

# OUR PAIN MANAGEMENT SERVICES

Advanced diagnostic imaging meets  
advanced patient care



**MAYFAIR**<sup>®</sup>  
DIAGNOSTICS

**Tel** 403.777.3122  
radiology.ca

# YOU DON'T HAVE TO LIVE WITH PAIN.

At Mayfair Diagnostics, we are dedicated to innovation and helping improve our patient's lives.

Mayfair's expert pain management team has years of experience treating musculoskeletal and spine concerns. We use medical imaging to accurately target and treat muscle and joint pain.

These procedures are low risk and often provide immediate pain relief.

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Pain management procedures use digital fluoroscopic X-ray and ultrasound guidance to localize and inject areas of concern with medications or perform other needle therapies.

Results last from weeks to years depending on the joint or body part involved, severity of the disease, and the cause of your pain. Some patients get complete relief that is permanent, while others have no significant effect.

Mayfair can also coordinate a clinical assessment by our specialty colleagues and appropriate imaging to direct the most appropriate pain management treatments.



## Services Covered by Alberta Health Care

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### **CORTISONE (STEROID) INJECTION**

Cortisone is an anti-inflammatory medication that can be injected into joints and soft tissues under X-ray or ultrasound guidance to decrease inflammation and reduce pain.

This procedure allows a small dose of medication to be injected into a localized and specific area of concern while keeping potential side effects to a minimum. It can also confirm the origin of your pain – considered a “diagnostic” injection. This procedure can be used to treat joint pain or arthritis, or inflammation of a bursa or around a tendon (tenosynovitis). Relief may last 3-6 months and, if successful, repeat injections can be performed up to four times per year.

### **EPIDURAL SPINE INJECTION**

An epidural injection helps treat low back symptoms related to canal narrowing or nerve compression from a disc herniation or degenerative disease. Using X-ray guidance, we inject anesthetic and steroid around nerves within the spinal canal (interlaminar) or exiting the spinal canal (transforaminal) to help relieve symptoms.

Relief may occur within 3-7 days and can last 3-6 months, or longer. Often MRI is requested prior to this treatment to confirm the diagnosis, select the best injection site, and avoid complications.

## **FACET AND SACROILIAC JOINT (STEROID) INJECTION**

A small amount of anesthetic (freezing) and an anti-inflammatory steroid are injected into facet joints of the spine to help relieve back pain from inflammation or arthritis. A bone scan with SPECT/CT may be requested by your doctor to accurately identify acutely inflamed joints. These injections typically relieve pain for 3-6 months. If successful, repeat injections can be performed.

## **RADIOFREQUENCY ABLATION (RFA)**

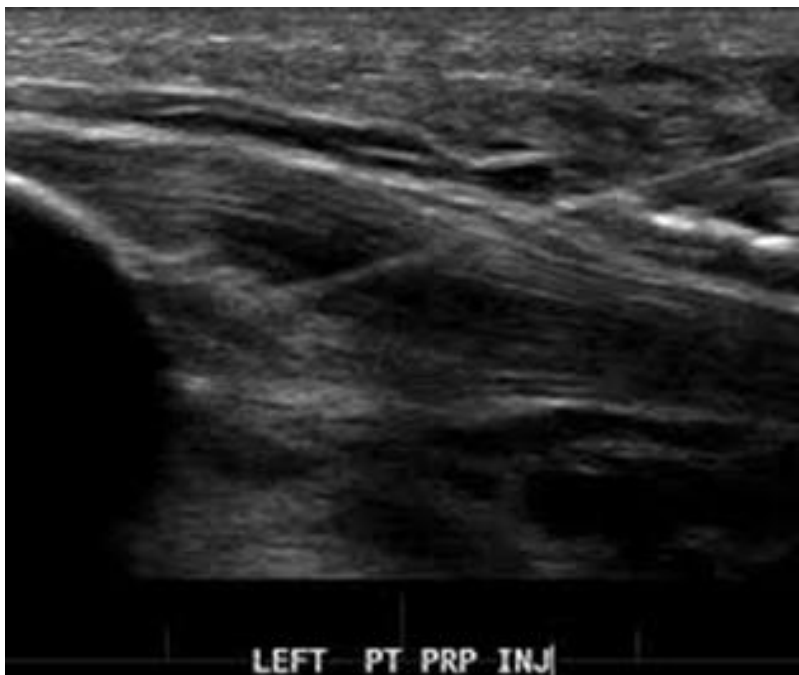
This treatment uses radiofrequency energy to heat tissue in a very small area (5 mm) to nullify the specific pain nerves feeding facet joints, a common cause of back pain. We target these nerves based on the results of previous diagnostic injections to the medial branch nerves. We use X-ray guidance to precisely place a small needle next to the targeted nerve; then radiofrequency waves are generated at the needle tip. Patients often experience facet joint symptom relief for 9-18 months.

## **TENDON CALCIFICATION THERAPY**

Calcium can often build up in tendons and tissues near a joint, which causes pain and makes movement difficult. Treating this calcium can help permanently reduce pain. We use ultrasound to localize the deposit, then break down and aspirate the calcification with a needle. At the end of the procedure, we inject a local steroid to reduce inflammation. We recommend a follow-up ultrasound six months after your treatment for reassessment, and to plan additional procedures if required. Calcium deposits must meet specific size criteria to be amenable to this procedure. We usually start with a bursal steroid injection and, if there is no relief of symptoms, then this procedure could be considered.

## **TENOTOMY/FASCIOTOMY (NEEDLE FENESTRATION THERAPY)**

This treatment helps inflamed or torn tendons, fascia, or ligaments through a process similar to acupuncture. Using a small needle, tiny holes are made under guidance to stimulate local healing. An initial diagnostic ultrasound is required, and a diagnostic injection with steroid is advised before this procedure is performed. This procedure may be coupled with a platelet-rich plasma (PRP) injection (see pg. 8) to further encourage the healing process.









## Services **Not** Covered by Alberta Health Care

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*There will be a fee for the medication and/or the treatment.*

### **nSTRIDE AUTOLOGOUS PROTEIN SOLUTION**

nSTRIDE autologous protein solution (APS) is a novel treatment for joint pain and osteoarthritis (OA) which has been approved by Health Canada and the FDA for treatment of knee OA.

This treatment involves a single injection of prepared APS derived from your own blood, containing concentrated anti-inflammatory cytokines. This has proven to be a safe and effective treatment designed to stimulate the body to protect and preserve joint cartilage from further destruction – the hallmark of OA. As a result, studies show a decrease in pain and an improvement in joint function, often within a few weeks of the injection. This treatment is most effective for mild to moderate OA, and provides relief for many months. For OA, or non-surgical joint pathology, we recommend a single APS injection with repeat injections every 1-2 years. ***There will be a fee for this treatment.***

## PLATELET-RICH PLASMA (PRP) INJECTION

This is a safe and effective treatment used to speed the healing of new injuries, as well as repair chronic injuries. Platelet-rich plasma (PRP) is taken from your own blood and injected with a needling technique under ultrasound guidance to stimulate your body to heal itself. It has been proven effective for chronic or new tendon or muscle injuries. ***There will be a fee for this treatment.***

## VISCOSUPPLEMENT (HYALURONIC ACID) INJECTION

Hyaluronic acid (HA) is a natural element present in joints. Injection of HA can improve mobility, acting as a natural lubricant and reducing pain. Injections are performed under X-ray guidance to ensure the solution is delivered exactly into the joint.

We use HA injections to help relieve pain from osteoarthritis or mechanical difficulties in joints. Hips, knees, and ankles are the most commonly treated, and relief can last up to 12 months. We provide all HA products (Cingal, Durolane, Monovisc, Synvisc, and others) onsite to patients at cost, including newer generation products containing a combination of HA and steroid (Cingal).<sup>\*</sup> A prescription is required. Your doctor may request an initial diagnostic steroid injection before HA injections (except Cingal). ***This exam involves a cost for the medication only; the treatment is covered.***

*<sup>\*</sup>Medications are provided at cost, but prices vary depending on dosage and manufacturer. Please contact our pain management department at 403.777.3122 for the most current price.*



## Frequently Asked Questions

### ***What are the side effects? Are pain management procedures safe?***

These are very safe procedures. The most common side effect of an injection is mild pain or bruising around the area. Over-the-counter pain medications or icing the area can help. Long-term effects of repeated cortisone injections may include weakening of muscle, tendons, and local skin changes, so, to avoid this, we will make suggestions for alternate treatments or supportive care when repeated cortisone injections have failed to relieve symptoms.

As all our procedures are performed in a sterile manner according to provincial guidelines, only in very rare circumstances will a patient develop an infection or an allergy to a substance in the product. The booking staff will review your allergies with you prior to your appointment.

### ***Do pain management procedures hurt?***

There will be discomfort or very short-lived pain during the injection and when administering the local anesthetic. However, pain perception depends greatly on your pain threshold and the degree of inflammation of the area involved. Most patients find the pain tolerable. Mayfair's expert team has extensive experience in performing these procedures and do our very best to make them as quick and painless as possible.



### ***How do I receive a pain management procedure?***

Pain management procedures must be requested by a health care practitioner. For muscle and soft tissue concerns, an ultrasound is usually requested first to determine the cause of symptoms, possibly in conjunction with an X-ray, which can look at the bones and joint spaces near the area of concern.

Once the cause has been identified and treatment options reviewed, a pain management procedure may be recommended by us or requested by your practitioner. You will need a requisition from your physician. Once we have received the requisition we will then review it and contact you to confirm the area and type of injection requested, and to book the appointment.

### ***How much does it cost?***

Cortisone injections, tendon calcification, and needling fenestration therapies are fully covered under the Alberta Health Care Insurance plan. Some of our pain management services include a cost for the medication (hyaluronic acid), which is charged at the manufacturer's cost, or a cost for the entire treatment (APS, PRP injections).

Please contact our pain management department at 403.777.3122 for the most current prices.



## **MAYFAIR DIAGNOSTICS PAIN MANAGEMENT CLINICS**

### **Castleridge Plaza**

**20, 55 Castleridge Blvd. NE**

Bone Mineral Densitometry, Breast Imaging, Nuclear Medicine Imaging, Pain Management, Ultrasound, X-ray

### **Mahogany Village Market**

**230, 3 Mahogany Row SE**

Bone Mineral Densitometry, Breast Imaging, Nuclear Medicine Imaging, Pain Management, Ultrasound, X-ray

### **Market Mall Professional Building**

**333, 4935 - 40 Ave. NW**

Bone Mineral Densitometry, Breast Imaging, Pain Management, Nuclear Medicine Imaging, Ultrasound, X-ray

### **Mayfair Place**

**132, 6707 Elbow Dr. SW**

Bone Mineral Densitometry, Breast Imaging, Cardiac Imaging, Computed Tomography (CT), Magnetic Resonance Imaging (MRI), Nuclear Medicine Imaging, Pain Management, Ultrasound, X-ray



## CONTACT US

Please contact us if you have questions, need more information about our services, or want to book an appointment.

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You can book your appointment in over 200 languages.  
Simply call us and ask for your preferred language.