Gramercy Pain Center Offers Upper And Lower Back Pain Treatment To New Jersey Residents

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Gramercy Pain Center offers interventional pain medicine by Board Certified physicians at four locations in New Jersey. The integrated pain management center is urging New Jersey residents suffering from upper or lower back pain to check out its range of treatments for the debilitating condition.

Upper and lower back pain can be managed through simple home remedies and the use of OTC pain medications such as NSAIDs (Nonsteroidal Anti-Inflammatory Drugs) and topical pain relievers. However, if the symptoms persist chronically, the pain is not mitigated by OTC medications, it extends down to the body?s lower extremities, there is weakness or numbness or tingling in one or both legs, the pain is accompanied by sudden weight loss, there are difficulties while passing stools or urinating, the pain keeps the patient awake at night, there is fever accompanying the pain, or the back pain was the result of an injury such as slipping or falling, then it might be time to consult an experienced pain physician.

Dr. Ajay Varma, MD, DABA, DABAPM, a trained and board-certified physician in Interventional Pain Medicine and Anesthesiology, and founder of the Gramercy Pain Center, talks about the reasons behind back pain by saying, ?Back pain can be caused by something simple and innocuous such as a simple ligament tear or muscle strain from overwork or it can be indicative of something serious such as a bulging or ruptured disc, arthritis, or osteoporosis. Physicians categorize back pain into 5 different primary categories. Mechanical back pain can occur from spinal injuries, injuries to structures at the back like intervertebral discs or soft tissues, fractures, lumbago, disk herniation (slipped disk), or pregnancy. Degenerative back pain points to osteoarthritis or osteoporosis. Inflammatory back pain includes conditions such as inflammatory spondyloarthropathies and sacroiliitis. Oncologic back pain encompasses conditions such as cancers of the marrow, compression of the nerve due to malignancies compressing the nerve, and lytic lesions that damage the spine. Finally, infectious back pain can be caused by infections of the structures at the back like spine and discs, and epidural, muscular or soft tissue abscesses.?

Depending on how intense the pain is, its location, when it flares up the most, the amount of time for which the patient has suffered from it, and their prior medical history, the back pain doctor in Holmdel says that his staff will suggest several different tests to determine the root cause of the back pain. These include standard procedures such as X-rays, MRIs or CT scans, blood tests, bone scans, and electrophysiological tests like electromyography (EMG).

Once the doctors at Gramercy Pain Center ascertain the reason behind the back pain, they will suggest several pain treatment options such as Cortisone injections, radiofrequency neurotomy, implanted nerve stimulators, and spine surgery. The physicians may even suggest physical therapy to focus on increasing flexibility, strengthening the back and abdominal muscles, and improving poor posture. Gramercy Pain Center also encourages the use of complementary and alternative medical treatments that offer therapeutic benefits such as chiropractic care, acupuncture, transcutaneous electrical nerve stimulation (TENS), massages, and yoga.

Dr. Varma, the Medical Director at Gramercy Pain Center specializes in minimally invasive interventions to help relieve pain associated with conditions like arthritis, spinal stenosis, bulging/herniated discs, sports injuries, and cancer-related pain. He is joined by Ali Valimahomed, MD, an interventional pain medicine physician who is dual board-certified in pain medicine and physical medicine & rehabilitation.

Gramercy Pain Center has gathered a ton of accolades over the years for the high-quality pain management services that it has been offering to New Jersey residents. The clinic maintains an impressive rating of 4.8 out of 5.0 from over 100 reviews on its Google My Business page. New Jersey residents who want to read more about the level of care that the pain management clinic offers can check out this recent 5-star review for back pain treatment.

The Gramercy Pain Center branches in Holmdel, Red Bank, Montclair, and Jersey City can be contacted at (732) 788-0349.

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For more information about Gramercy Pain Center Holmdel, contact the company here:Gramercy Pain Center HolmdelDr. Varma(732) 788-0349info@gramercypaincenter.comGramercy Pain Center2124 NJ-35Holmdel, NJ 07733

Gramercy Pain Center Holmdel

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