

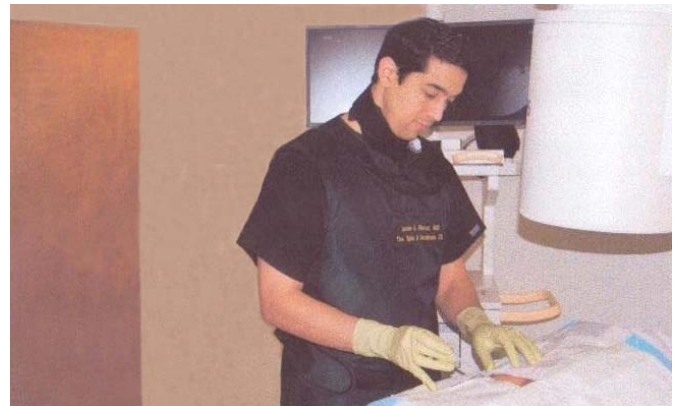


## **Pain Relief via Injections**

Founder, Joseph C. Flynn, Sr., M.D. officially opened The Spine & Scoliosis Center on April 2, 1990. Joseph C. Flynn, Jr., M.D. joined The Spine and Scoliosis Center August 1, 1993. Three years later Geoffrey Stewart, M.D. joined the practice. In 2006 Javier Placer M.D. joined The Spine and Scoliosis Center and in 2008 Scott Farley D.O. relocated to Orlando and SASC.

### **Pain Management/Physical Medicine/Rehabilitation/Sports Medicine**

Dr. Javier Placer's area of specialized medical care includes physical medicine, rehabilitation, pain management, sports medicine, pain relief treatment via injection and electrodiagnostic medicine. Dr. Placer's specific services include spinal injections, motor point blocks/phenol neurolysis, peripheral joint injections, and electromyography/nerve conduction studies. He treats everything from a Facet Joint Injection, to chronic pain, spine disorders and physical therapy after surgery.

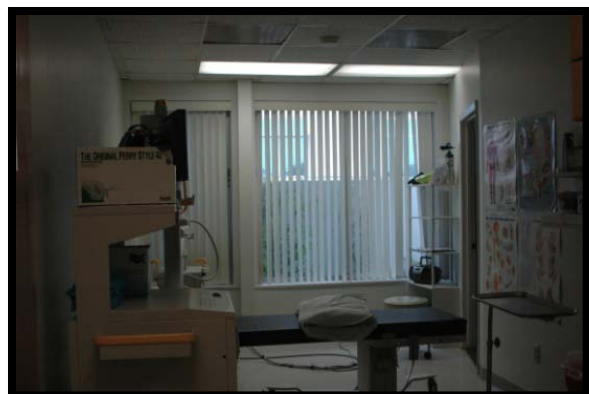


Dr. Placer believes that a multi-disciplinary approach consisting of medication, interventional pain modalities as well as a good nutritional and exercise regimen is essential for improving overall spine dysfunction.

Dr. Placer is Board a Certified by the American Board of Physical Medicine and Rehabilitation and the American Board of Pain Medicine.

He completed his fellowship at the University Of Florida Department Of Orthopedics and Rehabilitation. Dr. Placer has been performing procedures in the onsite Pain Suite at The Spine and Scoliosis Center since it opened in 2008. He also has office hours in Clermont as well as Davenport.

### **What is an Injection exactly?**



The injection, known as a Facet Joint Injection is shot of long lasting steroids and pain medicine.

Interventional spine procedures are minimally invasive procedures done to reduce back or neck pain. This is also known as a Facet Joint Injection or Lock. This can be done on all parts of the back (lumbar and thoracic) and neck (cervical). The spine is made up of vertebrae and each vertebra has a flat surface where the vertebrae fit called a facet. The arrangement makes a facet joint on each side of the vertebrae. The facet can become inflamed which then causes pain. The Facet Joint Injection inserts medication to relieve the pain and reduce the inflamed area.

### **Who is a candidate for this procedure?**

**Pain Suite in Orlando**

Patients with nerve root pain into the arms and legs or herniated discs are ideal candidates, as there is a higher success rate. Also those with spinal stenosis, degenerative disc disease, some damage to the nerves of the peripheral nervous system, and reflex sympathetic dystrophy, have had positive outcomes. In most cases patients receiving injections have already tried other conservative methods of treatment or not surgical candidates.

### **How long does the procedure take?**

The actual procedure takes about 5 to 10 minutes. When you arrive for your appointment the staff will prep the procedure room. Dr. Javier Placer and a tech use a fluoroscope or C-arm to pinpoint the exact location to administer the injection.



### **Does the injection hurt?**

There is some pain involved, but prior to the injection the skin is numbed. For the deeper tissue a thin needle is used to inject a local anesthetic. Most people feel pain at the injection site for a few hours. You should begin to feel the medication working within the next 24 hr.

**C-ARM or Fluoroscope**

### **ETC.**

The medication can last for a few weeks. Your doctor may recommend another injection if the first doesn't help you to relieve pain within the first 2 weeks.

Also if the injection does help your pain, the doctor may suggest a series of injections scheduled to meet your needs.

All of these procedures are performed by Dr. Javier Placer in the office and do not require hospitalization.

The Spine and Scoliosis Center has offices at the following locations:

1131 S. Orange Ave. Orlando, FL 32806

1925 Don Wickham Drive, Clermont, FL 34711 (just off of Citrus Tower Blvd)

40124 US Hwy 27 # 101 Davenport, FL 33837

250 Third Street, N.W., # 201, Winter Haven, FL 33881

10,000 W. Colonial Drive, #483, Ocoee, FL 32861

For more information please visit [www.spinedoctors.md](http://www.spinedoctors.md) or call **407-849-1200**.



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