



**PAIN & SPINE  
SPECIALISTS**

**Enhance  
Your Quality  
Of Life**



## **Headaches and Migraines**

### **Headaches Defined**

Headaches are medical conditions that can be described as a sensation of discomfort or pain in any region of the head; the pain can range from mild to severe. They can occur on one or both sides of the head, be isolated to a specific location, radiate across the head from one point, or have a vise-like quality. A headache can be a sharp pain, throbbing sensation, or dull ache. They can appear gradually or suddenly and last from less than an hour to several days.

### **Causes of Headaches**

There are several common causes of headaches, including:

- Stress
- Dehydration
- Poor Posture
- Lack of Appetite
- Insomnia

Additionally, there are triggers that can increase the likelihood of headaches or migraines, such as:

- Caffeine
- Cheese
- Alcohol
- Smoke

**Learn More →**

## Headache Treatment Options

When it comes to addressing headaches and migraines, Pain and Spine Specialists offers a range of treatment options to alleviate your discomfort. Headache treatment approaches include:

- **Peripheral Nerve Stimulation (PNS):** PNS involves using mild electrical currents to modulate the activity of peripheral nerves. It offers effective relief from headache and migraine symptoms with minimal side effects.
- **Stellate Ganglion Blocks:** By precisely targeting the stellate ganglion, these injections can effectively interrupt pain signals related to headaches and migraines, providing meaningful relief and promoting a greater sense of well-being.
- **Occipital Nerve Blocks:** Occipital nerve blocks as a treatment option involves the targeted injection of medication around the occipital nerves to alleviate pain associated with headaches and migraines, aiming to restore your comfort and functionality.
- **Trigger Point Injections:** Our medical experts can utilize trigger point injections to address specific areas of muscle tension and discomfort contributing to headaches or migraines, offering targeted relief and promoting enhanced mobility and comfort.
- **Spinal Cord Stimulation (SCS):** For individuals seeking advanced pain management, spinal cord stimulation offers a personalized approach to mitigating headache and migraine symptoms through the delivery of gentle electrical pulses, prioritizing your comfort and well-being.





# 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**

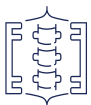
## SPECIALIZED TREATMENT SERVICES



**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

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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