

## NEXUS PAINCARE—EXCELLENCE IN SPINE CARE

Too many people believe that major surgery is the only option for severe back pain. At Nexus Paincare, we offer a multi-disciplinary approach for treating chronic headache, neck and back pain. Our goal is to educate the public about new technologies in pain care. Surgery and opioid drugs are not the only resources for treating chronic pain.

Nexus Paincare physicians specialize in medically validated procedures that have proven effective in relieving headache, neck, and back pain—such as radio frequency lesioning treatments. Through a series of diagnostic tests, our doctors are able to isolate the pain generating nerve. Then, using high-frequency radio waves and heat, the Nexus physicians pulse the pain-generating nerve and the pain sensory on the nerve is de-activated. The nerve is still functioning, but there is no more pain. Radio frequency treatments last between 12 and 14 months. Most insurance companies will cover this treatment at least once a year.

“Many conditions can be treated by simply targeting the painful nerve and treating it with our radio frequency procedures. Thanks to these medical advances, we can offer effective treatments without the risk and recovery time of surgery,” says Dr. Richard Rosenthal, the Medical Director of Nexus Paincare.

## SUPERIOR CARE, SUPERIOR STAFF

The staff at Nexus Paincare includes an anesthesiologist, two physical medicine and rehabilitation doctors, two fellowship

doctors, two physician assistants, a nurse practitioner, two psychologists, a physical therapist, a chiropractor, and a medical massage therapist.



DR. RICHARD ROSENTHAL PERFORMING A PROCEDURE.

Our clinical staff meets weekly to discuss difficult cases. They work together to create successful treatment plans. Although our doctors have different specialties, they all share the same philosophy on how to treat pain. They agree that successful pain treatment involves a variety of treatment options. That is why we have many types of treatment under one roof, ensuring that our patients get the best care possible.

## OUR MULTI-DISCIPLINARY APPROACH INCLUDES:

- Diagnostic Procedures
- Treatment Procedures
- EMG/Nerve Conduction Studies
- Physical Therapy
- Psychology
- Relaxation Training
- Deep Tissue Massage
- Implantable Devices
- Medication
- Chiropractics

## TREATING SHINGLES PAIN WITH NERVE BLOCKS

Shingles is a disorder caused by the herpes zoster virus, (the same virus that causes chickenpox during childhood). Shingles is onset when this virus comes out of dormancy. Anyone who has had chickenpox is susceptible to shingles, but particularly older people and those who are under physiological stress.

**FINALLY, SUCCESSFUL  
RELIEF FROM PAIN.**



Shingles causes a burning pain that is likely a result from the destruction of the nerve fibers and reduced blood flow to the nerves.

Most of the time, patients with shingles are given medication to make the pain more tolerable. Medications often cause dizziness and loss of balance, which can result in falls for older people.

There are other options besides medication. Nerve blocks can effectively reduce the pain from shingles. A nerve block injection helps to re-establish the normal blood flow to the nerves. The normal blood flow helps control the pain and helps the rash to heal faster. Nerve blocks also aid in preventing the development of postherpetic neuralgia—a condition in which the burning pain continues after the rash has healed.

Receiving nerve block treatments can help shingles patients heal faster and have a higher level of comfort.

## NEXUS OPENS DOORS IN RIVERTON

After many years in Provo, Nexus Paincare has taken its expertise to Riverton as well. Nexus recently opened its second location—a satellite office in Riverton. The Nexus physicians are excited to be able to help more people find relief of headache, neck, and back pain as this second location opens its doors to the south end of the Salt Lake Valley.

## NEXUS PAINCARE FELLOWSHIP PROGRAM

Each year, applications for the Nexus Paincare fellowship program file in. Three or more doctors who are seeking additional training in pain management are selected through an extensive interview

process to study under Dr. Richard Rosenthal for one year. Dr. Rosenthal is recognized not only throughout the country, but also throughout the world in the advanced techniques he has mastered. He lectures regularly to groups of physicians that are dedicated to treating headache, neck, and back pain.



While there are many fellowship programs throughout the nation, the one at Nexus Paincare is unique. Dr. Rosenthal has a step-by-step program for the fellows to work through. Certain tasks must be mastered and then passed off before these fellows are permitted to use the techniques on patients. Through extensive reading, observing, practice on an anthropomorphic injection phantom, and one-on-one

meetings with Dr. Rosenthal, these fellows take the necessary steps to master pain management skills.

Even after the fellows begin to implement their knowledge and use their skills to treat patients, Dr. Rosenthal is right by their side to make sure all goes well during the procedures. They are soon ready to perform the procedures on their own.

Dr. Rosenthal has such conviction that his procedures can help patients have a better quality of life. He wants his knowledge to become widespread so that patients everywhere may benefit. The Nexus Paincare fellowship program is helping this desire become a reality.

*At Nexus Paincare, the goal of the staff and physicians is to provide people with a better quality of life.*

To learn more about Nexus Paincare, please visit:

[www.nexuspaincare.com](http://www.nexuspaincare.com)