



# Advanced interventional spine and pain services

After physical therapy and an evaluation, your ISP provider will work with you to determine which treatment option is right for your specific condition.

**Deciding on treatment:** Your spine care team will recommend the best treatment option. Some procedures may not be appropriate for all patients, so decisions are made collaboratively to prioritize safety, effectiveness, and meaningful pain relief.

**Life after care:** Some people feel better fast, and others need to try a few things—and that's okay. We'll work with you until we find a treatment that delivers pain relief. Outcomes vary depending on your symptoms and severity. Repeat injections or procedures may be needed to treat symptoms if they return.

## Your care team



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## TREATMENT

# Epidural steroid injection

**What it is:** Medication is injected around your spinal nerves and other areas of the body to reduce inflammation; often a first-line option.

**Best for:** Pain that travels down your legs or stays in your lower back.

**What to know:** Relief varies; may need repeat injections if symptoms return.

## TREATMENT

# Medial branch blocks and RF ablation

**What it is:** Three-step process—first two procedures numb the area & test for relief, third procedure burns specific nerve endings for longer-lasting pain relief; step above epidurals, depending on symptoms.

**Best for:** Pain that stays in your back and doesn't travel down your legs.

**What to know:** The results of the first two medial branch blocks reveal if you'll benefit from the third procedure (RF ablation).

## TREATMENT

# Spinal cord stimulation

**What it is:** A device with 2 thin wires placed near your spine that sends signals to interrupt pain messages to your brain; it offers multiple options for personalization.

**Best for:** Chronic pain in the back, hips and legs; it's often a good choice when patients can't safely have major surgery.

**What to know:** Starts with a one-week trial period before permanent implantation.

## TREATMENT

# DRG therapy

**What it is:** Targets one specific nerve for focused pain relief; more specific than spinal cord stimulation.

**Best for:** Specific, localized pain in one area (like around a past knee replacement) & post-herpetic neuralgia.

**What to know:** Very specific indications; one-week trial before permanent implantation.

## TREATMENT

# VIA Disc® NP

**What it is:** Injects material into worn-down discs to restore their height and function.

**Best for:** Disc degeneration with specific changes visible on MRI; often middle-age patients, though performed across age ranges.

**What to know:** Requires the right amount of degeneration (not too mild or too advanced) revealed by an MRI image.



## TREATMENT

# Intrasept procedure

**What it is:** Burns nerve endings within vertebrae (spine bones); newer care options.

**Best for:** Lower back pain coming from the spine bones.

**What to know:** Similar to RF ablation, but targets nerves in spine bones.

## TREATMENT

# Kyphoplasty

**What it is:** Repairs recent breaks in the spine bones; scheduling is prioritized for patients with this extremely painful injury.

**Best for:** Pain caused by a compression fracture after a fall, due to osteoporosis, or even a minor action like coughing.

**What to know:** Time-sensitive (best results within 6 weeks of fracture); break must be recent and confirmed by MRI.

Questions? Call us at—  
NEW CASTLE: 765-599-3400  
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Want to learn more about ISP and our  
treatments? Scan the QR code or visit  
**[hchcares.org/spinecare](https://hchcares.org/spinecare)**



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