



**PAIN & SPINE
SPECIALISTS**



**Enhance
Your Quality
Of Life**

Sciatica Pain Management

What Is Sciatica?

Sciatica is a medical condition characterized by pain radiating down the leg from the lower back. This pain may be felt down the back, outside, or front of the leg. Typically, symptoms are only on one side of the body. Sciatica is an indication that there is an underlying issue affecting the sciatic nerve, which is the longest and widest nerve in the body.

What Are the Causes of Sciatica?

Understanding the potential causes of sciatica is crucial for gaining clarity and taking proactive steps toward relief and recovery.

Common factors that can contribute to the development of sciatica include:

- **Lumbar Herniated Disc:** When the soft inner core of a disc in your spine protrudes through the more rigid outer layer, it can exert pressure on the adjacent nerve roots, leading to sciatic pain.
- **Degenerative Disc Disease:** As the spinal discs undergo wear and tear over time, they may lose their cushioning ability, resulting in the narrowing of the space around the nerve roots and subsequent irritation.
- **Spinal Stenosis:** This condition involves the narrowing of the spinal canal, placing pressure on the spinal cord and nerve roots, potentially causing sciatic symptoms.

Learn More →



Understanding Sciatica

Diagnosis/Treatment

How Is Sciatica Diagnosed?

The sciatica diagnosis process at Pain and Spine Specialists begins with a comprehensive assessment, which may involve a detailed medical history, a precise physical examination, and advanced imaging techniques such as X-rays and magnetic resonance imaging (MRI). These diagnostic steps enable us to pinpoint the root cause of your sciatic pain and tailor a targeted treatment plan to address your specific needs. Our team of dedicated specialists is committed to providing you with clear, authoritative insights and empathetic support throughout the diagnostic process, empowering you to make informed decisions about your health.

What Options Are Available for Sciatica Treatment?

At Pain and Spine Specialists, our patient-centered approach to treating sciatica prioritizes your comfort, well-being, and long-term relief. Some of the sciatica treatment options we may consider include:

- **Medication Management:** Through a personalized medication regimen, we can alleviate discomfort and reduce inflammation, enhancing your overall quality of life.
- **Minimally Invasive Procedures:** Explore minimally invasive interventions such as epidural steroid injections or nerve blocks to directly target the source of your sciatic pain.
- **Surgical Intervention:** In cases where conservative treatments have not provided adequate relief, we may consider surgical options tailored to your specific needs and circumstances.



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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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

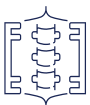
SPECIALIZED TREATMENT SERVICES



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