

OPTIMAL Pain & Regenerative Medicine Brings Innovative Back Pain Management Options Including PRP Injections and Stem Cell-like Therapies to Dallas/Ft. Worth Metroplex

Platelet Rich Plasma (PRP) and Bone Marrow Aspirate Concentrate therapies have become viable treatment options for patients seeking conservative treatment for back pain and a return to an active lifestyle. OPTIMAL now offers these innovative regenerative therapies along with traditional back pain management options to patients in the Dallas, Fort Worth and Arlington.

Experts estimate that up to 80% of the world's population will experience back pain at some point in life. Back pain can range from a dull, constant ache (chronic) to a sudden sharp pain (acute). In addition to traditional procedures to alleviate back pain such as [epidural steroid injections](#), selective nerve root blocks and rhizotomy treatment, OPTIMAL Pain & Regenerative Medicine now offers [Platelet Rich Plasma \(PRP\) injections](#) and [stem cell-like regenerative therapies](#) for back pain relief.

Pain can occur in the neck, mid-back or lower back. The discs, facets, pars interarticularis, sacroiliac joints and nerves can all cause back pain. The first step in addressing back pain relief is to determine where the pain is centered, where the pain radiates and what activities cause increased or diminished pain. Once a proper diagnosis is given, treatment options can be discussed. For patients seeking conservative treatment option to replace or delay surgery, OPTIMAL Pain & Regenerative Medicine has a variety of back pain management options to treat back pain.

Innovative therapies such as Platelet Rich Plasma (PRP) and Bone Marrow Aspirate Concentrate have become increasingly more popular alternatives to traditional spine injections. These advanced therapies use a patient's own blood components to rebuild damaged tissue, such as tendons or cartilage. Platelet Rich Plasma and Bone Marrow Aspirate Concentrate therapies use the body's natural healing abilities to accelerate healing. BMAC contains growth and healing factors similar to what is found in platelet-rich-plasma plus an additional concentration of 'pluripotent' stem-like cells, which further contribute to the regenerative process. Both PRP and BMAC can provide back pain relief to patients suffering from degenerative disc disease, bulging discs, spondylosis, sacroiliac joint pain or facet joint pain.

Patients suffering from lower back, neck, arm or leg pain due to nerve irritation or damage should consider more traditional treatments such as epidural steroid injection or a sympathetic nerve root block. Nerves travel through the epidural space and surround the membrane that covers the spinal cord and nerve roots. Inflammation to the nerve roots can cause pain. Epidural steroid injections use an anti-inflammatory medicine that is injected into the epidural space to decrease inflammation of the nerve roots to relieve leg and/or back pain. A sympathetic nerve block involves injecting medicine around the sympathetic nerves in the lumbar or cervical area. By doing this, the system is temporarily blocked in hopes of reducing or eliminating pain.

OPTIMAL also offers rhizotomy treatment to decrease pain caused by the facet joints. Facets can cause neck or lower back pain. Using electrical current, the needle tip heats up creating a lesion or burn in the pain fibers of the facet joint, ultimately stopping the pain transmission.

OPTIMAL Pain & Regenerative Medicine is on the cutting edge of back pain treatment. Whether through traditional treatment or innovative new options, each team member is dedicated to finding the best possible

solution for each patient. For patients in the Dallas, Ft. Worth or Arlington area who are seeking relief, please call us at 817.468.4343 or visit our website: optimaldfw.com.

About OPTIMAL Pain & Regenerative Medicine

OPTIMAL treats patients in the Dallas, Ft. Worth, and Arlington area with regenerative and back pain management options. Double-board certified in pain management and anesthesiology, each physician is dedicated to providing the highest quality of care and returning patients to a pain-free lifestyle. OPTIMAL specializes in the treatment of neck and back pain, arthritis, neuropathy, diseases, headaches, joint and soft-tissue injuries and sports related injuries.

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OPTIMAL Pain & Regenerative Medicine

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