



WELCOME

We, "the staff at Pain Instacare" welcome you to our friendly and state of the art **Interventional Pain Management** practice where you will get the **"Best Pain Relief Possible"**.

Pain is suffering, and it affects **ALL** aspects of your life. Pain originates from structural or nonstructural damage at the tissue level giving rise to inflammation which in turn stimulates nerve fibers to send pain signals to the brain. Pain is called **ACUTE** when it occurs suddenly, for example from an injury, which ideally should go away within 4 to 6 weeks. Beyond this time, it then becomes **CHRONIC** pain. When somebody is in constant pain their ability to function properly declines and they live a poor quality of life. That also leads to deconditioning and further worsens the problem.

In order to relieve pain, the most important thing is to **identify the cause of your pain**. That requires a physical examination by a pain specialist. Often there is a need for appropriate imaging study and neuro-diagnostic testing like EMG / Nerve conduction study, and need for Intervention pain management not only to diagnose but also to treat. Your treatment may also require a comprehensive approach including Physical therapy, Chiropractic Care, Medication management, diagnostic imaging tests.

We at **Pain Instacare®**, specialize in diagnosing and treating multiple types of pain conditions including, but not limited to, headaches, neck pain, low back pain, fibromyalgia, neuropathies etc. Our main focus is interventional pain management and providing treatment ranging from Botox for migraines, trigger point injections for myofascial pain, epidural injections, facet blocks, radiofrequency ablations and many more advanced treatment options. We have an onsite state of the art fluoroscopy procedure suite, which makes intervention treatment convenient for our patients.

We have a well-trained physician **Dr. Rajan Gupta** who is dual board certified in Physical Medicine and Rehabilitation and Pain Management which gives him excellent skills to diagnose and treat patient's pain conditions effectively. Dr. Gupta obtained his residency training from St. Francis Medical Center (UPMC) in Pittsburgh, PA and his fellowship training from Vanderbilt University in Nashville, TN. He has received multiple awards including the **"Best Hands"** award for intervention pain, **Top Doctor** award in **2015, 2016, 2017, 2018, 2019 South Jersey Magazine Top Physicians** award in **2017, 2018, 2019** and the **Prestigious Pillar of Community Service** award in **2013**.

We take pride in our practice style and friendly environment. We provide multiple types of intervention procedures to control different types of pain. Procedures are performed in our state of the art **ONSITE** fluoroscopic suite. Our only goal is to help you achieve good pain relief and sustain a functional and good quality of life.

Our practice thrives on patient referrals to their family and friends. Your referrals would be appreciated. Please also give us any feedback to improve ourselves.

CALL TOLL FREE (888) PAIN-121

PAIN INSTACARE

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