

## The Philosophy of the Shepherd Pain Institute

The Shepherd Pain Institute takes a multi-disciplinary approach to the practice of pain medicine. We specialize in the evaluation, diagnosis and application of interventional treatment for the management of pain and related disorders.

We believe the patient should take an active role in the treatment of pain. We encourage patient involvement in the medical decision-making process and invite questions regarding treatment options.

The team at the Shepherd Pain Institute believes that pain and the psychophysiological state of a person's health go hand-in-hand. Research shows that the mind and body connection is extremely important. By focusing on what is causing pain and discomfort – and changing a patient's focus to overall wellness – life in general will improve.

## What are the Goals for Pain Treatment?

Successful reduction of chronic pain problems involves identifying and pursuing some definitive goals. Several of these objectives include the following:

- Reduce the use of medications and invasive medical procedures
- Maximize and maintain physical activity
- Return to productive activity at home and work
- Increase the ability to manage pain and related problems
- Reduce subjective pain intensity

## Information needed for new patients

Patients may be seen for a pain problem as a consultation from their primary physician/specialist, or may self-refer to the Shepherd Pain Institute. The following information is needed for new patients.

- Patient information (name, address, phone number, age, date of birth)
- Copy of insurance card
- Treatment notes (history and physical, and last three progress notes from your physician)
- Diagnostic reports (including X-rays, CTs, MRIs – also bring actual films)
- Any other medical information you feel may be of assistance

## Appointments and General Information

Call the Shepherd Pain Institute if you would like to inquire about our program or schedule an appointment or follow-up visit.

**Phone:** 404-355-1144 **fax:** 404-355-6980  
**Hours:** 8:30 a.m. – 4 p.m. Monday – Thursday  
8:30 a.m. – Noon Friday



### SHEPHERD CENTER

Shepherd Pain Institute

2020 Peachtree Road, NW  
Atlanta, GA 30309-1407  
Phone: 404-355-1144  
Fax: 404-355-6980  
shepherdpaininstitute.org

## Shepherd Pain Institute at Shepherd Center



Pain management and rehabilitation  
for chronic pain problems



### SHEPHERD CENTER

Shepherd Pain Institute

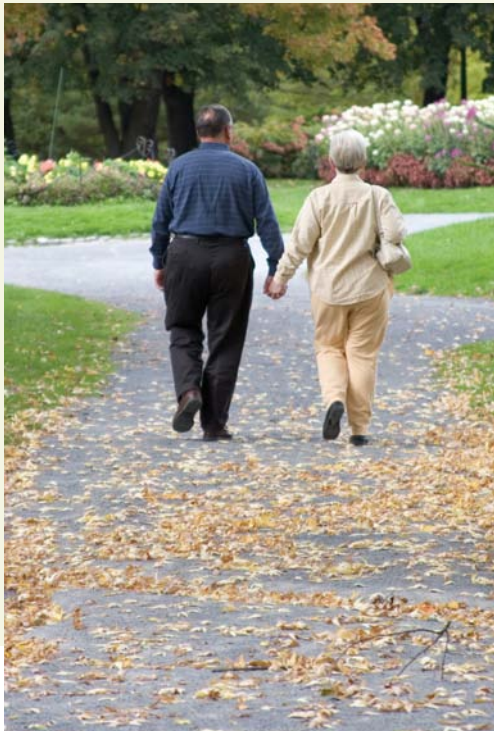
Shepherd Pain Institute  
given in memory of  
**Robert "Dean" Stroud**  
by loving grandparents, Florrie and Bill Erb

## About The Shepherd Pain Institute

The Shepherd Pain Institute offers pain management and rehabilitation for individuals experiencing chronic pain problems. Because a variety of factors can contribute to an individual's pain, the staff at Shepherd Pain Institute uses a multi-disciplinary approach to treatment.

We use the latest imaging technology to establish a precise diagnosis, treating pain at its source and providing a comprehensive rehabilitation plan to ensure the best possible opportunity for long-term improvement.

Our physicians, nurses, psychologists and physical therapists, who are specifically trained in pain medicine and rehabilitation, use a three-step treatment process of diagnosis, intervention and rehabilitation. Our physicians are fellowship trained and board certified in Physical Medicine & Rehabilitation and Pain Medicine.



## What Types of Pain Can Be Treated?

- Arthritis Pain
- Back and neck pain
- Chronic pain following back or neck surgery
- Vertebral compression fractures
- Degenerative disease of intervertebral discs/Bulging discs
- Sacroiliac joint pain
- Spinal stenosis
- Radiculopathy/pinched nerve
- Chronic pain syndrome
- Musculoskeletal pain, including reflex sympathetic dystrophy (RSD) and causalgia
- Complex regional pain syndrome (CRPS)
- Myofascial pain syndrome
- Sciatica
- Cancer pain
- Any chronic pain

## Solutions in Pain Management

Pain is one of the most common complaints presented to physicians today, yet it is also one of the most difficult medical problems to understand and treat adequately. In the setting of an acute injury, pain serves a useful purpose as a warning system of possible bodily harm. However, we now understand that pain can persist beyond the normal healing period.

Pain takes a tremendous toll, not only in human suffering, but also causes enormous disruptions in personal relationships and employment. Additionally, chronic pain has a tremendous economic impact on society.

Usual daily activities, once taken for granted become physical and mental challenges. Eventually, family members will become deeply affected. Fortunately, many recent advances in the emerging field of pain management offer hope to those who suffer from chronic pain.



The physicians and staff of the Shepherd Pain Institute are committed to providing the best service in a modern, caring environment through the use of the latest technologies and a multi-disciplined, team-oriented approach to reducing your pain symptoms.

## Pain Solutions Available at the Shepherd Pain Institute

- Comprehensive pain evaluation
- Epidural steroid injection
- Nucleoplasty
- Nerve blocks
- Discograms
- Trigger point injections
- Facet injections/Medial Branch Block
- Neurolytic blocks
- Radio frequency
- IDET (Intradiscal Electrotherapy)
- Vertebroplasty
- Acupuncture
- Yoga
- Biofeedback
- Physical therapy
- Psychophysiological therapy
- Medical massage
- Spinal cord stimulators
- Intrathecal pumps (pain medicine pumps)