Your Appointment
The Hartford Hospital Pain Treatment Center is a participating provider with most insurance, managed care and workers’ compensation plans, and will process your bills whenever possible.

If your insurance plan requires a co-pay or deductible for services, this will be collected at the time of service. For your convenience, we accept Visa and MasterCard, or a no-interest payment plan is available.

For your first appointment, please bring:
- A photo ID
- Your insurance card
- Your form of payment
- A complete list of all medications
- Pharmacy location and phone number

Also, please be prepared to give a full medical/surgical history.

Directions
From I-84 East or West:
- Take Exit 43 (West Hartford Center-Park Road) and merge into the far left lane.
- At the end of the exit ramp, turn left onto Park Road.
- At the first light, turn right onto Raymond Road.
- At the second light, turn left onto Memorial Road.
- Take the first left onto Isham Road and drive into the Memorial Parking Garage. There is designated parking for Pain Treatment Center patients on Level 3. Please bring your parking ticket in with you so it can be validated for up to two hours in our office.
- Enter the medical office building on the first level and take the elevator to the 4th floor, suite 435.
Welcome
Hartford Hospital Pain Treatment Center

Millions of Americans suffer from pain at some point in their lifetime. Patients treated at the Hartford Hospital Pain Treatment Center will experience a comprehensive treatment of their chronic pain condition. Since pain affects every aspect of a patient’s life, a multi-disciplinary multi-modal approach has proven to be the most beneficial.

As the only multi-disciplinary Pain Treatment Program in Connecticut, our team continually strives to increase our knowledge and understanding of pain. As a result, we are able to provide our patients with cutting edge treatments not readily available in other areas of Connecticut.

Our philosophy is to provide conservative management, minimally invasive and effective courses of treatment without surgery. We know that living with pain cannot only affect the patient suffering but also those around them.

Our Compassionate Treatment Team includes:
- Physician Pain Specialists/Psychologists
- Physician Assistants and APRNs
- Physical Therapists
- Nurses and Medical Assistants
- Integrative Medicine Therapists

The Goal of the Multidisciplinary Multi-Modal Team Approach is to:
- Accurately assess and diagnose the source of the pain
- Optimize pain control
- Provide patient centered care with customized individual treatment
- Maximize functional abilities as well as physical and psychological well-being
- Promote wellness and an active healthy lifestyle
- Engage the patient in the treatment plan
- Provide patient education and counseling
- Reduce the need for narcotic medication

Interventions for Pain
We offer treatment for these common medical conditions:
- Cancer Pain
- Chronic Neck Pain
- Complex Regional Pain Syndrome
- Facet Joint Syndrome
- Headaches - Occipital/ Cervicogenic/Migraine
- Joint and Extremity Injuries
- Myofascial Pain Syndrome
- Osteoarthritis
- Other Post-Surgical Pain
- Peripheral Nerve Injury Pain
- Phantom Limb Pain
- Piriformis Syndrome
- Post-Spinal Surgery Pain
- Sciatica
- Shingles
- Shoulder/Knee Pain
- Spinal Stenosis
- Spondylosis/ Spondylolisthesis
- Sports Injuries
- Whiplash Injuries
- Work-Related Injuries

Minimally invasive treatment options for common pain conditions include state-of-the-art diagnostic techniques utilizing ultrasound and fluoroscopic guidance. Some of the interventional treatment options include:
- Botox Injections
- Calmare/Scrambler Treatment
- Epidural Steroid Injections
- Facet Joint Injections/ Medial Branch Blocks
- Genicular Nerve Blocks/ Cooled Radiofrequency
- Joint Injections
- Sympathetic Blocks
- Stellate Ganglion
- Celiac Plexus
- Hypogastric Ganglion Impar
- Nerve Root Blocks
- Microcurrent Nerve Stimulation
- Piriformis Muscle Injections
- Platelet Rich Plasma Injections
- Radiofrequency Neurotomy
- Sacroiliac Joint Injections
- Spinal Cord Stimulator Trials/Implants
- Trigger Point Injections
- Trochanteric Bursa Injections

Rehabilitation
Chronic pain conditions can sometimes cause someone to be inactive, and over time, become deconditioned. Physical therapists have multiple techniques with which to improve your function and reduce your pain. Your physical therapist will work with you to prepare a home exercise program to assist you in self-managing your pain.

Treatments may include:
- Aquatic/land therapy
- Manual therapy
- Strengthening exercises

Psychological Interventions
Because the body and mind are deeply connected, your thoughts, feelings and behaviors can impact your pain. Stress, worry, sadness, and diminished activity can often make pain worse. In contrast, being active, feeling relaxed, calm, purposeful and happy can minimize pain.

While chronic pain isn’t “just in your head,” your state of mind has a major influence on how well you cope. We understand that the psychological side effects of living with chronic pain can be as debilitating as the pain itself.

Working with a mental health professional either individually or in a group may help you to:
- Adopt healthier behaviors
- Improve sleep
- Learn new coping skills
- Reduce potential for depression or anxiety
- Improve communication with others

Integrative Medicine Techniques
Individualized treatment plans maximize the body’s innate potential for healing.

Benefits include:
- General sense of well-being
- Better quality sleep
- Increased range of motion
- Improved digestion
- Pain relief
- Relaxation