



PAIN Management



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LEADING THE WAY IN PAIN MANAGEMENT AT INSIGHT

At Insight, we are dedicated to addressing the pain that disrupts your life, whether it's caused by joint pain, tendon inflammation, back or neck ache, and nerve-related conditions. Our specialized musculoskeletal radiologists have decades of experience with pain management therapies.

Our pain management treatments are:

- ▶ *Guided by advanced imaging for precision*
 - ▷ *Live X-ray imaging (fluoroscopy)*
 - ▷ *Ultrasound*
- ▶ *Performed by experienced specialists*
- ▶ *Minimally invasive with an emphasis on safety*
- ▶ *Effective in reducing or alleviating pain in most patients*
- ▶ *Tailored to individual patient needs*
- ▶ *A preferable alternative to surgery for many conditions*

Our goal is to help you find the most suitable pain management approach.



THE INSIGHT ADVANTAGE

With a team of highly skilled radiologists and technologists, Insight is a leader in pain management. Each year, we perform thousands of procedures aimed at providing targeted pain relief.

Our services are conveniently available at multiple clinic locations throughout Edmonton, as well as in St. Albert, Sherwood Park, Spruce Grove, and Leduc. We prioritize patient accessibility by offering short wait times for appointments and accommodating walk-in visits to ensure timely care.

Comprehensive Pain Management: Comfort, Monitoring, and Long-Term Care

At Insight, your comfort is our highest priority throughout the entire treatment process. To minimize any discomfort during your procedure, we administer local anesthetics. While you may experience some initial soreness or lingering pain, it is expected to subside as the treatment begins to take effect.

The degree and duration of pain relief vary among patients. Factors such as the severity of your condition, the level of inflammation, and the accuracy in identifying the pain source all contribute to the effectiveness of the treatment. Patients may experience relief that lasts weeks, months or even years.

We understand that you know your pain best, which is why we encourage you to record your pain levels on a scale of 1-10 at specific intervals, which allows you and your healthcare team to assess the treatment's effectiveness. This data is invaluable to your healthcare provider in developing a sustainable pain management plan tailored to your needs.

Should pain relief be temporary and symptoms return, your healthcare provider might recommend repeating the procedure. For added convenience, you can discuss a 'standing order' with your practitioner, which allows you to schedule follow-up treatments directly with Insight as needed.

Discover More About Our Services

We invite you to explore more about our pain management offerings through this pamphlet and on x-ray.ca. Our mission is to find the best possible solution for managing your pain and improving your quality of life.



MEDICATIONS FOR INJECTIONS

Cortisone

Cortisone, a powerful anti-inflammatory drug, is frequently utilized to decrease inflammation and alleviate pain in joints, soft tissues, and the spine. For many decades, cortisone injections have served as a reliable treatment for pain management. It is the most commonly administered medication and is available to patients at no cost (covered by Alberta Health Care Insurance Plan).

Results may vary from patient to patient. It may take up to 2 weeks for the full injection to be felt, and benefits typically last 2-6 months.

Viscosupplement

We offer a variety of formulations of hyaluronic acid which can be tailored to your specific needs:

- ▷ Durolane ▷ Cingal
- ▷ Monovisc ▷ SportVis
- ▷ Orthovisc

Hyaluronic acid is an essential component of the synovial fluid in healthy joints, acting as a lubricant and shock absorber. In osteoarthritis, this fluid can become compromised, reducing its protective properties, and joint cartilage may deteriorate.

Medical hyaluronic acid is a gel-like substance that, when injected into a joint, can lubricate the joint, enhance biomechanics and shock absorption, reduce inflammation, reduce pain and improve mobility.

Results may vary from patient to patient. Pain relief usually begins around the fourth week after injection, and typically lasts 2-6 months.

✱ *Hyaluronic acid medications are sold near cost, at a significantly discounted rate compared to typical pharmacy prices. We will also provide you with a receipt, which you can submit to your extended benefits plan for reimbursement.*



Platelet-rich Plasma PRP

A cutting-edge treatment option for pain management that harnesses your body's natural healing abilities. PRP is derived from your own blood, which is processed to concentrate the platelets. These platelets are rich in growth factors that promote tissue repair and reduce inflammation. When injected into the affected area, PRP can help alleviate pain and improve function, making it an effective option for conditions like osteoarthritis, tendon injuries, and other musculoskeletal issues.

At Insight, we utilize a specialized technique to generate a highly concentrated platelet-rich plasma, reaching 45 times the concentration found in blood. This is the highest concentration available in clinics throughout Edmonton, offering superior treatment outcomes.

Results may vary from patient to patient. Pain relief usually begins several weeks after injection, and typically lasts 6-9 months.

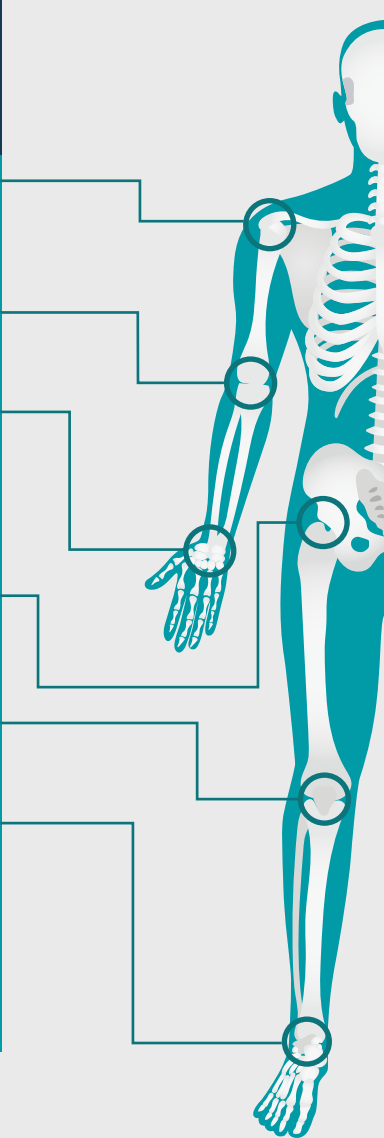
PRP treatment is not covered by Alberta Health Care Insurance Plan.

Price is \$395 per treatment.

**Price is subject to change without notice.*

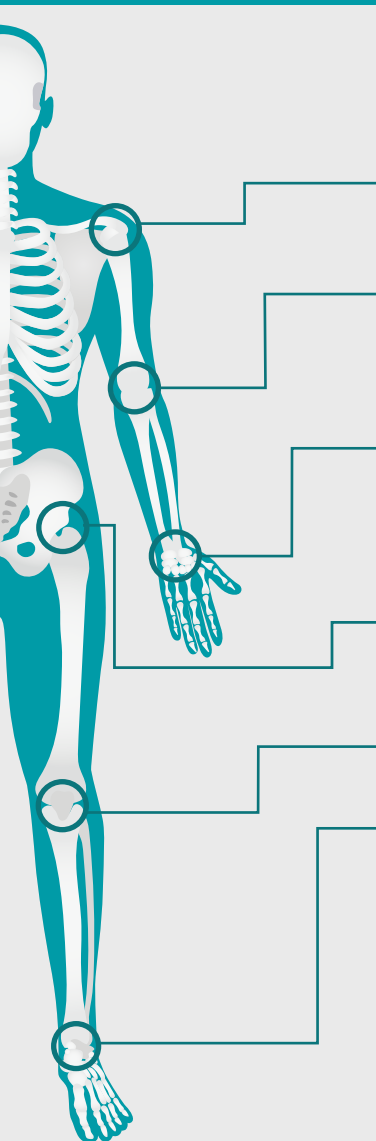
JOINT INJECTION

Joint pain resulting from conditions like osteoarthritis is common and can be effectively managed with injections of cortisone, hyaluronic acid, and platelet-rich plasma. At Insight, we provide injection treatments for large, medium, and small joints throughout the body.

- 
- The diagram shows a human silhouette with lines connecting specific joints to a list of injection sites. The joints are highlighted with circles, and lines extend from each to a corresponding label on the left. The labels are organized into six categories: Shoulder, Elbow, Wrist/Hand, Hip, Knee, and Ankle/Foot. Each category lists the specific joints that can be treated with injections.
- Shoulder**
 - Glenohumeral
 - Acromioclavicular
 - Elbow**
 - Elbow Joint
 - Wrist/Hand**
 - Radiocarpal
 - 1st Carpometacarpal
 - Metacarpophalangeal
 - Proximal and Distal Interphalangeal
 - Hip**
 - Hip
 - Sacroiliac
 - Knee**
 - Knee Joint
 - Ankle/Foot**
 - Tibiotalar
 - Subtalar
 - Talonavicular
 - Calcaneocuboid
 - Tarsometatarsal
 - Metatarsophalangeal
 - Proximal and Distal Interphalangeal

SOFT TISSUE INJECTION

Insight offers specialized injections for soft tissue targets throughout the body. Soft tissue pain from inflammation of bursa (bursitis), around tendon (tenosynovitis), plantar fascia (fasciitis) can be effectively treated with cortisone.



Shoulder

Subacromial bursa
Biceps Tendon
Rotator Cuff Tendon

Tendon and ligament injuries are treated with platelet-rich plasma and SportVis (hyaluronic acid) to promote healing.

Elbow

Common Flexor Origin
(Medial Epicondylitis)
Common Extensor Origin
(Lateral Epicondylitis)

Tendon calcification (calcific tendinosis) can be treated with barbotage, where calcium is fragmented and removed through a needle to provide pain relief, tendon healing, and avoid surgery.

Wrist/Hand

1st Extensor Compartment
(De Quervain's)
Trigger Finger
Dupuytren's Contracture
Carpal Tunnel

Hip

Trochanteric Bursa
Iliopsoas Bursa
Ischial Bursa

Knee

Pes Anserine Bursa

Ankle/Foot

Plantar Fascia
Intermetatarsal Bursa
Retrocalcaneal Bursa
Morton's Neuroma

Find Relief from Back Pain

Insight offers a comprehensive array of pain management treatments to relieve spinal pain in your back. Our radiologists will tailor the best solution to meet your individual needs.

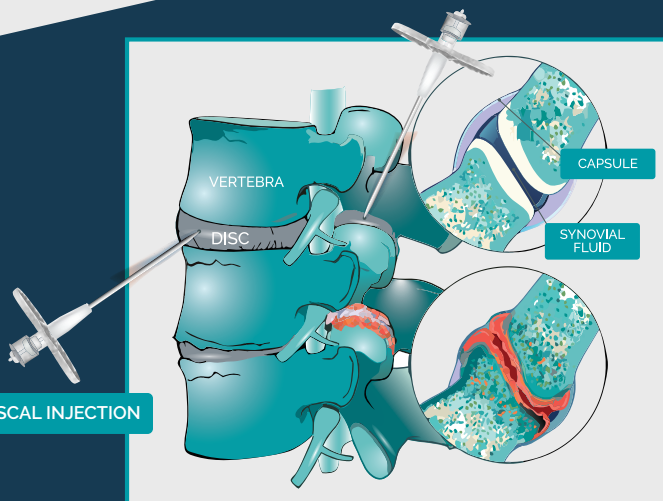


FACET JOINT INJECTION

Insight offers specialized cortisone injection to help alleviate pain in the neck and back originating from facet joints.

Facet joints are small joints that connect the vertebrae, providing stability and allowing for movement of the spine. Injuries or degeneration to these joints are common causes of back and neck pain.

FACET JOINT INJECTION



INTRADISCAL INJECTION

Intradiscal injection is a minimally invasive procedure for patients suffering from chronic back pain caused by damaged or degenerated discs. We deliver medication, either cortisone or platelet-rich plasma, directly into the affected disc to alleviate pain and promote healing.

MEDIAL BRANCH BLOCK AND RADIOFREQUENCY NEUROTOMY

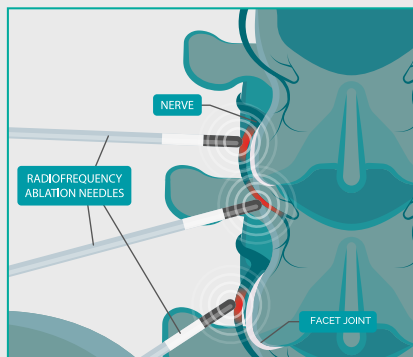
Insight offers medial branch block and radiofrequency neurotomy for the diagnosis and treatment of facet-related neck and back pain.

Medial Branch Block:

This is a diagnostic procedure involving injecting anesthetic near the small nerves emerging from the spinal cord, which connect to the facet joint and are responsible for transmitting pain signals to your brain. This temporarily blocks pain signal from the facet joint. If you experience significant pain relief following medial branch block, it confirms the source of your pain and you may be a candidate for treatment with radiofrequency neurotomy.

Radiofrequency Neurotomy:

Radiofrequency neurotomy is a minimally invasive and safe procedure that targets the nerves causing your pain, based on the results of your medial branch block. The procedure involves placing a small needle near the nerve and passing an electrical current through it, generating heat at the needle tip to disrupt the pain signals sent to your brain. Compared to cortisone injection, radiofrequency ablation can provide greater and more long-lasting relief, often lasting a year or more.



Stage 1

Facet Joint Injections

- ▶ Continue with Facet Joint Injections if it provides pain relief for more than 6 months
- ▶ If pain relief lasts less than 6 months, proceed to Stage 2

Stage 2

Diagnostic Medial Branch Block

- ▶ Two consecutive MBBs will be performed. If both are positive at the joint, proceed to Stage 3
- ▶ If unsuccessful, revert to facet joint injections

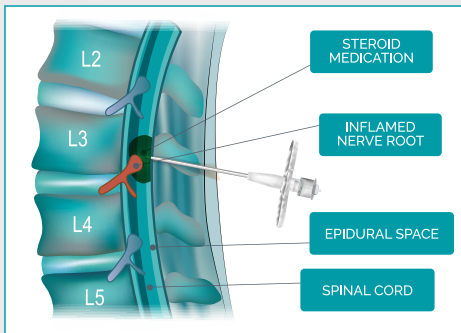
Stage 3

Radiofrequency Neurotomy

- ▶ Radiofrequency neurotomy can be used as a treatment and repeated as needed

NERVE ROOT AND EPIDURAL INJECTION

Nerve root and epidural blocks are minimally invasive procedures designed to diagnose and treat pain associated with irritated or compressed nerves in the spine. These treatments are particularly effective for conditions such as sciatica, herniated discs, spinal stenosis, and other spinal nerve issues that cause pain, tingling, or numbness, often radiating into the arms or legs.

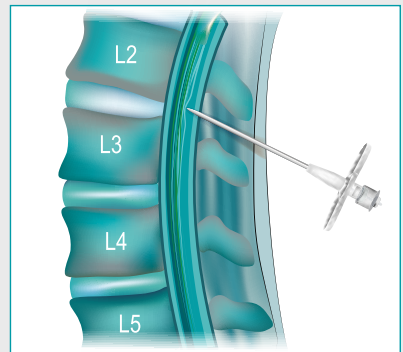


Nerve Root:

Nerve root block is both a diagnostic and therapeutic procedure. It involves injecting a local anesthetic and an anti-inflammatory medication (cortisone) near the specific nerve root suspected of causing your pain. This procedure not only helps to identify the exact source of your pain but also provides relief by reducing inflammation around the nerve.

Epidural:

An epidural block, similar to a nerve root block, is used to relieve pain by delivering medication directly into the epidural space of the spine, which surrounds the spinal cord and nerve roots. This treatment is particularly useful for broader pain relief, especially in cases where multiple nerve roots are involved or when pain is diffuse.



Both procedures typically offer immediate pain relief due to the local anesthetic. This relief helps in confirming the targeted area is contributing to your pain. The anti-inflammatory effects of cortisone may take 1-2 weeks to fully manifest. Pain relief can last anywhere from a few weeks to several months, depending on the individual and the underlying condition.

OUR PAIN CLINICS

① Meadowlark Pain Management

216 Meadowlark Shopping CTR NW
Phone: 780-489-5313 ext. 3006

EDMONTON WEST

② West End

B1-9509 156 ST NW
Phone: 780-483-3422

③ The Grange

2460 Guardian RD NW
Phone: 780-486-8132

EDMONTON SOUTH

④ Millwoods

6466 28 Avenue NW
Phone: 780-486-8103

⑤ Heritage

2049 111 ST NW
Phone: 780-438-0547

— COMING SOON —

⑥ Harvest Pointe

120 Watt Common SW

EDMONTON NORTH

⑦ Castledowns

15309 Castle Downs RD NW
Phone: 780-457-4070

⑧ Hermitage

12779 50 ST NW
Phone: 780-475-1866

EDMONTON CENTRAL

⑨ Unity Square

11560 104 AVE NW
Phone: 780-486-8102

OTHER LOCATIONS

⑩ Leduc

5307 50 AVE
Phone: 780-486-8104

⑪ Sherwood Park

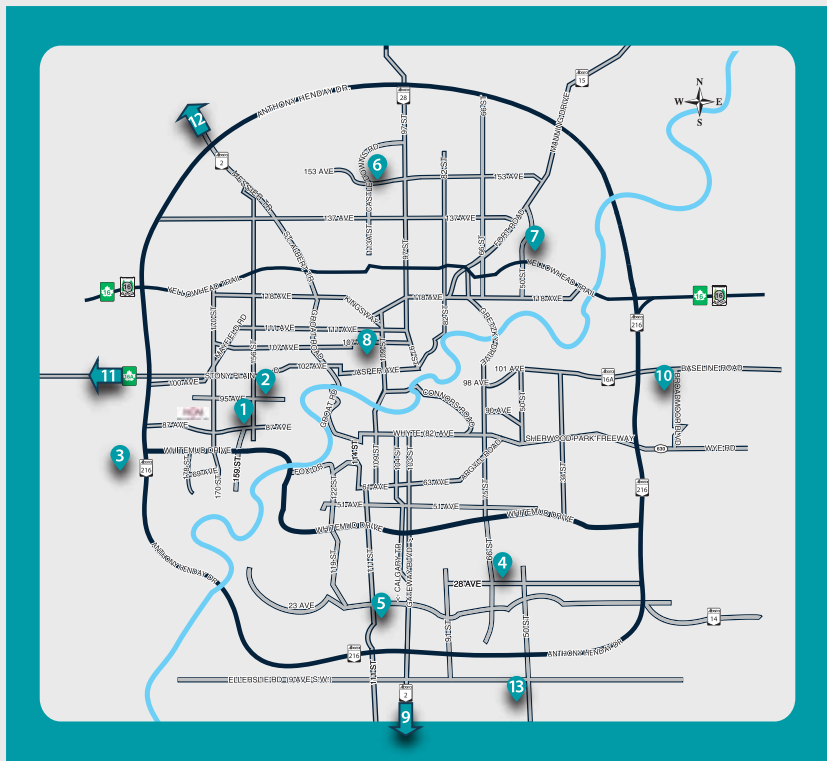
136 Athabasca AVE
Phone: 780-464-1515

⑫ Spruce Grove

107-505 Queen ST
Phone: 780-962-0297

⑬ St. Albert

110, 75 Neil Ross RD
Phone: 780-438-3802





WHY CHOOSE INSIGHT?

Expert Care:

Procedures are performed by specialists using advanced imaging techniques for precision and effectiveness.

Convenience:

Multiple clinic locations across the city. Injections are available every business day. Short wait times and walk-in availability.

Efficient Treatment:

Up to two injection sites treated per visit, minimizing the number of appointments needed.

Comprehensive Services:

On-site diagnostic imaging, including X-rays and ultrasounds, to complement your injection.

Affordable Options:

Viscosupplements sold near cost.
Low pricing on Platelet-Rich Plasma (PRP) treatments.

Thank you for making Insight your trusted provider for your pain management needs.

Phone

Physician
Priority Line: 780-669-2221
Local: 780-669-2222
Toll Free: 1-866-771-9446

Online

www.x-ray.ca

- ▶ MRI & CT
- ▶ Walk-In X-Ray
- ▶ Ultrasound
- ▶ Pain Management
- ▶ PRP Pain Management
- ▶ Mammography
- ▶ ABUS
- ▶ Nuclear Medicine
- ▶ Cardiac Studies
- ▶ GI Fluoroscopy
- ▶ Body Composition Analysis
- ▶ Bone Densitometry
- ▶ Walk-In ECG
- ▶ PRP Hair Restoration



Learn more about our Pain Management Services by scanning the QR code.