



**PAIN & SPINE
SPECIALISTS**



**Enhance
Your Quality
Of Life**

Back Pain Treatment

Back Pain Defined

Back pain, a common medical condition, is often characterized by discomfort along the spine, ranging from the upper to lower back. It can manifest in various ways, from a dull, persistent ache to sudden, sharp sensations that can limit movement and functionality. The severity and duration of back pain may vary, but when it persists for longer than six months, it's considered chronic.

Causes of Back Pain

Common causes of back pain include muscle or ligament strain due to heavy lifting or sudden awkward movements, which can cause painful muscle spasms. Degenerative conditions like osteoarthritis can also contribute to back pain, as can herniated or ruptured disks, which can place pressure on nerves. Poor posture over time can lead to back pain as well, and certain diseases, such as cancer or kidney stones, can cause pain that radiates to the back.

Back Pain Symptoms

Back pain symptoms can vary significantly but typically include muscle ache, shooting or stabbing pain, pain that radiates down your leg, or pain that worsens with bending, lifting, standing, or walking. Some people may experience decreased range of motion or flexibility in their back. In severe cases, back pain can be accompanied by symptoms like unexplained weight loss, inflammation or swelling on the back, or fever, indicating a need for immediate medical attention.

Back Pain Causes

There are numerous causes of back pain, but some of the most common include:

- **Herniated Discs:** Herniated discs occur when the soft material inside a disc protrudes through the disc wall, putting pressure on nearby nerves and causing pain. The resulting nerve impingement can lead to discomfort and limited mobility.
- **Spinal Stenosis:** Spinal stenosis involves the narrowing of the spinal canal, which can compress the spinal cord and nerves, resulting in back pain and potential leg pain. The constriction of the spinal canal may cause symptoms such as numbness, tingling, and weakness in the legs.
- **Degenerative Disc Disease:** With age, the intervertebral discs may naturally deteriorate, leading to decreased disc height and potential irritation of surrounding nerves. This degeneration can contribute to chronic back pain and reduced spinal flexibility.
- **Sciatica:** Irritation of the sciatic nerve, often due to compression from a herniated disc or spinal stenosis, can radiate pain from the lower back through the buttocks and down one leg. This condition can manifest as tingling, numbness, or muscle weakness in the affected leg.

Treatment Options for Back Pain

Treatment options for managing back pain are diverse and depend on the underlying cause. Over-the-counter pain relievers and anti-inflammatory medications are often the first line of treatment, along with physical therapies such as stretching and strengthening exercises. In more severe cases, treatments may include prescription medications, injections for pain relief, and even minimally invasive procedures. In rare cases, back surgery might be considered. It's important to remember that the most effective treatment plans are individualized, taking into account the specific cause and severity of back pain and the patient's overall health and lifestyle.



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

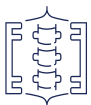
SPECIALIZED TREATMENT SERVICES



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

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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