

# SUMMARY OF SERVICES PROVIDED AT ENTHEOMED PAIN CLINIC



**Trigger points** are tight or painful spots in muscles. We release them with needles or with our hands. Sometimes this is all it takes to get rid of pain. Payment: MSP covers the procedure

**Prolotherapy** is a targeted treatment involving injecting dextrose (and lidocaine, a local anesthetic to decrease discomfort) into joints, ligaments, or tendons. Over time it stimulates healing of weak ligaments or arthritic body parts so that joints don't move excessively and so your body's framework supports you well. You have monthly injections until pain subsides: anywhere from 1-6 times. Payment: private billing

**Nerve blocks** are local anaesthetic injections to switch off the painful nerve and break the pain cycle. Payment: MSP covers the procedure

**Perineural injections** work by 5% dextrose calming the nerve's pain receptors. Irritated swollen nerves return to normal size and don't get stuck as they wind through the body's tissues. Generally these injections are repeated for several visits about 5 days apart to give more lasting results. Payment: private billing

**Platelet rich plasma (PRP)** injections involve taking your blood, spinning it down, and re-injecting the plasma part back into a painful joint. This plasma is concentrated with superpowers: growth factors and substances that stimulate the healing process. This treatment is typically required only once or twice. Payment: private billing (generally more expensive than prolotherapy)

**Botox** is a therapeutic muscle relaxing agent that works at motor nerve endings (nerves that lead to muscles). It is in a class of drugs called neurotoxins. Payment: private billing (the cost of the botox is separate from injection fee)

**Viscosupplementation** injections of hyaluronic acid are aimed at reducing joint pain and improving the functional condition of the osteoarthritic joint: in particular, the knee.

Payment: The physical injection part of the treatment is covered by MSP. The viscosupplement product costs between \$375 to \$500 per vial, obtainable from any pharmacy or the Bill Nelems Pain Clinic.

**Barbotage** is a procedure used to treat a deposit of calcium that has formed in the tendons of the body, most commonly in the rotator cuff tendons of the shoulder. Payment: private billing

**Lidocaine** can block certain receptors in the nerves in your body, altering painful sensations. It can be effective in the treatment of Complex Regional Pain Syndrome, neuralgia, post herpetic pain, chronic diabetic neuropathy, vascular headaches, centralized pain, or widespread pain. Payment: private billing

**Medications** used at your appointment will be billed on a cost-recovery basis.