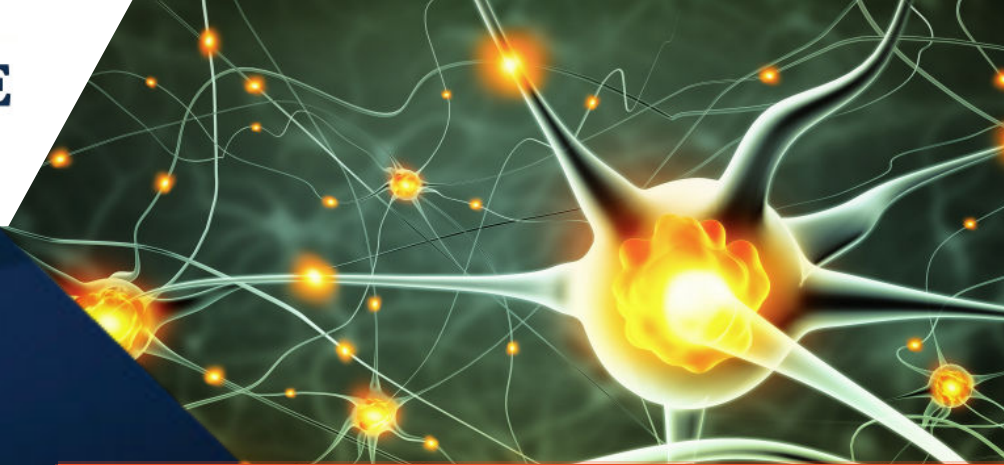




**PAIN & SPINE
SPECIALISTS**



**Enhance
Your Quality
Of Life**

Neck Pain Treatment

Neck Pain Defined

Neck pain is a common complaint. It is discomfort or distress in any neck structures, including the muscles, nerves, vertebrae, and the discs between the bones. It can range from mild discomfort to severe, debilitating pain and can be acute, which is short-term, or chronic, which usually lasts for twelve weeks or more.

Causes of Neck Pain

Common causes of neck pain are varied. It's often caused by activities that strain the neck, such as slouching, sleeping in an uncomfortable position, or working at a computer for too long. Neck pain can also be caused by injuries, such as falls or car accidents, leading to whiplash. Age-related disorders like osteoarthritis, spinal stenosis, or degenerative disc disease can also cause neck pain. Additionally, certain diseases, such as rheumatoid arthritis, meningitis, or cancer, can lead to neck pain.

Symptoms of Neck Pain

Symptoms of neck pain can manifest in several ways. The pain can be sharp or dull and may make it hard to move your head or use your arms. Some people describe it as a tightness, tension, or a throbbing sensation. Neck pain can also be accompanied by headaches, facial pain, shoulder pain, or tingling/numbness in your arms. Symptoms might worsen with certain activities or movements.

How Consultation Work

When seeking diagnosis and treatment for neck pain at Pain and Spine Specialists, you can expect a meticulously tailored diagnostic process to uncover the root cause of your discomfort. Our medical team employs advanced neurodiagnostic and imaging tests to thoroughly evaluate and diagnose different types of neck pain, ensuring a comprehensive understanding of your condition. Throughout the process, our healthcare providers at Pain and Spine Specialists maintain a patient-centered approach, utilizing clear and concise language to explain the procedures and results while also considering your unique needs and concerns.

Treatment Options for Neck Pain

Managing neck pain is crucial to maintaining a high quality of life. Our Pain and Spine Specialists team offers a range of treatment options tailored to address each patient's unique needs, all delivered with a focus on patient-centered care and empathy.

Some of our treatment options are:

- **Medication Management:** Medication management involves a careful evaluation of your symptoms, with prescriptions designed to target underlying causes while considering potential side effects and long-term efficacy.
- **Interventional Procedures:** Interventional procedures, such as nerve blocks and epidural injections performed by our specialized team, target precise areas to alleviate pain, promote healing, and restore daily functionality.
- **Surgical Consultation:** For cases requiring surgical intervention, our board-certified surgeons offer comprehensive evaluations and personalized guidance to explore surgical options if necessary.



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

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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

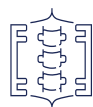
SPECIALIZED TREATMENT SERVICES



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