

We are able to provide same day, state-of-the-art, fluoroscopically-guided interventional procedures right in our conveniently located Parkside office.

## Practice Locations

### University Hospital of Brooklyn

470 Clarkson Avenue, Room ALL-1-460, Brooklyn 11203

### Parkside Office

710 Parkside Avenue, Brooklyn 11226

### Long Island College Hospital

97 Amity Street, Brooklyn 11201

### Canarsie

9413 Flatlands Avenue, Suite 102 East, Brooklyn 11236

### Mailing Address

450 Clarkson Avenue, Box 30, Brooklyn 11203



## Insurance

We accept most insurance plans, including Medicare, Medicaid and Managed Care Plans.

For more information or to schedule an appointment at any of our convenient locations, please call:

**(718) 270-2045**

[www.downstate.edu/orthopaedics](http://www.downstate.edu/orthopaedics)

## Conditions We Treat:

- Back & Neck Pain
- Failed Back Surgery Pain
- Herniated Discs
- Joint/Muscle Pain
- Neuropathic/Diabetic Pain
- Motor Vehicle Accidents (No Fault)
- Post-Thoracotomy Syndrome
- Sciatica
- Sports-related Accidents
- Work-related Accidents

## Procedures and Services We Offer:

- Nerve Root Blocks
- Caudal Steroid Injections
- Discography
- Epidural Lysis of Adhesions
- Epidural Steroid Injections
- Facet Injections
- Joint Injections
- Percutaneous Discectomy
- Physical Therapy
- Radiofrequency Ablation
- Sacroiliac Joint Injections
- Spinal Cord Stimulator
- Sympathetic Blocks
  - Stellate Ganglion
  - Celiac Plexus
  - Lumbar Sympathetic
  - Hypogastric Plexus Block
- Trigger Point Injections

University Orthopaedic Associates

INTERVENTIONAL

# PAIN MANAGEMENT



You don't have to live with chronic pain

### Sanjeev Agarwal, MD

Director, Interventional Pain Management  
Department of Orthopedic Surgery & Rehabilitation Medicine  
University Hospital SUNY Downstate  
Central Brooklyn • Long Island College Hospital

## Multidisciplinary Approach to Pain is Most Effective

We offer state-of-the-art, multidisciplinary treatment designed to improve the lives of those living with pain. Since pain affects every aspect of the patient, the preferred and most beneficial treatment is the multidisciplinary approach. This means providing treatment for the entire physical, mental and emotional being.

Our five major approaches are:

- Comprehensive Pain Evaluation
- Physical Therapy
- Interventional Techniques
- Psychological Therapies
- Surgical Approaches



We adopt an attitude of conservative management and strive to find the least invasive and most effective course of treatment for each of our patients without surgery.

We prefer to treat our patients with physical therapy and rehabilitation, cutting-edge injection therapies, and other minimally invasive procedures to treat spine and joint disorders. We also advocate lifestyle modification, stress management, nutritional support and exercise as essential supplements to care. We do everything possible to avoid surgery and recommend it only when absolutely necessary.

## Quality Patient Care, Cutting-edge Research

We are committed to providing the best possible quality of comprehensive medical and rehabilitative services to our patients. We aspire to achieve exemplary standards in patient care, education and clinical research.

Research is naturally a priority. As an academic medical center, we are able to bring together a diverse group of scientists, clinicians and other professionals whose research endeavors continually increase our knowledge and understanding of pain.

## Advanced Interventional Procedures for Spine and Joint Care

If you've never experienced back or neck pain, consider yourself lucky. According to the American Academy of Orthopaedic Surgeons, 80% of Americans will suffer a bout of back pain in their lifetime. It's the most common cause of job-related disability in America and costs about \$50 billion a year in treatments.

A very small percentage of patients actually requires surgery. Many people find relief from pain through interventional procedures. Epidural or facet joint injections can be extremely effective in relieving chronic pain, sometimes permanently. Several newer procedures and various types of nerve blocks may be used to avoid or delay the need for surgery. Spinal cord stimulation or percutaneous discectomy may also be an option in select cases.

## Coping with Chronic Pain

Living with chronic pain affects every single aspect of your life, and often impacts your loved ones as well. While chronic pain isn't "just in your head," your state of mind has a major influence on how well you cope. The psychological side effects of living with chronic pain can be as debilitating as the pain itself.

Dr. Agarwal takes a patient-centered approach and focuses on each individual's psychological, emotional and lifestyle needs when selecting a course of treatment. Patients are never treated as just another number; rather, they receive a customized plan designed specifically for them by an honest and compassionate physician truly dedicated to their care.



## Pain Relief Specialist

**Sanjeev Agarwal, MD**  
Director,  
Interventional Pain Management



Dr. Sanjeev Agarwal is the Director of Interventional Pain Management at SUNY Downstate. He is triple board certified in Physical Medicine & Rehabilitation (physiatry), Pain Medicine and Sports Medicine, and serves as Assistant Professor of Physical Medicine & Rehabilitation as well as Clinical Assistant Professor of Anesthesiology. Dr. Agarwal is the only academic interventional physiatrist in Brooklyn and treats patients at the Central Brooklyn and LICH locations of University Hospital as well as various other office locations.

*According to the American Board of Physical Medicine and Rehabilitation, fewer than 1% of physiatrists are triple board certified in PM&R, Pain Medicine and Sports Medicine.*

Dr. Agarwal specializes in pain management, utilizing fluoroscopically-guided procedures and interventional maneuvers to treat chronic pain of the spine. Because of his extensive orthopaedic background, supplemented by further training in PM&R and Pain Medicine, Dr. Agarwal is uniquely positioned to treat patients with spine and joint problems.

Dr. Agarwal received his Master of Surgery in Orthopaedics from King George Medical College in India and obtained a Master of Trauma and Orthopaedic Surgery from the University of Dundee, United Kingdom. He completed a Physical Medicine & Rehabilitation Residency at the Nassau University Medical Center, New York; a Fellowship in Spine and Research Functional Electrical Stimulation at Case Western Reserve University, Cleveland; and a Fellowship in Pain Medicine at the University of Cincinnati Medical Center, Department of Anesthesiology.

Dr. Agarwal is actively involved in teaching and mentoring medical students and residents. He has published numerous articles in peer-reviewed journals and regularly presents at national conferences.