Apex Orthopaedics & Spine Unveils Enhanced Pain Management Services for Better Quality of Life

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RALEIGH, NC - May 16, 2025 -
Apex Orthopaedic Spine & Neurology (Apex OSN) is excited to share the news about improving its pain management services. This well-regarded clinic specializes in treating injuries and managing pain. With a range of new techniques, the clinic aims to assist those who suffer from chronic pain, particularly after car accidents, to enhance their quality of life.

The clinic has expanded its service offerings to include a wide variety of pain management options. These services cater to different needs and pain levels, combining both traditional and modern methods to provide relief. Apex OSN also offers specialized care for patients who have suffered injuries from car accidents, recognizing that immediate treatment can prevent further complications.

One of the main strategies employed at the clinic is medication management. This involves carefully selecting and using medications to help patients manage their pain effectively. Professionals at Apex work closely with their patients to customize their medication plans, making sure these plans fit the patient's medical history and personal needs.

Alongside medication, Apex offers several types of injections. These include facet joint injections, nerve blocks, and trigger point injections. Each method is designed to relieve pain. Facet joint injections are especially useful for those who experience back or neck pain, while nerve blocks can stop pain signals, giving relief from various types of pain. Trigger point injections focus on relaxing muscle knots that cause pain in specific areas.

Physical therapy is another important part of Apex's pain management strategy. Through exercises and therapies, physical therapy helps restore function, improve mobility, and build up the body's ability to deal with pain. Physical therapists collaborate with doctors at Apex to create treatment plans tailored to each patient's unique needs. Apex also operates a comprehensive medical clinic and offers chiropractic treatments to improve patient outcomes.

For those interested in less invasive procedures, Apex provides options like spinal cord stimulation (SCS) and radiofrequency ablation (RFA). SCS involves implanting a device that sends small electric currents to the spinal cord to change pain signals before they reach the brain. RFA uses heat from radio waves to decrease nerve activity, which can reduce pain for a longer time.

Mind-body therapy is also a big part of the pain management techniques at Apex. This holistic method focuses on the mind-body connection, using relaxation techniques, mindfulness, and biofeedback to help patients cope with their pain. Furthermore, their neurology and orthopedic surgery services further enhance their ability to treat conditions that impact the nervous and musculoskeletal systems.

Dr. Erik Bendiks, a leading doctor at Apex Orthopaedics & Spine, shared his thoughts on these improved services: "Our holistic approach allows us to treat pain on multiple levels. Each patient is unique, and our expanded pain management offerings ensure that we can address pain in the most effective manner possible for each individual."

The wide range of pain management options is crucial for people recovering from car accidents. These events can often cause complex and lasting pain problems. The team at Apex is well-prepared to assist these patients in their recovery journey with focused and effective treatments.

"Our goal is to restore patients' ability to enjoy their lives to the fullest, despite the challenges posed by acute pain," adds Dr. Erik Bendiks. "Through these techniques, we are confident in our ability to make a meaningful difference in their recovery."

Those living in Raleigh NC, or nearby areas, can take advantage of these cutting-edge pain management techniques at Apex Orthopaedics & Spine. The clinic's committed professionals are ready to help reduce pain and improve the recovery process for people dealing with vehicle accidents or other painful situations.

Apex OSN, with its wide array of services ranging from MRI and X-ray diagnostics to personal injury treatment, serves as a leading provider of healthcare solutions.

To find out more about how these pain management techniques can help or to arrange a consultation, visit the Apex Orthopaedic Spine & Neurology website. Featuring a dedicated team and an array of modern treatments, Apex serves as a reliable resource for pain management in Raleigh NC.

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Apex Orthopaedics & Spine

Apex Orthopaedics & Spine in NC offers expert care for musculoskeletal injuries with orthopedic, neurology, and pain management specialists.

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