

# TCPC

TRI-COUNTY PAIN CONSULTANTS, PC

Dear Valued Patient,

Welcome to Tri County Pain Consultants. The purpose of this letter is to let you know what to expect and to answer some questions that we respond to on a regular basis. Our practice is not built on a single course of treatment but on the best use of multiple team members and options. Your treatment with us may involve medications, injections, behavioral health and/or physical therapy.

Our goal is to do what works for you; your recommendations are based on a thorough assessment of your current health and your goals for improvement. Medications may be used to help manage pain, often times they can be a very effective part of a pain management plan. However, we are always looking to find the root cause of the problem so that we aren't masking the symptoms. Pain can be a major hurdle to many daily activities so behavioral therapy, including biofeedback and counseling may be a vital component of care. In addition, physical therapy can provide just the right touch to complement your overall treatment goals.

We use injections for two main reasons. One is to help diagnose the source of the pain, the second is that it can be therapeutic in reducing pain. Back pain provides an example. Some sources of back pain may be very obvious such as a large disc herniation. In other cases, the exact source of back pain may be less certain. We put medications at different spots in the back to help diagnose and treat the source. Not every patient is a good candidate for injections; frequently, they can be used to help a person feel better.

Injections can initially be used to break the cycle of constant debilitating pain. As a continued treatment, longer lasting injections can be used to encourage activity and reduce the need for medications. Injections, coupled with behavioral and physical therapy and/or medication can be a winning combination for helping you to get back to daily activities and to have reduced pain.

Again, we welcome you to our practice and hope this letter answers a few of your questions. We realize that you may have additional questions and welcome the opportunity to address them at your first appointment. We are all eager to meet you and to help you manage your pain.

Sincerely,

Tri County Pain Consultants, PC