conditions like fibromyalgia, irritable bowel syndrome, and certain types of nerve damage can also result in chronic pain in these areas. It's important to remember that chronic pain isn't just a symptom; it's a condition in itself that requires targeted treatment and management.

Treatment Options For Abdominal or Pelvic Pain

Managing abdominal or pelvic pain is crucial to your overall well-being. As such, we offer a range of treatment options tailored to address your unique needs, delivered with a focus on patient-centered care and empathy.

Treatment for abdominal or pelvic pain can include:

- **Medication Management:** Our expert providers may recommend medications tailored to your specific condition and medical history, aiming to alleviate abdominal or pelvic pain while considering potential side effects and long-term efficacy.
- **Interventional Procedures:** We offer minimally invasive interventional procedures such as nerve blocks and injections, which directly address abdominal or pelvic pain sources, promoting healing and restoring your daily functionality.
- **Surgery:** In some cases, surgery may be necessary to treat underlying conditions that cause abdominal or pelvic pain. Our skilled surgeons will work with you to discuss options and develop a personalized treatment plan.

This multipronged approach to healing abdominal or pelvic pain exemplifies our commitment to patient-centered care at Pain and Spine Specialists. We understand that managing pain can be overwhelming and we are here to support you every step of the way.



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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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

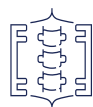
SPECIALIZED TREATMENT SERVICES



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