



**PAIN & SPINE
SPECIALISTS**



**Enhance
Your Quality
Of Life**

Bulging or Herniated Discs

Bulging and Herniated Discs Defined

Bulging and herniated discs are spinal conditions that can cause significant discomfort. A bulging disc occurs when the disc, which serves as a cushion between the vertebrae, extends outside its usual position. This often happens due to the disc's degeneration over time. A herniated disc, also referred to as a slipped or ruptured disc, is a condition where the outer layer of the disc tears, allowing the inner portion to seep out. This can put pressure on the surrounding nerves and cause pain or numbness.

Causes of Bulging and Herniated Discs

Common causes of these conditions include:

- **Aging:** As we age, the natural wear and tear on the spine can contribute to the development of bulging or herniated discs, which can compress spinal nerves and cause symptoms such as pain, numbness, and tingling.
- **Degenerative Disc Disease (DDD):** The degenerative changes associated with disc disease can lead to the weakening of the outer layer of spinal discs, causing them to bulge or herniate. This results in discomfort and potential nerve compression that may affect daily activities.
- **Trauma:** Trauma from a fall or a heavy blow can also cause discs to bulge or herniate, potentially leading to discomfort and nerve compression.
- **Repetitive Strain Injury (RSI):** Engaging in repetitive motions, particularly those involving lifting, bending, or twisting, can place excessive strain on the spine over time. This repeated stress may lead to spinal disc issues, including bulging or herniation, which can cause significant pain and affect mobility.

Areas Affected by Bulging or Herniated Discs

Pain due to these conditions can occur in various regions of the body, depending on the location of the affected disc. If the disc is in your lower back, you'll likely feel pain in your buttocks, thigh, and calf. It could also involve part of the foot. If your neck is affected, the pain will typically be most intense in the shoulder and arm. This pain might shoot into your arm or leg when you cough, sneeze, or move your spine in certain ways.

Bulging and Herniated Discs Treatment Approaches

There are several common pain management treatments for bulging and herniated discs at Pain and Spine Specialists, including:

- **Epidural Steroid Injections:** Epidural steroid injections offer targeted relief by reducing inflammation and providing pain management directly at the affected area.
- **Spinal Cord Stimulation (SCS):** SCS alleviates discomfort from bulging and herniated discs by interrupting pain signals to the brain.
- **Intrathecal Pumps:** Intrathecal pumps deliver precise medication directly to the spinal cord, providing effective relief from bulging and herniated discs while minimizing systemic side effects.
- **Minimally Invasive Lumbar Decompression (MILD):** MILD treatment focuses on relieving nerve compression and addressing symptoms with a minimally invasive approach, prioritizing your comfort and recovery.
- **Radiofrequency Ablation (RFA):** RFA treatment targets specific nerves responsible for transmitting pain signals, offering lasting relief.





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.

.....

VISIT US ONLINE AT
PASSMD.COM

TABLE OF CONTENTS

(CLICK THE BUTTONS BELOW)

PAGE 1

PAIN TREATMENTS

INJECTIONS, PROCEDURES & MORE

PAGE 2

PAIN CONDITONS

TYPES OF PAIN WE SPECIALIZE IN

PAGE 3

FIND A LOCATION

VIEW PHONES AND ADDRESSES

PAGE 4

LEARN ABOUT US

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

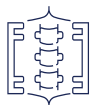
SPECIALIZED TREATMENT SERVICES



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