



RENEWAL SOLUTIONS

Integrated Pain Solutions is pleased to announce that as part of our comprehensive services we also offer MAT (Medication Assisted Treatment) for patients with or suspected of having an opiate use disorder (OUD) or substance abuse disorder (SUD). This program is known as Renewal Solutions and we are currently operating the program out of our Rockingham office. We will be expanding this program to other locations based on patient demand. We are accepting new patients for treatment, and the program accepts all Insurances as well as cash pay patients. In order to better serve you and your patients, please be aware of the following:

We offer both dual (Suboxone, Zubsolv) and monotherapy (Subutex, Naltrexone, Sublocade subcutaneous injection) products. We are not offering Probuphine implantable products currently. We are not offering Subutex or currently treating pregnant patients.

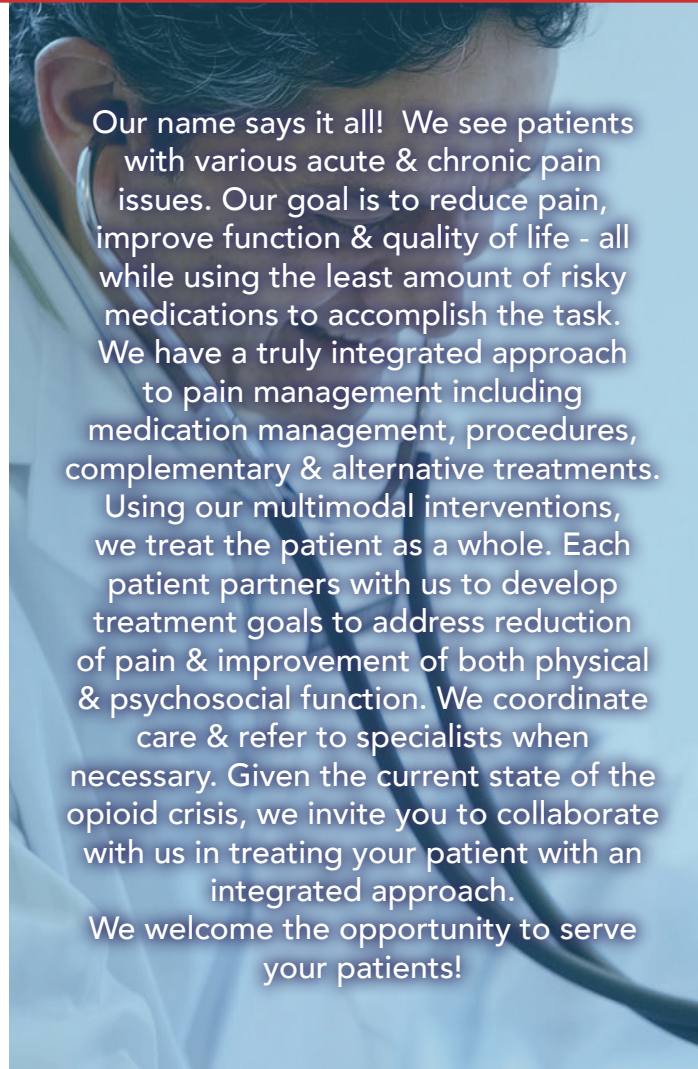
OUR MISSION

At Integrated Pain Solutions, we understand that pain affects more than just the injured area, it influences your daily life. We strive to improve and bring joy back into your day.



INTEGRATED PAIN SOLUTIONS

REDUCING PAIN. IMPROVING FUNCTION.



Our name says it all! We see patients with various acute & chronic pain issues. Our goal is to reduce pain, improve function & quality of life - all while using the least amount of risky medications to accomplish the task. We have a truly integrated approach to pain management including medication management, procedures, complementary & alternative treatments. Using our multimodal interventions, we treat the patient as a whole. Each patient partners with us to develop treatment goals to address reduction of pain & improvement of both physical & psychosocial function. We coordinate care & refer to specialists when necessary. Given the current state of the opioid crisis, we invite you to collaborate with us in treating your patient with an integrated approach. We welcome the opportunity to serve your patients!



(844) 939-PAIN
www.ips.md

IPS TREATMENT INTERVENTIONS

Medication Management

- Opioids Pain Medications
- Non-Opioid Pain Medications – Anti-inflammatories, Muscle Relaxers, Neuropathic pain meds, Topical Medications, Antidepressants

Injections / Procedures

- Carpal Tunnel Injections
- Cervical, Thoracic, Lumbar, Caudal Epidural Injections (Interlaminar & Transforaminal)
- Cervical, Lumbar Facet Injections
- Cervical, Lumbar Medial Branch Blocks
- Cervical, Lumbar, Sacroiliac Radiofrequency Ablation
- Ganglion Impar Block
- Genicular Nerve Block
- Genicular Nerve Radiofrequency Ablation
- Greater Trochanteric Bursa Injections
- Joint Injections - Major & Minor
- Iliotibial Band Injection
- Ilioinguinal/Iliohypogastric Plexus Block
- Lumbar Sympathetic Blocks
- Peripheral Nerve Blocks
- Piriformis Injection
- Sacroiliac Joint Injection
- Stellate Ganglion Blocks
- Trigger Point Injections
- Evaluation for Spinal Cord Stimulator therapy – we refer to colleagues for SCS trial & implant

Group Sessions

- A new, innovative model of treating patients at Integrated Pain Solutions! This puts our integrated approach into practice within our clinic. Patients are seen in a group setting where they participate in a lesson plan that is tailored monthly to different variables that can affect their pain. Patients participate in meditation, yoga, nutritional guidance, and group discussions. Patients are also seen for a private visit with the provider during this time as well.

ALTERNATIVE & COMPLIMENTARY

Acupuncture

Integrated pain is pleased to offer acupuncture as yet another alternative therapy for pain relief! This modality has been used for thousands of years in China and in the 1900s gained popularity in the West. The particular variety we offer is auricular or ear acupuncture because it is quick to do in the office and has a long lasting effect. Typically 8-12 small gold studs are placed in the ear and can decrease pain in every part of the body from head to toe. The cost is only \$50 per session and the effects last up to a month. Commonly patients are seen back monthly with very good results. I hope to see you soon!

Yoga

Yoga is for everyone, regardless of age, weight, and physical limitations! Yoga can help aid in the treatment of degenerative disc disease, arthritis, fibromyalgia, diabetes, difficulty sleeping, and reducing the severity of side effects from medication. We offer accessible beginner style classes seated in chairs and work comfortably through practice to stretch, strengthen, and build awareness in the body. Patients will learn ways to improve movement within their daily lives as well as building friendships with other yoga students. Each teacher at Integrated Pain Solutions has been trained to modify the practice to fit each patient's needs. Classes are held at each location on a weekly or twice-weekly basis to accommodate the needs of the clinics. Check out the clinic for the monthly schedule!

CBD

Cannabidiol or CBD is finding its place in the management of chronic pain! We got involved with CBD because our patients came to us looking for an alternative to opioids. We have been managing patients for 2 1/2 years that are using CBD. We have learned and continue to learn how the endocannabinoid system can impact patients in chronic pain. Having providers that understand the ECS and that can answer questions regarding pharmaceutical alternatives is very valuable to a patient as they manage this very complex disease of chronic pain. Learn more at IntegratedHempSolutions.com

