

NeuPath is a leader in chronic pain management. We are dedicated to empowering and improving the lives of people with pain.

### Conditions Commonly Treated

- Arthritis
- Back pain
- Chronic headaches/migraines
- Chronic facial pain
- Neck pain/whiplash injuries
- Shoulder/arm pain
- Sciatica
- Fibromyalgia

### Common Treatments Provided

- Peripheral Nerve Blocks
- Trigger Point Injections
- Paraspinal Blocks
- Botox for Migraines
- Epidural Injections
- IV Lidocaine Infusions
- Viscosupplementation Injections (Knee)
- Optimization of Pharmacotherapy

### Your Pain is Real

All of us experience occasional aches and pains in our lives. Acute pain is an essential reaction of the nervous system that helps alert you to possible injury. This pain will usually become less severe as the injury heals. However, chronic pain is different from acute pain. Chronic pain develops due to changes in the tissues, nervous system and brain. This makes the pain more intense and longer lasting. In these cases, simply treating the underlying injury may not resolve the chronic pain entirely.

### What to Expect

Our staff is committed to ensuring that you receive the best care possible. We require a formal referral from your family doctor and have a standard referral form available on our website. When all of the relevant information is received, we try to see patients as quickly as possible.

It is important that we learn as much as possible about your pain concern, previous treatments other health issues and your functional limitations in order to recommend the best patient centered treatment plan for you. Therefore, all new patients complete a comprehensive information package before seeing a doctor for consultation.

## **Our Approach**

### **Injection-based Therapies**

NeuPath offers injection – based therapies which, include nerve blocks, trigger point injections, therapeutic Botox, and epidurals. With chronic pain, the “bombardment” of the pain can sensitize the brain to pain signals. This process of “central sensitization” is what we are attempting to treat with injection treatments.

### **Infusion Therapy**

NeuPath also offers Lidocaine infusions at our Oshawa location. This infusion helps to treat many conditions including Fibromyalgia, Chronic regional pain syndrome, neuropathic pain, chronic diabetic neuropathy and vascular headaches. This treatment is covered by OHIP with the exception of medications which can be covered under a patient’s private insurance.

### **Nerve Blocks**

Nerves are like wires, carrying messages about touch, heat, pain and other sensations to the brain. By injecting a substance, such as a local anesthetic (freezing) or a cortisone like drug (Steroid), into or around the nerve, the nerve is temporarily “numbed” and stops sending messages to the brain. Nerve blocks can either be used for short term pain relief or as a treatment for various types of chronic pain.

### **Chronic Pain Self-Management Program**

Making changes to the way you think about pain can change the way you feel about pain and eventually improve your function and health. The 12-hour Chronic Pain Self-Management Program is an educational, cognitive behavioral therapy (CBT) small group program that helps patients better understand the chronic pain process and teaches non-medicated coping strategies.

### **Prolotherapy**

This is a procedure where a natural irritant is injected into the soft tissue of an injured joint. The irritant kick-starts the body’s healing response. Prolotherapy is not a surgical treatment. Because of this, it is also known as a regenerative joint injection or non-surgical ligament and tendon reconstruction.

## Locations

### Brampton

312 Queen Street East  
Brampton, ON L6V 1C2  
T: 905-458-7377

### Hamilton

1605 Main Street West  
Hamilton, ON L8S 1E6  
T: 905-574-4911

### Mississauga

6400 Millcreek Drive, Unit #9  
Mississauga, ON L5N 3E7  
T: 905-288-1045

### Oakville

2125 Wyecroft Rd, Unit #6  
Oakville, ON L6L 5L7  
T: 905-842-7051

### Ottawa

1770 Woodward Dr.  
Ottawa, ON K2C 3J2  
T: 613-755-2095

### London

215 Fanshawe Park Rd W #203  
London, ON N6G 5A9  
T: 519-434-4727

### Oshawa

500 King Street W, Unit #2  
Oshawa, ON L1J 2K9  
T: 905-576-3444

### Scarborough

1200 Markham Road, #425  
Scarborough, ON M1H 3C3  
T: 416-438-7080

### Toronto

123 Edward Street, #1118,  
Toronto, ON M5G 1E2  
T: 416-593-7700

## Optimal Assessment and Treatment

Our staff of health professionals will assess your pain history, previous investigations and treatments, current medications and functional state enabling our physicians to understand your pain and its impact on your life. This assessment helps in developing a customized treatment plan.

Your plan may include medication adjustments, nerve blocks, trigger point injections, an exercise program and a Chronic pain Self- Management Program

## Goals of Pain Management

We understand that chronic pain is a complex medical problem that can have a significant effect on your physical, emotional and spiritual well-being.

The main goals of successful pain management are reduced pain but, more importantly, a return to better function and quality of life.