WHAT IS A PHYSIATRIST?

Physiatrists are medical doctors who have completed residency training in the specialty of Physical Medicine and Rehabilitation (PM&R). Physiatrists treat a wide variety of medical conditions affecting the brain, spinal cord, nerves, bones, joints, ligaments, muscles, and tendons. Specifically, they diagnose and treat pain as a result of an injury, illness, and disabling conditions, such as stroke, spinal cord injury, traumatic brain injury, and non-surgical orthopedic conditions. Physiatrists tend to view patients through a “whole person” lens and focus medical treatments on improving physical function and reducing disability and debility.

WHAT IS AN INTERVENTIONAL PAIN PHYSICIAN?

An Interventional Pain Physician has completed advanced training (usually a fellowship) in the treatment and management of complex pain conditions. Pain symptoms are managed through image-guided, minimally invasive targeted procedures that modulate pain signals, such as steroid injections, nerve blocks, radiofrequency neurotomy, spinal cord stimulation, and peripheral nerve stimulation techniques. Typically these interventional techniques are performed in conjunction with a multimodal treatment approach, including judicious management of pharmaceuticals, physical rehabilitation, and behavioral modifications, all aimed at reducing pain symptoms and dependence on controlled substances, such as opioids.