



PainCare
manage pain • improve life



Achieve.

NAME: Priscilla
AGE: 68
HOME: Rye
CONDITION: Knee pain
DIAGNOSIS: Post-operative pain
STATUS: Getting back to cross-country cycling



Liberate.

NAME: Lisa
AGE: 40
HOME: Manchester
CONDITION: Acute low back and leg pain
DIAGNOSIS: Sciatica
STATUS: Taking care of her family again



Triumph.

NAME: Mitchell
AGE: 49
HOME: Farmington
CONDITION: Extreme leg pain
DIAGNOSIS: Diabetic neuropathy
STATUS: Back to the beach



Reach.

NAME: Ryan
AGE: 21
HOME: Durham
CONDITION: Back and leg pain
DIAGNOSIS: Herniated disc
STATUS: Climbing again



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- 255 Route 108, Somersworth, NH 03878**
603.692.3166 Fax: 603.692.3168
- 1095 Profile Road, Franconia, NH 03580**
603.823.5544 Fax: 603.692.1817
- 1 Mound Court, Merrimack, NH 03054**
603.424.8866 Fax: 603.424.8868
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603.431-3166 Fax: 603.692.3168
- 15 Town West Road, Plymouth, NH 03264**
603.536.1552 Fax: 603.692.1817
- 245 Main Street, Wolfeboro, NH 03894**
603.569.0958 Fax: 603.692.1817
- 37 Spencer Street, Lebanon, NH 03766**
603.448.0048 Fax: 603.692.1817

Coming soon to Littleton Regional Hospital and North Conway

24 hour Answering Service

www.PainMd.com
www.NHPainTalk.com
www.facebook.com/paincare



Manage pain and start living again.

The Pain Specialists

The PainCare staff is made up of pain experts including physicians, physician assistants, nurse anesthetists and nurse practitioners.

Each is passionate about easing your suffering and improving the quality of your life.

How It All Began

In the 1980's, practicing anesthesiologists Michael J. O'Connell, MD and John C. Bell, MD (1932-1995) began treating patients living with pain. It soon became apparent there was a need for a specialized facility and healthcare team dedicated to this population.

They established PainCare in Somersworth in 1992, adding the Merrimack center in 1998. Our other offices are located in Newington, Plymouth, Franconia, Woodsville and Wolfeboro New Hampshire.



Don't let pain put your life on hold

PainCare is the leading medical practice in New Hampshire dedicated exclusively to pain management. Combining state-of-the-art medicine and surgical techniques with nearly 20 years' experience, PainCare treats virtually any type of lingering pain for which your family doctor or other specialist has no remedy.

Manage your pain and get your life back.

Your Future

We cannot always provide a cure, but we strive to ease your pain and improve your quality of life.

Your first visit

Your PainCare provider will start with a comprehensive review of your medical history and previous treatments. A full diagnostic evaluation will ensure that no symptoms have been overlooked.

Treatment: A plan

Pain is best treated using a comprehensive, multi-faceted approach. You and your provider will develop an individualized treatment plan. The vast majority of pain patients choose a blend of injections, medications, physical therapy, and behavioral and lifestyle counseling.

Treatment: Options

- Epidural Injections/Nerve Blocks
- Transforaminal Blocks
- Caudal Injections
- Trigger Point Injections/Botox
- Vertebroplasty/Sacroplasty
- IDET/Nucleoplasty
- RFL, Dextrose/Alcohol Neurolysis (nerve ending destruction or ablation)
- Oral Medication Management
- Epidural Adhesiolysis
- Joint Injections
- Diagnostic Discography

Advanced Options

If your condition does not respond permanently or long term to initial treatments, PainCare may suggest one of the following implantable devices for the continual management of pain:

- Occipital Neuromodulation
- Epidural catheters & external pumps
- Spinal cord stimulation (SCS)
- Spinal catheters & programmable pumps
- Intrathecal Baclofen Therapy

Elements of Success

Education: Informed patients achieve the greatest relief.

Treatment Review: We will continuously assess and reevaluate your symptoms.

Communication: We will coordinate and communicate with your other healthcare providers.

Facilities

PainCare facilities are comfortable, warm, and pleasant. You will always feel welcome here. Each facility offers a well-equipped procedure room, comfortable recovery areas, and private consultation and treatment rooms.

Other Services

Our comprehensive and convenient services include counseling, electromyography and nerve conduction studies, and a CLIA-compliant lab which handles hematology, chemistry and illicit drug testing.

Complementary holistic therapy is offered through our affiliate business, Total Body Therapy.

For further information, visit www.TotalBodyTherapy.com

On-site physical therapy specifically designed for pain patients is available at our Somersworth facility.

For further information, visit www.SomersworthPT.com

Insurance

PainCare participates with most insurers. Should your insurer require a referral, our insurance specialists will let you know.



DETACH HERE

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