Dr. Mann Speaks Out About Interventional Pain Management

And What To Consider When Choosing A Specialist

In fact, 90% of adults in the U.S. will experience back pain in their lifetime and over 45% of the overall working population reports a history of back pain. If you are one of the millions of people who are looking for relief, seeking a pain management specialist may be the solution for you!

What is interventional pain management?
Interventional pain management is a medical practice that specializes in the multi-disciplinary approach to treating a wide spectrum of acute and chronic pain conditions. Some of these interventional treatments include but are not limited to epidural steroid injections, facet joint injections, neurolytic blocks, Spinal Cord Stimulator Implants and medication management.

How is a pain management specialist different from your other doctors?

Pain Management Specialists are dedicated to treating patients with all types of acute and chronic pain.

As a highly skilled member of the medical community, Dr. Mann is a diplomat of the American Board of Anesthesiology, a diplomat of the American Board of Pain Medicine and is TEE Board Certified by the National Board of Echocardiography. He has completed his surgical internship and anesthesiology residency at St. Barnabas Medical Center in Livingston, New Jersey and his fellowship in Cardiac Anesthesia at Massachusetts General Hospital in Boston, Massachusetts.

In addition to being an active member of numerous medical organizations, Dr. Mann has received many awards and honors and has been active in various research projects. Most recently, he was a co-investigator of a double blind randomized comparison of celecoxib versus non-steroidal anti-inflammatory drugs for blood pressure control and preservation of renal function in patients undergoing coronary artery bypass surgery. In addition, he has taught at St. Barnabas Medical Center in Livingston, published in numerous publications and has provided several CD-Roms for use in medical training.

What to consider when choosing a Pain Management Specialist

Interventional Pain Management has become an increasingly more common area of specialty. Currently, there are no established standards for the types of disciplines that must be included in the treatment centers for pain management patients. Because there are no specific standards, treatment options can vary from clinic to clinic. To ensure that you are offered as many treatment options as available, patients should consider choosing an office that can accommodate as many of their needs as possible with the most advanced technology available.

Why choose Garden State Interventional Pain Management?

At Garden State Interventional Pain Management, Dharam P. Mann, MD and his staff believe that quality care and patient convenience are two of the most important things in keeping our patients comfortable during chronic pain treatment.

Dr. Mann’s comprehensive approach to pain management starts with an in-depth consultation. “Once we know the source of pain, the patient and I work together to determine the appropriate treatment,” says Dr. Mann.

Advanced technology on site offers patients one-stop convenience.

Our four state-of-the-art facilities located in Ocean and Monmouth Counties provides patients with the most advanced technology in pain management treatment. Dr. Mann is one of only five pain management specialists in the state of New Jersey that offers facilities with on-site, fully automated fluoroscopes and procedure tables that are finger tip controlled. Fluoroscopically guided procedures provide the doctor with real-time imagery of the procedure as it is happening. This technology increases the precision of needle placement, allowing for the medication to be directed precisely to the source of pain. As a result, fluoroscopically guided procedures provide patients with better results and reduced complication rates. Fluoroscopically guided injections can help patients suffering from Spinal Stenosis, Neuropathic pain, Herniated Discs, Shingles, Post Herpetic Neuralgia, shoulder pain, Carpal Tunnel, Cancer Pain, Compression Fractures, arthritis pain, back and neck pain, Sciatica and other chronic pain conditions.

In addition to fluoroscopically guided pain management treatments, Dr. Mann is currently the leader in Spinal Cord Stimulator Implant Surgeries preformed by Pain Management Specialists in the state of New Jersey.

Spinal Cord Stimulation (SCS) therapy alters, or modulates, pain signals by delivering pulses of electrical current directly to the nerve. The brain then receives the modified signal, which is typically described as a smooth, tingling sensation instead of pain.

Dr. Mann uses the most advanced spinal cord stimulation system available. The Precision Plus SCS System is specially designed to give you the most opportunity to treat your pain with Paresthesia, the comforting sensation that replaces the pain signals. This minimally invasive procedure is considered for patients who have had no success with conservative pain management treatments and suffer from pain conditions such as Failed Back Surgery Syndrome (FBSS), Reflex Sympathetic Dystrophy (RSD) also known as Complex Regional Pain Syndrome (CRPS), Lumbar or Cervical Radiculopathy, severe nerve related pain and other chronic pain conditions.

Before implanting a permanent device, the patient must go through a SCS trial for about one week. This trial includes a temporary, external trial that replaces the pain signals. For our patient’s comfort and convenience, Dr. Mann does all of his trials in his office.

What’s Next?

In the past, the medical approach to treating a patient’s chronic pain was through invasive surgical procedures or pharmaceutical treatment. With advanced technology, many of the complications associated with previous pain management techniques have been refined and pain management practices have become an integral part of a patient’s comprehensive healthcare plan.

If you are a sufferer of acute or chronic pain and would like to seek alternative treatments to dealing with that pain, contact Dr. Mann at (732) 849-0077 to set up a consultation in one of our 4 convenient locations!

Dr. Mann received his doctorate of Medicine from Post Graduate Institute of Medical Sciences Rohtak, India and performed his Surgical Internship at Saint Barnabas Medical Center, Livingston, New Jersey. He underwent his Anesthesiology and Pain Medicine residency at the Saint Barnabas Medical Center and Massachusetts General Hospital-Harvard Medical School. He has special training in fluoroscopically guided interventional pain management procedures for acute and chronic pain.

Dr. Mann is board certified in Anesthesiology and holds subspecialty board certification in Cardiac Anesthesia and Echocardiography. He is licensed to practice in the states of New Jersey and Massachusetts. Dr. Mann is a member of the AMA, New Jersey Medical Association, American Society of Regional Anesthesia, America Academy of Pain Medicine, and International Spinal Injection Society.