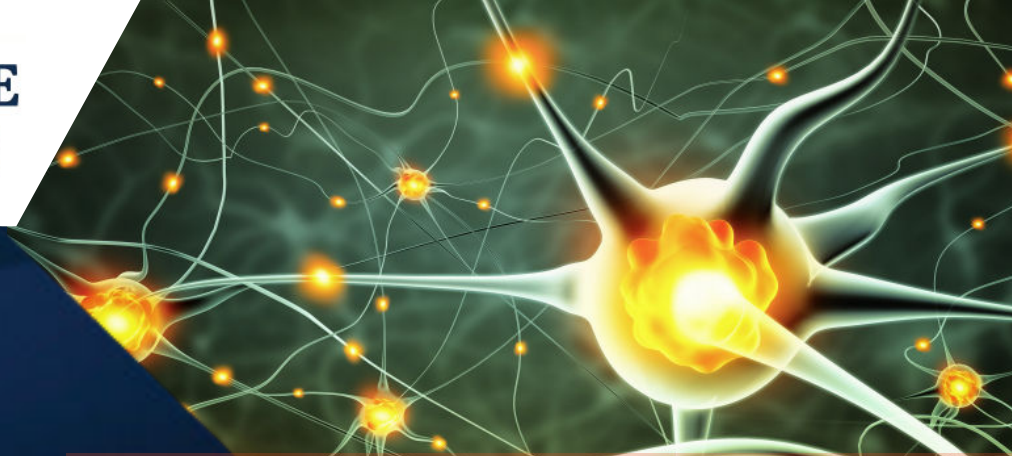




**PAIN & SPINE
SPECIALISTS**



**Enhance
Your Quality
Of Life**

Hip Pain Treatment

What Is Hip Pain?

Hip pain is a prevalent issue that can impact people of all ages. This discomfort is often felt in the hip joint and muscles, leading to stiffness or a limited range of motion. The pain can significantly disrupt daily activities and overall quality of life. Identifying the root cause of the pain is vital for effective treatment and prevention of further complications. Early diagnosis and intervention can help manage the condition and restore normal function.

What Causes Hip Pain?

Common causes of hip pain include injuries, overuse, or poor posture. Medical conditions like arthritis, bursitis, and labral tears often result in hip pain. These factors can contribute to the wear and tear of the hip joint, leading to inflammation, discomfort, and decreased mobility. Understanding these causes is a crucial step in developing a targeted treatment plan.

What Are Some Symptoms of Hip Pain?

Symptoms of hip pain can vary greatly depending on the underlying cause. Generally, individuals experience discomfort in the hip joint, stiffness, and limited range of motion. Some people may also notice swelling, tenderness, or a locking sensation in the hip. These symptoms can hinder routine tasks and affect many aspects of a person's lifestyle.

What Are Treatment Options for Hip Pain?

Fortunately for those living with hip pain, there are a variety of treatment options available to help alleviate discomfort and improve mobility. Some of the treatment approaches for hip pain at Pain and Spine Specialists include:

- **Sympathetic Nerve Blocks:** Sympathetic nerve blocks are minimally invasive injections that target the sympathetic nerves associated with the hip, effectively disrupting pain signals and relieving chronic hip pain.
- **Spinal Cord Stimulation (SCS):** By implanting a device that emits mild electrical currents near the spinal cord, SCS blocks the sensation of pain, providing effective relief from chronic hip pain that may be unresponsive to other treatments.
- **Peripheral Nerve Stimulation:** Peripheral nerve stimulation delivers electrical impulses to modify or block pain signals by implanting a small device near the affected nerves, offering targeted relief for persistent hip pain.
- **Medication Management:** Our Pain and Spine Specialists team provides personalized medication plans tailored to address the specific causes and symptoms of your hip pain, ensuring comprehensive management and relief.
- **Intrathecal Pump Treatment:** Intrathecal pump treatment for hip pain involves the surgical implantation of a device that delivers medication directly to the spinal cord fluid, targeting the source of pain with precision. This approach is especially beneficial for individuals experiencing chronic and severe hip pain, providing localized relief while minimizing systemic side effects.

Our Pain and Spine Specialists team will work closely with you to determine the best approach for your individual needs, taking into account your medical history, lifestyle, and personal preferences. We understand that living with chronic hip pain can be challenging, and we are here to provide compassionate care to help improve your mobility.



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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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

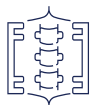
SPECIALIZED TREATMENT SERVICES



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