



RADIOFREQUENCY THERAPY

For Chronic Neck, Upper and Lower Back Pain

This pamphlet is for general education only. Specific questions or concerns should always be directed to your doctor. Your doctor can explain possible risks or side effects.



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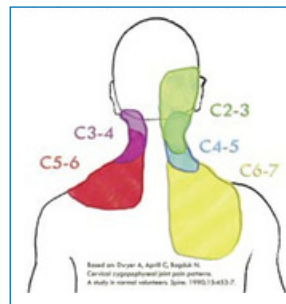
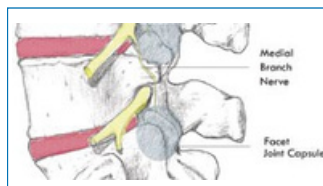
For Chronic Neck, Upper and Lower Back Pain



Radiofrequency Therapy for treating Chronic neck, upper & lower back pain

WHAT ARE FACET JOINTS?

The Spine is made up of 24 bones called vertebrae. The facet joints connect the vertebrae and assist in the movement of the spine. Facet joints are found on both sides of the spine and are approximately the size of a thumbnail. Facet joints are named according to the vertebrae they connect. The right L4-L5 facet joint, for example, joins the 4th and 5th lumbar vertebrae on the right side. Medial nerve branches are found near facet joints. These nerve branches transmit pain messages associated to the facet joint, to the brain. Each facet joint has two or three medial nerve branches that communicate pain.

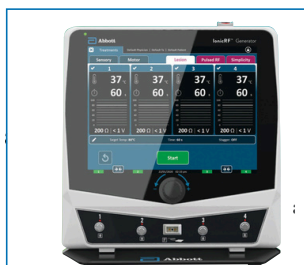


WHAT IS FACET JOINT PAIN?

Facet joint pain is felt when the joint is injured and inflamed. At times, the pain may feel like simple muscle tension, and at other times the pain may become quite severe.

HOW DO I KNOW I HAVE FACET PAIN?

If you have pain in the neck, upper and or lower back that persists for longer than two months, you may have facet joint pain. Your doctor will perform a physical assessment and may use common tests such as X-rays or MRI scans to diagnose facet joint pain. In some cases, your doctor may perform a Facet Block, which blocks pain signals from being transmitted by the medial nerve branch.



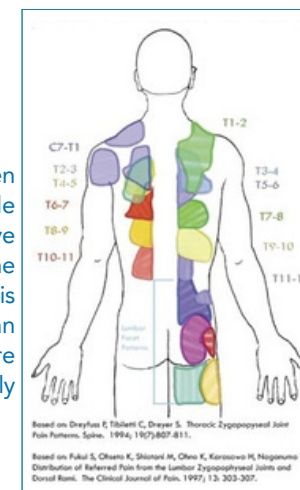
WHAT IS RF THERAPY?

RF Therapy uses radiofrequency energy to disrupt nerve function. When applied to the medial nerve branch, the nerve can no longer transmit pain from the injured facet joint.

WHAT HAPPENS DURING RF THERAPY?

With the aid of X-ray imaging, the doctor will insert a thin needle near the facet joint. Once the needle is correctly positioned, the doctor may stimulate the nerve which may cause muscle twitching and pain.

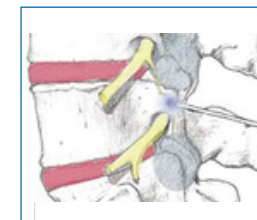
Radiofrequency energy is then transmitted through the needle to the associated medial nerve branch, in order to disrupt the nerve function. This process is often performed at more than one level of the spine to ensure that your pain is significantly reduced or alleviated.



WHAT HAPPENS AFTER RF THERAPY?

You will be monitored after the procedure. When your doctor is satisfied with your progress, the hospital will give you discharge instructions. Avoid excessive movement for several hours. You may feel pain for two to three weeks after the procedure, this is normal.

HOW LONG CAN I EXPECT PAIN RELIEF?



Nerves regenerate after an RF Therapy procedure, however, the rate at which the nerves regenerate varies from patient to patient. Your pain may or may not return. If it does, another RF Therapy procedure can be performed.