



Focus on

Genicular RF for Knee OA

NORTHWEST PAIN MANAGEMENT

SEPTEMBER 2017

NORTHWEST

PAIN

MANAGEMENT

Our mission is to decrease pain and improve function for patients suffering from chronic pain.

We provide evidence-based, ethical and cost-effective care with a focus on interventional treatment modalities that minimize the need for narcotic medicines.

We are able to improve patient function and avoid the dangerous risks associated with the primary treatment of chronic pain using narcotics.

PAIN

MANAGEMENT

SPECIALISTS

L. Joseph Fowler, MD

Jennifer E. Souders, MD

Geoffrey L. Tyson, MD

Craig Whitfield, PA-C

PAIN FROM KNEE OSTEOARTHRITIS

Pain as a result of knee arthritis is a common condition that affects many patients referred to us at Northwest Pain Management.

While total knee replacement is the definitive treatment for end-stage knee arthritis, many of the patients referred to us are unable to have a knee replacement. They may be too young, have medical co-morbidities that make surgery too risky or have other issues which make surgery difficult or impossible to perform. We also see the occasional patient who has persistent knee pain after knee replacement surgery.

TRADITIONAL TREATMENT FOR PAIN FROM KNEE ARTHRITIS

Treatment for pain from knee arthritis has historically consisted of medical management (NSAIDs and opioids) and selective joint injections (corticosteroid or viscosupplementation).

Unfortunately, the medical management of knee arthritis is associated with undesirable side effects. Chronic NSAID use can lead to gastric ulceration/bleeding and kidney failure. Chronic opioids use risks the triggering

of addictive disorders and less severe complications such as constipation, nausea, vomiting and androgenic hormone suppression

NEW TREATMENT FOR PAIN FROM KNEE OSTEOARTHRITIS

RADIOFREQUENCY (RF) NEUROTOMY OF GENICULAR NERVES

Northwest Pain Management has recently begun offering a new treatment modality for painful arthritic knees. Genicular nerve radiofrequency neurotomy substantially reduces pain from knee arthritis. It is ideal for patients who are poor candidates for surgery or who have persistent knee pain after surgery.

HOW ARE PATIENTS EVALUATED?

Patients are evaluated using the same treatment paradigm used to successfully treat cervical and lumbar facet joint pain using radiofrequency neurotomies:

Step 1: Diagnostic nerve block of the three genicular nerves about the knee. (Figure 1)

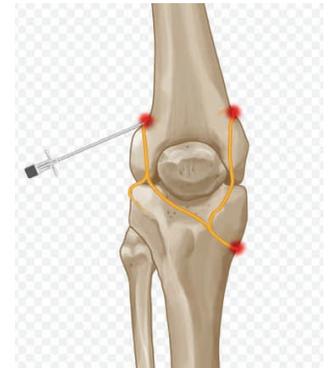


Figure 1

Step 2: Observe pain relief in response to block. A patient who experiences 80% to 100% pain relief is a good candidate for RF neurotomy of the genicular nerves around the knee. The RF procedure destroys the same nerves that are producing the pain as evidenced by the response to the diagnostic block. (Figure 2)



Figure 2

RF NEUROTOMY PROCEDURE

The RF neurotomy procedure is performed in an outpatient facility under local anesthesia (some patients may prefer light sedation). After the procedure, there can be

**THE
RIGHT CHOICE
FOR YOUR
PATIENTS WITH
CHRONIC PAIN**

Serving the community for over 16 years, the board-certified Interventional Pain Specialists at Northwest Pain Management have advanced training and a commitment to providing unparalleled ethical and cost-effective care for your patients.

**NORTHWEST
PAIN
MANAGEMENT**

6808 220th St SW
Suite #201
Mountlake Terrace,
WA 98043

Phone: 425-640-6976
Fax: 425-640-6977

Website:
Visit

www.northwestpain.com
to learn more about
who we are and what
we do!

some minor discomfort that can last up to several weeks.

After the initial period of post-procedure discomfort, patients will typically realize significant relief of their knee pain for between six months and one year—sometimes longer.

The duration of pain relief is approximately six months to one-year because the genicular nerves will regenerate (as will all nerves after radiofrequency treatment).

When the pain returns, the procedure is can be repeated with similar efficacy. There is no limit to the number of times the procedures can be repeated. As a result, this can be a durable long-term solution for patients who are unable to undergo knee replacement surgery.

**COMPLICATIONS AFTER
RF NEUROTOMY**

RF neurotomy is an extremely low-risk procedure with the usual complications associated with interventional procedures involving the peripheral nerves (bleeding, infection and allergic reactions to medications used for the procedure).

Theoretically, there could be

injury to the vascular supply to the knee. However, we are unaware of any case reports of this occurring after RF neurotomy of the genicular nerves.

**OUTCOMES AFTER RF
NEUROTOMY**

Patients who experience excellent relief after a diagnostic block typically have a 70% response rate after treatment with RF neurectomy.

RF neurectomy is an exciting new procedure that allows us to provide pain relief for patients with knee arthritis who otherwise would not have access to low-risk, efficacious treatments.

Medicare covers the diagnostic blocks and RF neurotomy procedure. Commercial insurers cover the diagnostic blocks but not cover the RF neurotomy procedure for knee arthritis.

Northwest Pain Management can do the RF neurotomy procedure in the office, which minimizes the out-of-pocket cost for patients with commercial insurance.

Please feel free to contact Northwest Pain Management if you have any patients you think might benefit from RF neurotomy for knee arthritis.

**NORTHWEST PAIN
MANAGEMENT**

Northwest Pain Management was founded in 2001 with a mission to bring ethical top-quality cost-effective pain management care to patients suffering from chronic pain problems.

Northwest Pain Management's primary goal is to decrease pain and increase function in their patients. The primary methodology is through interventional techniques up to and including implantation of spinal cord stimulator systems and intrathecal drug delivery systems. Northwest Pain Management also provides medication management services on a selective basis.

NPWM Provider Team
Joe Fowler, MD
Geoffrey Tyson, MD
Jennifer Souders, MD
Craig Whitfield, PA-C

The founder's philosophy has been to grow slowly by associating with the best clinicians who share the same values.

In August 2016 Northwest Pain Management joined Proliance Surgeons with the goal of expanding access to top-quality cost-effective pain management services to patients served by Proliance Surgeons. It is anticipated that more providers will be joining over the next several years.