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Pain Physician

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Dear Friends,

Greetings from Nashik Pain Care Centre.

I, Dr. Vishal Balasaheb Gunjal, Founder Director of Nashik Pain Care Centre herewith take an opportunity to Thank you all for support & courage given to me through out my journey.

I am happy to share with you, we have added advanced technology, knowledge of Interventions to our armamentarium & marching to our aim of Pain free society!

Friends, daily I receive lots of queries about Pain management, techniques, Interventions & its implications to our day to day practice. I am here taking an effort, to reach the new science & future of medicine at to your doorstep. Kindly go through it & help the needy patients. If any query feel free to talk with me.

Thank you !!!!

Address : Nashik Pain Care Centre, Aher Nursing Home,
Old Pandit Colony, Opp. to KTHM College,
Gangapur Road, Nashik – 422002

Appointment : 9403015887 and 7798420380

Web : www.nashikpaincarecentre.com

What Is Pain ???

Pain is an unpleasant sensory & emotional experience associated with actual or potential tissue damage or described in terms of such damage.' (WHO)

What pain affects ???

- Quality of life
- Functional capacity
- Loss of work
- Economical loss
- Emotional disturbances
- Family disturbances

What Is Interventional Pain Management ???

It is a discipline of medicine devoted to the Diagnosis and Treatment of chronic pain related disorders. The goals are to relieve, reduce or manage pain & improve patients overall quality of Life.

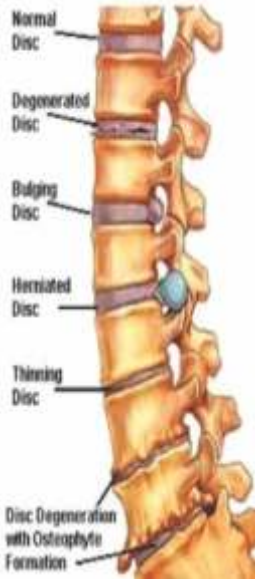
What are Advantages of Interventional Pain Management ???

- Non Surgical
- No Cutting
- No Sutures
- No Blood loss
- No General Anaesthesia
- Cheaper
- Day care – No admission
- You can go back to work on the same day
- Safe – Done under live x-ray control
- Minimum complications
- Suitable for high risk patients also.

SPINE RELATED PAINS

CONDITIONS

TREATMENT OPTIONS OR INTERVENTIONS



- Neck Pain
- Back Pain
- Cervical Radicular Pain
- Lumbar Radicular Pain
- Paraspinal Pain
- Muscular Stiffness
- Post Laminectomy Pain
- Disc Prolapse
- Old age patient Not fit for Surgery
- Patient not affordable or not willing for surgery
- Facetal Arthritis
- Facetal Cyst
- Sacroillitis
- Coccygodynia
- Vertebral Compression Fracture
- Transforaminal Nerve root Injection
- Cervical Epidural Injection
- Intra articular Facet Joint Injection
- Median Branch Block / Radiofrequency Ablation
- Sacroiliac Joint Injection
- Caudal Epidural Injection
- Percutaneous Epidural Adhesiolysis (Racz / Saline)
- Percutaneous Diagnostic Discography
- Percutaneous Chemo Nucleolysis
- Atlanto – Occipital Injection
- Atlanto – Axial Injection
- Ganglion Impar Injection / Radiofrequency
- Vertebroplasty (Bone Cement Injection)

HEADACHE

CONDITIONS

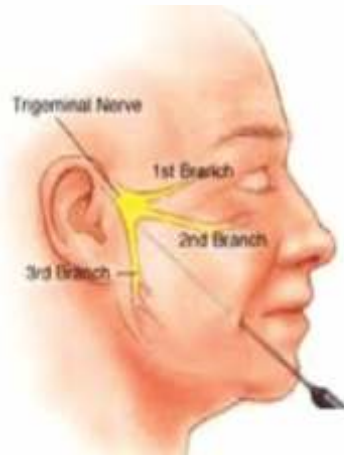
- Migraine
- Tension
- Cluster
- Cervicogenic
- Occipital



TREATMENT OPTIONS OR INTERVENTIONS

- Sphenopalatine Ganglion Injection / Radiofrequency
- Greater & lesser Occipital Nerve Injection / Radiofrequency
- Small Nerve Block Like Supraorbital, Supratrochlear, Infraorbital, Mental etc.
- Botox Injection
- Trigger Point Injection

TRIGEMINAL NEURALGIA



TREATMENT OPTIONS OR INTERVENTIONS

- Radiofrequency Ablation of Gasserian Ganglion

GLOSSOPHARYNGEAL NEURALGIA



TREATMENT OPTIONS OR INTERVENTIONS

- Glossopharyngeal Nerve Injection OR Radiofrequency Ablation

TEMPOROMANDIBULAR JOINT PAIN



TREATMENT OPTIONS OR INTERVENTIONS

- Platelet Rich Plasma Therapy (PRP)
- Prolotherapy

FACIAL PAIN (TYPICAL/ATYPICAL)



TREATMENT OPTIONS OR INTERVENTIONS

- Sphenopalatine Ganglion Injection/ Radiofrequency
- Isolated Nerve Blocks – Maxillary, Mandibular, Supraorbital, Infraorbital, Mental etc.
- Botox Injection
- Stellate ganglion Injection
- Gasserian ganglion Radiofrequency ablation

INFERIOR ALVEOLAR NEURALGIA

(POST DENTAL PROCEDURE PAIN)



TREATMENT OPTIONS OR INTERVENTIONS

- Inferior Alveolar Nerve Block/ Radiofrequency Ablation

SHOULDER PAIN



TREATMENT OPTIONS OR INTERVENTIONS

- Platelet Rich Plasm Therapy (PRP)
- Suprascapular Nerve Pulsed Radiofrequency followed by Physiotherapy

TENNIS ELBOW / GOLFERS ELBOW



TREATMENT OPTIONS OR INTERVENTIONS

- Platelet Rich Plasma Therapy (PRP)
- Prolotherapy

DE QUERVAIN'S TENOSYNOVITIS



TREATMENT OPTIONS OR INTERVENTIONS

- Local Steroid Injection – USG Guided

CARPEL TUNNEL / TARSAL TUNNEL SYNDROME



TREATMENT OPTIONS OR INTERVENTIONS

- Local Steroid Injection – USG Guided

COMPLEX REGIONAL PAIN SYNDROME (CRPS I & II) REFLEX SYMPATHETIC DYSTROPHY (RSD) SHOULDER HAND SYNDROME



TREATMENT OPTIONS OR INTERVENTIONS

- Sympathetic Neurolysis like Stellate Ganglion block, Lumbar Sympathetic block etc.
- Spinal Cord Stimulator
- Lignocaine / Ketamine Infusion

VASCULAR/ ISCHEMIC PAINS LIKE RAYNAUD'S DISEASE & BURGERS DISEASE



TREATMENT OPTIONS OR INTERVENTIONS

- Sympathetic Neurolysis like Stellate Ganglion block, Lumbar Sympathetic block etc.
- Spinal Cord Stimulator

INTERCOSTAL NEURALGIA / RIB FRACTURE / FLAIL CHEST / POST STERNOTOMY PAIN



TREATMENT OPTIONS OR INTERVENTIONS

- Intercostal Nerve Block / Neurolysis
- Paravertebral catheterization / Neurolysis

PANCREATITIS PAIN



TREATMENT OPTIONS OR INTERVENTIONS

- Coeliac Ganglion Block / Neurolysis
- Splanchnic Plexus block/ Neurolysis

ILLIO INGUINAL & ILLIOHYPOGASTRIC NEURALGIA POST SURGICAL PAINS (HERNIA & OTHER LOWER ABDOMINAL SURGERIES)



TREATMENT OPTIONS OR INTERVENTIONS

- Iliioinguinal & Iliiohypogastric Nerve Block/ Neurolysis / Radiofrequency – USG GUIDED

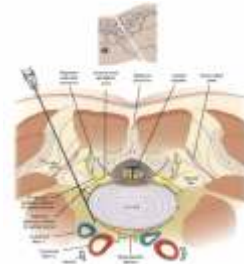
ATYPICAL / UNDIAGNOSED ABDOMINAL PAIN



TREATMENT OPTIONS OR INTERVENTIONS

- Coeliac Ganglion Block / Neurolysis
- Sympathetic Block / Neurolysis

ATYPICAL / UNDIAGNOSED PELVIC PAIN



TREATMENT OPTIONS OR INTERVENTIONS

- Superior Hypogastric Plexus block/ Neurolysis
- Iliioinguinal & iliohypogastric plexus block

ENDOMETRIOSIS OR UNDIAGNOSED UTERINE PAIN



TREATMENT OPTIONS OR INTERVENTIONS

- Superior Hypogastric Plexus block/ Neurolysis
- Sympathetic block/ Neurolysis

INTERSTITIAL CYSTITIS & UNDIAGNOSED UROGENITAL PAINS



TREATMENT OPTIONS OR INTERVENTIONS

- Superior Hypogastric Plexus block/ Neurolysis
- Sympathetic block/ Neurolysis

UNDIAGNOSED PERIANAL PAIN OR COCCYX PAIN



TREATMENT OPTIONS OR INTERVENTIONS

- Ganglion Impar block / Neurolysis /
Radifrequency Ablation

MERALGIA PARASTHETICA



TREATMENT OPTIONS OR INTERVENTIONS

- USG Guided Block/ Neurolysis/ Radiofrequency Ablation

KNEE PAIN



TREATMENT OPTIONS OR INTERVENTIONS

- Platelet Rich Plasm (PRP)
- Intraarticular Hyaluronic Acid Injection
- Prolotherapy
- Genicular Nerve Radiofrequency Ablation

ANKLE PAIN / PLANTAR FASCITIS



TREATMENT OPTIONS OR INTERVENTIONS

- Platelet Rich Plasma Therapy (PRP)

PERIPHERAL NEUROPATHY / DIABETIC NEUROPATHY



TREATMENT OPTIONS OR INTERVENTIONS

- Sympathetic Neurolysis like Stellate Ganglion block, Lumbar Sympathetic block etc.
- Spinal Cord Stimulator

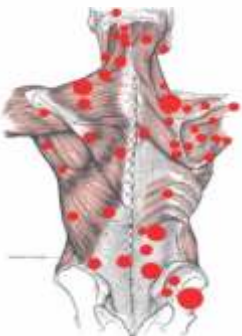
OSTEOPOROSIS



TREATMENT OPTIONS OR INTERVENTIONS

- Teriperatide Injections
- Bisphosphonate Injections (Zolendronic Acid)

MUSCULAR PAINS / FIBROMYALGIA CHRONIC TRAPEZITIS/ CHRONIC BACKACHE



TREATMENT OPTIONS OR INTERVENTIONS

- Trigger point Injections
- Botox Injection
- Intramuscular Stimulation
- Prolotherapy

CANCER PAIN

TREATMENT OPTIONS OR INTERVENTIONS



- Stellate Ganglion block for Head and Neck cancer pain
- Neurolytic Coeliac plexus block for Cancer of pancreas or other abdominal Viscera (Stomach, Liver, Gall Bladder etc.)
- Lumbar sympathetic chain block for Nociceptive or Neuropathic cancer pain affecting the lower extremity



- Neurolytic Superior Hypogastric plexus block for Cancer of Pelvic Viscera
- Hyperbaric phenol saddle block for midline perineal pain in patients with Rectal and Pelvic malignancies



- Intrapleural phenol block for visceral pain associated with esophageal cancer
- Ganglion Impar block for visceral pain of the perineum



- Multiple peripheral nerve blocks (Neurolytic/ Radiofrequency Ablation)
- Intraspinal Analgesia with epidural & intrathecal injections / Infusions/ Implantable pumps of local anaesthetics, opioids etc.



- Advanced Radiofrequency ablation procedures for benign and cancer pain.

POST HERPETIC NEURALGIA



TREATMENT OPTIONS OR INTERVENTIONS

- Isolated Nerve Block
- Sympathetic Neurolysis like Stellate Ganglion block, Lumbar Sympathetic block etc.
- Pulsed radiofrequency of Dorsal root ganglion
- Spinal Cord Stimulator
- Lignocaine / Ketamine Infusion

CHRONIC PAINS NON RESPONDING TO CONSERVATIVE TREATMENT OR INTERVENTION OR SURGERY



TREATMENT OPTIONS OR INTERVENTIONS

- Opioid Analgesics for long term – Oral / patches
- Lignocaine Infusion • Ketamine Infusion
- Intrathecal pump • Spinal cord Stimulator

Thought of Pain ?



HIGHLIGHTS

- Most of the procedures are on Day care basis.
- Most of them are done under Local Anesthesia only.
- Interventions are either Fluoroscopy, CT or USG guided; so are very targeted & specific.
- Interventions are generally safe & suitable for old age, high risk patients also.
- Interventions are cheaper.
- Interventions are repeatable.
- Most of the interventional pain procedures are covered under Mediclaim.
- Nashik pain care centre is well equipped with advanced equipment like Radiofrequency, C arm, OT equipment, Platelet Rich plasma, Ozone, Physiotherapy equipment etc.
- Dr. Vishal Gunjal is available as a freelancer for IPD visits & other interventional pain Management procedures.

PHYSIOTHERAPY

- Matrix Therapy
- TENS
- Ultrasound
- IFT
- SWD
- Stimulator
- Wax Bath
- Therapeutic Ball
- Shoulder Wheel / Pulley
- Continuous Passive Motion (CPM) Machine



Dr. Gayatri Gunjal

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DR. VISHAL BALASAHEB GUNJAL

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Pain Physician

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- MBBS : Grant Medical College & JJ Hospital Mumbai
- MD : Government Medical College, Miraj
- FPCI : Fellowship Pain Clinic of India, Mumbai
- FISSP : Fellowship Indian Society for the Study of Pain
- FIAPM : Fellowship Indian Academy of Pain Medicine
- Founder Director Nashik Pain care Centre
- Faculty at Various National & State conferences of Pain Management
- Conducted Various Workshops & Training Programs in Various National & State Conferences
- Published multiple articles about pain conditions and management in various Newspapers & Magazines.
- Interview about pain awareness on Radio & TV Channels.
- Conducted multiple CME about Spine Pain, Cancer Pain & Interventional Pain Management in & around Nashik District.
- Actively involved in Research in pain Management.
- Visiting Pain Management specialist in many hospitals in & around Nashik District.

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