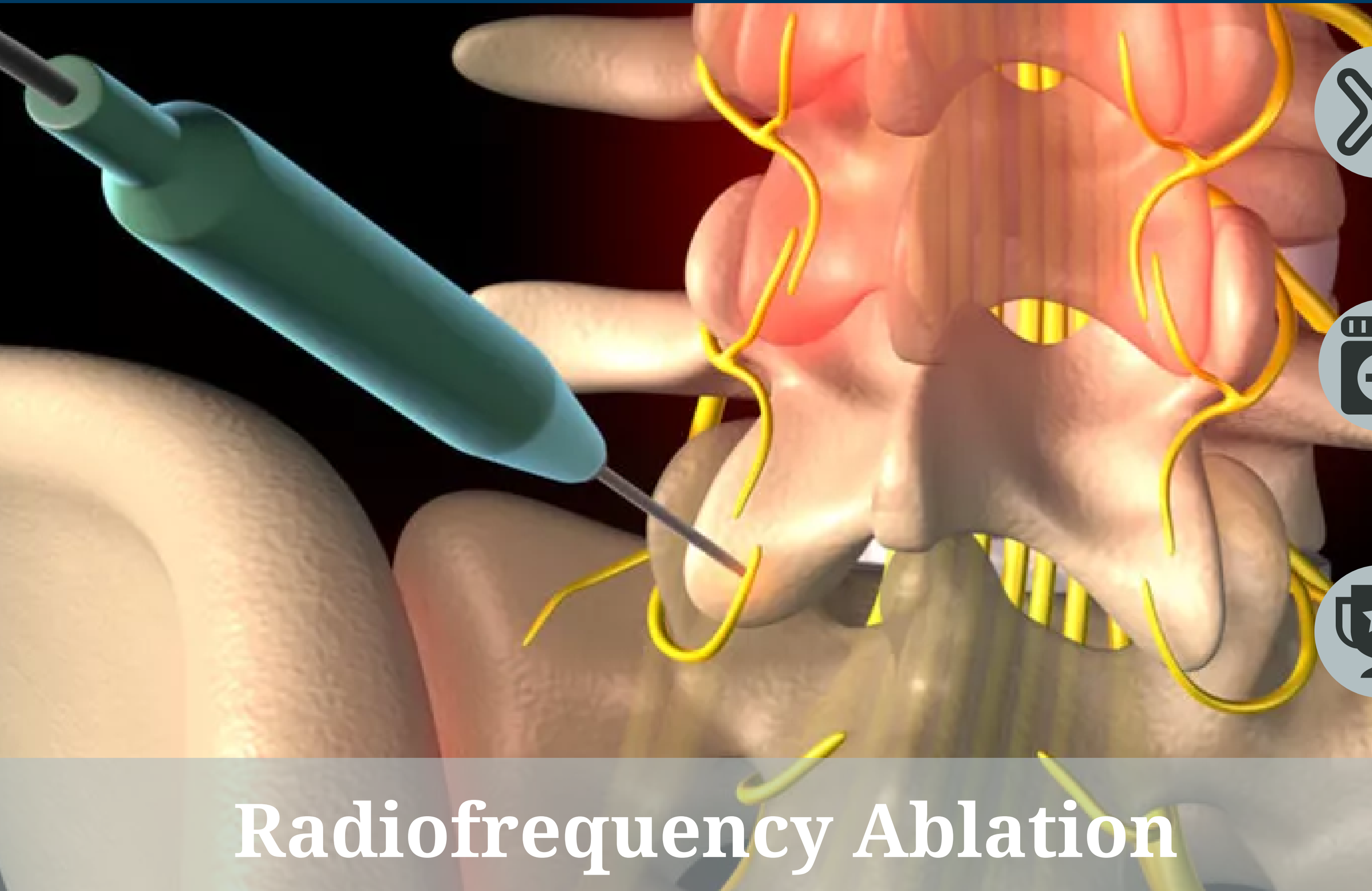


Radiofrequency Ablation

If you are living with chronic, unmanageable back pain, radiofrequency ablation (RFA) can provide significant relief. This minimally invasive procedure uses radiofrequency energy to disrupt pain signals from the nerves near the spine, reducing the frequency and severity of pain.

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



Radiofrequency Ablation



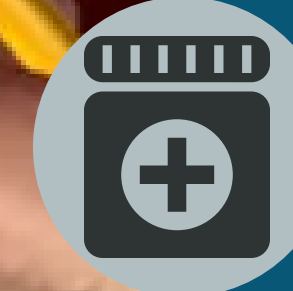
Long-Lasting Relief: RFA can provide pain relief for 6 to 12 months, and in some cases, patients may experience relief for up to two years.



Minimally Invasive: The procedure involves using a needle and radiofrequency energy to target specific nerves, making it less invasive than traditional surgery.



Quick Procedure: RFA typically takes about 30 to 60 minutes and is performed on an outpatient basis, allowing patients to go home the same day.



Reduced Medication Dependence: Many patients experience significant pain reduction, which can decrease their reliance on pain medications.



High Success Rate: Studies show that RFA has a high success rate in reducing chronic back pain, with many patients reporting significant improvements in their quality of life.

Definition: Radiofrequency ablation (RFA) is a highly effective, minimally invasive procedure designed to reduce the frequency and severity of chronic pain, particularly in the spine. This treatment uses radiofrequency energy 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:** Radiofrequency energy is delivered through the needle to heat and ablate (destroy) the targeted nerves, thereby blocking pain signals.
- **Duration:** Each session typically lasts about 15 - 30 minutes and is conducted on an outpatient basis, allowing the patient to go home the same day.

Frequency:

- RFA 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 to over a year, 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:

- RFA provides a non-surgical option for chronic pain sufferers, particularly those with back pain.
- 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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