

Shoulder Ablation

If you are living with chronic, unmanageable shoulder pain, shoulder ablation can provide significant relief. This minimally invasive procedure uses chemical agents to disrupt pain signals from the nerves in the shoulder, reducing the frequency and severity of pain.

Our physicians at Vitruvian Health are experts in diagnosing and treating chronic shoulder pain. We offer personalized treatment plans tailored to your specific needs, helping you return to the activities you enjoy.



Effective Pain Relief: Shoulder ablation provides significant pain relief by using chemical agents to disrupt the nerves transmitting pain signals from the shoulder.



Minimally Invasive: The procedure is minimally invasive, involving the injection of chemical agents through a small needle, resulting in less risk and quicker recovery compared to surgical options.



Quick Procedure: Shoulder ablation is typically performed on an outpatient basis, with the entire procedure usually taking about 5-10 minutes, allowing patients to go home the same day.



Long-Lasting Results: The pain relief from shoulder ablation can last for several months, providing long-term benefits and reducing the need for frequent treatments.



Improved Mobility: By alleviating chronic shoulder pain, shoulder ablation can significantly improve a patient's mobility and quality of life, enabling them to return to daily activities and physical therapy with greater ease.



Shoulder Ablation

Definition: Shoulder ablation is a highly effective, minimally invasive procedure designed to reduce the frequency and severity of chronic shoulder pain. This treatment uses chemical agents to disrupt specific nerves that transmit pain signals.

Procedure:

- **Preparation:** The patient is positioned comfortably to allow easy access to the targeted nerves.
- **Needle Placement:** A small needle is inserted near the affected nerves, guided by imaging techniques like fluoroscopy (x-ray) to ensure precision.
- **Ablation:** Chemical agents are delivered through the needle to ablate (destroy) the targeted nerves, thereby blocking pain signals.
- **Duration:** Each session typically lasts about 5-10 minutes and is conducted on an outpatient basis, allowing the patient to go home the same day.

Frequency:

- Shoulder ablation treatments can be administered as needed, usually every 6 to 12 months, depending on the patient's response to the treatment and the severity of their pain.
- Many patients may require a series of treatments to achieve optimal results.

Expected Results:

- Patients often notice a reduction in pain within a few days to weeks after the procedure.
- The effects typically last for several months, providing significant pain relief and improved mobility.
- Many patients experience reduced reliance on pain medications and an enhanced quality of life.

Follow-Up:

- A follow-up appointment is usually scheduled to assess the effectiveness of the treatment and to plan any further treatments if necessary.
- Most patients can resume their normal activities immediately after the procedure, although it is advisable to avoid strenuous activities for the rest of the day.

Benefits:

- Shoulder ablation provides a non-surgical option for chronic shoulder pain sufferers.
- By reducing the frequency and severity of pain, patients can experience significant improvements in their daily functioning and overall well-being.
- This treatment can be a valuable part of a comprehensive pain management plan, including lifestyle modifications and other medical treatments.

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