

# Neurological Pain Treatment Options



# Neuro Pain Relief Options

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## □ Pharmacologic

### ■ Medications-

- Nonopioids analgesics, NSAIDS, opioids
- Adjunct medications like steroids, antiseizure drugs and antidepressants can be used

## □ Alternative Therapies

- Heat/Cold
- Massage
- Exercise
- Acupuncture
- TENS unit stimulation
- Cognitive therapy

# Biofeedback

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- Can help a patient learn to **control** their chronic pain, migraines, headaches, muscle pain, and even muscle spasms
- A learned skill that requires:
  - Regular practice
  - Teaching sessions
- Can reduce headache frequency especially but won't fix/cure underlying issue causing HA

# Therapeutic Nerve Block

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- One time or continuous infusion of local anesthetics into an area for pain relief
- Nerve blocks interrupt all afferent and efferent transmission to an area
- Can be used during or after surgery to manage pain
- Can last 2-24 hours
- Motor sensation generally returns before sensory

# Neuroablation

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- Permanent nerve destruction
  - interrupt pain transmission
- For severe pain
- Thermocoagulation
  - Heat to destroy nerves via guided imaging
  - Surgical
    - Surgical resection of a nerve
  - Neurectomies, rhizotomies, sympathectomies
    - Destroy sensory division of a peripheral or spinal nerve
  - Cordotomies/Tractotomies
    - Involve the spinal cord for cordotomies and the brain for tractotomies

# Neuroaugmentation Techniques

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- Electrical stimulators
  - Deep Brain Stimulation
  - Spinal Cord Stimulation
- Helps to treat neuro pain