



Burning to Get You Back Into Life

Many patients that are referred to The Pain Center of Arizona are suffering with a complaint of back pain. There are many causes of back pain that can be diagnosed with a screening interview, exam and appropriate radiologic study. Since there can be many causes of back pain, a goal for most physicians is to diagnose the problem first in order to offer the best treatment. Often, injection techniques can be both diagnostic as well as therapeutic, and can enable a patient to return to a normal level of function as quickly as possible.

The facet joints of the spine are one common cause of back pain. Facet joints are small joints throughout the cervical, thoracic, and lumbar spine that provide stability and facilitate motion in the spine. These joints can become arthritic and cause pain, or can become inflamed following an injury causing pain as well. Facet joint injections either alone, or in combination with a physical therapy regimen can be a powerful tool to relieve pain coming from the spine. Typically a facet joint injection is performed using an X-ray machine to help the physician guide the needle to the correct joint. A small amount of a cortisone type medication in combination with a local anesthetic is injected in or around the joint. If an injection such as this is helpful sometimes a longer lasting procedure known as radiofrequency ablation can be used to destroy the small nerves leading to the facet joints. Radiofrequency ablation can last much longer than a cortisone type injection into the facet joint and can help many patients avoid surgery and minimize medication use. Pain from the cervical facet joints can cause pain in the neck, back of the head, shoulders and arms. Thoracic facet joint pain can be felt in the middle of the back or shoulder blade area while pain from the lumbar facet joints can cause pain in the low back, buttocks, hips and legs. If you are experiencing pain in these areas you may be candidate for facet joint injections.

Contact The Pain Center of Arizona to learn more about the exciting treatments available to you or visit our website at www.ThePainCenter.com. We are here to help you improve your ability to function and improve your quality of life.



Dr. Doust trained in all areas and techniques of pain medicine including physical medicine and diagnosis, medication management, spinal injection techniques, sympathetic blockades, spinal cord stimulation, intrathecal drug delivery system, radiofrequency ablation, IDET, and cancer pain management. Throughout his residency at the Mayo Clinic he also had comprehensive anesthesia training in both regional and general anesthesia for all surgical disciplines as well.

