

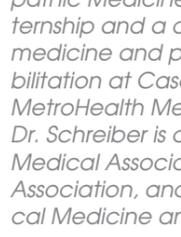


**James P. Weiner, MD**, is board certified by the American Board of Anesthesiology. He received his medical degree and completed his residency in physical medicine and rehabilitation at Eastern Virginia Medical School, Norfolk, and completed an anesthesia residency and

received fellowship training in pain management at the Naval Hospital, Portsmouth, VA. He also received fellowship training in anesthesia at Bowman-Gray Medical Center, Wake Forest University, Winston-Salem, NC. He is a member of the American Association of Electrodiagnostic Medicine, American Association of Physical Medicine and Rehabilitation, American Society of Anesthesiology, Florida Medical Society, Florida Society of Anesthesiology, International Association for the Study of Pain, and International Spinal Injection Society. He has published extensively in his areas of expertise.



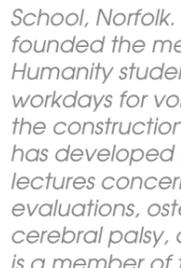
**Peter S. Schreiber, DO**, is board certified in physical medicine and rehabilitation. He completed his undergraduate studies in microbiology at the University of Florida, Gainesville, and received his medical degree from Nova Southeastern University College of Osteopathic Medicine, Davie, FL. He served his internship and a combined residency in internal medicine and physical medicine and rehabilitation at Case Western Reserve University/MetroHealth Medical Center, Cleveland, OH. Dr. Schreiber is a member of the American Medical Association, American Osteopathic Association, and American Academy of Physical Medicine and Rehabilitation.



**Keith S. Susko, MD**, completed his undergraduate studies, with an emphasis in biomedical engineering, at the University of Arizona College of Engineering. He earned his medical degree and completed his medical internship and his residency in physical medicine, serving as chief resident, at Eastern Virginia Medical School, Norfolk. While in Virginia, Dr. Susko founded the medical school's Habitat for Humanity student volunteer group, organizing workdays for volunteer labor and assisting in the construction of homes for the needy. He has developed numerous presentations and lectures concerning myofascial trigger point evaluations, osteoporosis, electromyography, cerebral palsy, and low back pain. Dr. Susko is a member of the American Academy of Physical Medicine and Rehabilitation, Association of Academic Physiatrists, American Academy of Pain Management, American Medical Association, and American Academy of Electrodiagnostic Medicine.



**Robert D. Mehrberg, MD**, is a board-certified physiatrist, certified in physical medicine and rehabilitation, as well as in electrodiagnostic medicine. He completed his undergraduate studies and earned his medical degree at Tulane University, New Orleans, LA. He served his internship and his residency in physical medicine and rehabilitation at Eastern Virginia Medical School, Norfolk, where he was appointed chief resident. Dr. Mehrberg has lectured on, written, or coauthored numerous articles, abstracts, presentations, and publications concerned with the treatment and well-being of rehabilitation patients. Dr. Mehrberg is a member of the American Association of Electrodiagnostic Medicine, American Academy of Physical Medicine and Rehabilitation, and Association of Academic Physiatrists.



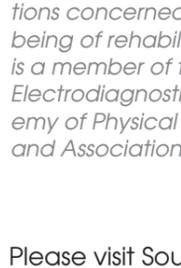
**James P. Weiner, MD**, is a board-certified anesthesiologist and highly skilled physiatrist at Southwest Florida Rehab & Pain Management Associates. "When I told him that I'd been injured in World War II and still carry shrapnel in my back, James worked with me to discover where my pain originated, so he could determine how best to treat it," reports Harry. "We learned that shrapnel was impinging the nerves near the joints in my spine.



"We tried injections and physical therapy, and those helped for a time. But in the fall of 2002 James suggested that I try radiofrequency ablation, and that brought me long-lasting relief."



"Radiofrequency ablation [RFA] offers patients an option for relief of pain from many different conditions, from arthritis in the spine and chronic sacroiliac joint pain to complex conditions like reflex sympathetic dystrophy," says Dr. Weiner. "Whenever someone has chronic nerve problems that do not respond to more conservative treatment methods, radiofrequency ablation may offer an opportunity for effective and long-term pain relief."



Radiofrequency ablation works by putting the problem nerve "to sleep," preventing it from transmitting pain signals to the brain. To determine whether a patient might be helped by radiofrequency ablation, a comprehensive evaluation using state-of-the-art technology is completed. If a physical examination reveals pain when the patient leans back or extends the spine, then a diagnostic nerve block is used to pinpoint the exact source of back or neck pain.



"By relieving the pain through the use of a diagnostic block, we pinpoint the area where treatment should be applied," explains Dr. Weiner. "If the target area is in the facet joints of the spine, the treatment of choice for treating the area and relieving the pain is radiofrequency ablation.

# Turn off the pain with radiofrequency ablation

## Southwest Florida Rehab & Pain Management Associates

James P. Weiner, MD • Robert D. Mehrberg, MD • Peter S. Schreiber, DO • Keith S. Susko, MD

**H**arry Rosenbaum thought he had it figured out. "I'd get a stabbing pain in my hip," he relates. "The pain was always with me, and when I did a lot of bending, it intensified.

"I was 78 at the time," says Harry. "For two years, I'd been figuring it was just old age."

With good reason. "Back home in Virginia," Harry notes, "I consulted a number of doctors. They couldn't find anything wrong with my hip. They didn't seem to know what to do."

In 2002, Harry moved to Florida to be closer to his daughter. It was a turning point for Harry's painful hip problem.

"My son-in-law is a pain management specialist," informs Harry, "and he's right here in Fort Myers. I decided to ask him about my pain, and that was a very good decision."

Harry's son-in-law is James P. Weiner, MD, a board-certified anesthesiologist and highly skilled physiatrist at Southwest Florida Rehab & Pain Management Associates.

"When I told him that I'd been injured in World War II and still carry shrapnel in my back, James worked with me to discover where my pain originated, so he could determine how best to treat it," reports Harry. "We learned that shrapnel was impinging the nerves near the joints in my spine.

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### ABCs of RFA

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"By relieving the pain through the use of a diagnostic block, we pinpoint the area where treatment should be applied," explains Dr. Weiner. "If the target area is in the facet joints of the spine, the treatment of choice for treating the area and relieving the pain is radiofrequency ablation.

"We use fluoroscopy or x-rays to guide us as we introduce a thin needle into the spine at the precise location where the pain-causing nerve is located," describes Dr. Weiner. "Usually, this nerve is no wider than a human hair. Radiofrequency energy is transmitted from the needle tip to the nerve, putting it to sleep and eliminating the pain.

"Many patients find permanent relief with this advanced procedure," reports Dr. Weiner, "but if additional treatments are required, radiofrequency lesioning is a safe and predictable modality that can be repeated as often as every six months."

### Welcome relief

"Radiofrequency ablation has worked very well for me," confirms Harry. "I'd say 99 percent of my pain is gone!"

Pain relief meant Harry could resume many activities he'd abandoned because of his increasing pain. "I can work outside again ... I like to do yard work," relates, "and I can do some interior maintenance work as well.



**OUT AND ABOUT...** and without pain, says Harry, thanks to successful radiofrequency ablation treatments expertly administered by Dr. Weiner.

"Without any question, radiofrequency ablation has made a positive change in my life!" FHCN

### Relief at last!

The staff at Southwest Florida Rehab & Pain Management Associates welcomes your questions and comments regarding this article. For additional information or to schedule a consultation, please call (239) 432-0774. Southwest Florida Rehab & Pain Management Associates is located at 12700 Creekside Ln., Suite 301, in Fort Myers.

**YES!** Please send me additional information about

- Pain management
- Rehabilitative medicine
- Physical therapy



Name \_\_\_\_\_

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City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_

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**Mail to:** Southwest Florida Rehab & Pain Management, 12700 Creekside Ln., Suite 301, Fort Myers, FL 33919

Please visit Southwest Florida Rehab & Pain Management Associates on the Web. Just set your browser to **www.swfna.com** and select "Rehab & Pain Management Associates" from the menu at the left side of the screen.