



WHEN PAIN PERSISTS,
ITS TIME TO SEE A
PAIN SPECIALIST



WELCOME TO **DR. WAQAS' PAIN & SPINE CLINIC**

LAHORE'S LEADING CONSULTANT
FOR PAIN ASSESSMENT & TREATMENT.

If you've been battling with pain for some time, you may be at a loss of what to do or where to turn. All too often patients with complex conditions are prescribed general medication and bed rest, only to find their problem persists, or worsens over time.

At Dr. Waqas' Pain & Spine Clinic, we're highly proficient in delivering personal, private care. We specialize in creating individually tailored treatment plans to beat pain as quickly as possible, and we offer a wide range of pain treatment services to fit your unique set of symptoms.

We understand that successful pain treatment begins with a thorough assessment and accurate diagnosis. All patients have an initial assessment including a full history and clinical examination. We are proud to work with the most advanced diagnostic tools including MRI scans, CT scans, X-Rays, Blood Tests and high resolution Ultrasound scans- in short, whatever it takes to get to the root of your symptoms. Once we have established the cause of your pain, we can offer a wide range of treatment interventions to tackle it.

Analgesic Medications- Analgesic and Antineuropathic

Facet Joint injections

Facet Joint Radiofrequency Denervation

Sacroiliac (SIJ) Injections

Sacroiliac radiofrequency denervation

Selective Nerve Root Injections

Nerve root pulsed radiofrequency

Specialist Pain Physical Therapists

PENS- Peripheral Electrical Nerve Stimulation

Hyaluronic acid (Synvisc/Hyal One)

Epidural (Transforaminal/Caudal)

PRP Therapy

Clinical Pain Psychology

Multidisciplinary Treatments

Botox (Botulinum Toxin A)

Our Consultant in Pain Medicine are renowned as the go-to doctors when pain is the barrier to rehabilitation. We assure that every patient is treated for their condition and never sent home with generalized recommendations. You can always ask as many questions as you need and will never be rushed out of the door.

PHYSICIAN PROFILE



DR. WAQAS ASHRAF, M.D. ANAESTHESIA & PAIN MEDICINE

Consultant Anaesthesiologist
Interventional Pain Medicine
Diplomat Interventional Pain Management

A qualified Consultant in Anaesthesia & Pain Medicine with numerous years' experience, he is an expert in assessing and treating pain conditions and symptoms. Extensively qualified in Pain Management and professionally trained to treat different pain problems, particularly musculoskeletal pain, neuropathic pain and cancer pain, he is well renowned in his field nationally & internationally as the doctor to consult when pain is the barrier to rehabilitation. Dr. Waqas is very experienced in both the assessment and treatment of pain.

Dr. Waqas specialist clinical interests include:

- ✓ Neck and Back pain
- ✓ Head and face pain
- ✓ Joint pain
- ✓ Fibromyalgia
- ✓ Widespread pain/issues, such as CRPS
- ✓ Pelvic Pain
- ✓ Lidocaine Infusion
- ✓ Musculoskeletal pain
- ✓ Neuropathic pain
- ✓ Spinal pain
- ✓ Cancer pain
- ✓ Sciatica

NERVE PAIN

HEAD & FACE PAIN

It is common for people to suffer from occasional head pain, including headaches or face pain from a sinus infection. However, constant headaches, eye pain, facial pain or stiff neck and shoulder muscles may be a cause for concern, as they can be symptoms of an underlying condition.

Doctors at the Pain Clinic use the latest medical advancements to ensure that the source of your Head and Face Pain is correctly identified. At the Pain Clinic, you can expect:

- ✔ A full explanation of your Head & Face Pain
- ✔ Botulinum Toxin A (Botox) Treatment
- ✔ Access to the latest analgesic medications for the treatment of Head and Face Pain
- ✔ A range of minimally invasive pain management procedures
- ✔ Peripheral electrical nerve stimulation (PENS) treatment
- ✔ Surgical options, if indicated.
- ✔ An individual treatment plan
- ✔ Pulsed Radiofrequency (PRF) Treatment

Common causes of Head and Face Pain include:

Trigeminal Neuralgia (TGN) - one of the most severe forms of nerve or neuropathic pain. Even simple activities like brushing your teeth, chewing, shaving or eating can cause a severe electric shock-like pain that shoots through your face.

Migraines - migraines can cause unbearable pulsating pain in your head. They can also be associated with nausea and sensitivity to light and sound. At the Pain Clinic you can be assured that your pain specialist will assess the characteristics of your migraines and their triggers.

Occipital Neuralgia - one of the most severe forms of nerve or neuropathic pain and unfortunately, is often misdiagnosed as migraine or another type of headache due to the similarity of symptoms. You may experience severe headaches, feeling a tight pulsating sensation over the head or severe stabbing and shooting pains over the top of the scalp.






SPINE PAIN

Spinal disorders can cause significant distress and rob sufferers of a fulfilling life. What's worse, many patients are misdiagnosed, which only adds to a sense of frustration. At the Pain Clinic we have treated countless patients living with unimaginable states of physical discomfort. It is our commitment to offer patients who have not yet found relief, a lasting solution.

Our vision is to deliver exacting diagnosis and expert treatment to get you back to a life free from the various conditions that are associated with Spine Pain, whether your symptoms are associated with Neck Pain or Back Pain. If you have another type of Spine Pain, our expert pain doctors can help.

NERVE PAIN

Nerve Pain is linked to the sensory nervous system, and can be caused by a variety of underlying conditions - from local trauma to viral infections. When this vast communication network is damaged, Nerve Pain or Neuropathic Pain is often the result. Until the nerves are healed, patients will continue to suffer discomfort.



SPINE PAIN

NECK PAIN

In cases of ongoing Neck Pain, the only real solution is to see a specialist pain doctor. At the Pain Clinic, our experts specialize in diagnosing the cause of your pain. You can expect

- ✔ A full assessment by a consultant in pain medicine
- ✔ A detailed medical history, focusing on your Neck Pain
- ✔ A thorough examination of your head, neck and upper Back
- ✔ High resolution MRI scans and x-Rays performed by experienced consultant radiologists
- ✔ Our renowned Second Opinion Service

We understand that every patient is unique and requires a different approach to their treatment. Doctors at the Pain Clinic work closely with you to ensure all your symptoms are understood, and patients are encouraged to ask as many questions as they need. At our Pain Clinic, we can provide you with:

- ✔ A full explanation of your Neck Pain.
- ✔ Personalized treatment plans.
- ✔ Access to the latest anti-inflammatory & analgesic Medications used in the treatment of Neck Pain.
- ✔ Specialist physical therapy and rehabilitation.
- ✔ Cervical facet joint blocks.
- ✔ Cervical facet joint radiofrequency denervation (RF) treatment.
- ✔ Cervical Epidurals
- ✔ Paravertebral and trigger point Botulinum Toxin A (Botox) treatment.
- ✔ Surgical consultation, where Indicated.



SPINE PAIN

BACK PAIN

Most causes of Back Pain are due to simple mechanical conditions, for example pain arising from the intervertebral discs, facet joints, muscles or other structures in the spine. However, there are other rare but serious conditions including disc herniation, vertebral fracture, infection and tumors.

We use advanced MRI scanning to fully investigate the cause of your Back Pain, which may reveal wear and tear changes in the structures of the spine. At the Pain Clinic, we can provide you with:

- ✔ A full explanation of your Back Pain
- ✔ Individual treatment plans, whether your Back Pain is acute or chronic
- ✔ Multidisciplinary care
- ✔ The latest analgesic medications
- ✔ Multimodal analgesia
- ✔ Specialist Orthopaedic Physical Therapy and rehabilitation to improve the physical functioning of your spine
- ✔ The latest minimally invasive pain management procedures for Back Pain including Epidural, Facet joint MBBB and Sacroiliac (SIJ) joint injections
- ✔ Advanced procedures including facet joint and sacroiliac joint Radiofrequency denervation
- ✔ Surgical consultation, where indicated, for example where there is a RED FLAG



SPINE PAIN

OUR DOCTORS CAN HELP WHETHER YOUR SYMPTOMS ARE ASSOCIATED WITH:

Sciatica - leg pain caused by irritation, compression or inflammation of a part of the sciatic nerve; the largest nerve in the body. Pain is often first felt in the lower back and buttocks and radiates down the leg to the foot and ankle. In addition to your pain, you may experience numbness, weakness, pins and needles and tingling in the legs.

The main causes of sciatica include problems with the lower lumbar spine including disc prolapse and spinal stenosis. However, there are also a number of rarer forms of sciatica including Piriformis Syndrome and Ischiogluteal Bursitis

Facet Joint Pain - Facet joints are small joints on the back of the spine from the base of the skull to the sacrum. They allow movement of the spine while maintaining stability. Pain arising from a facet joint can be acute, for example following a lifting injury, or may be chronic, for example due to underlying wear and tear changes in the intervertebral discs.

Sacroiliitis - a severe, intense pain that originates from the large joints located at the base of the spine. It is due to inflammation of the sacroiliac joint and can be a difficult condition to diagnose as it is often mistaken for "normal" lower back pain.

Failed Back Surgery Syndrome - If you have undergone surgery on your spine but are still suffering ongoing pain in your back, legs or both, you may have failed back surgery syndrome (FBSS). You may also have FBSS if you are experiencing stabbing pain in your legs or other forms of sharp pain. There are numerous factors that can contribute to the development of failed back surgery syndrome. including recurrent or residual disc herniation, post-operative scar tissue and chronic inflammation of the facet and sacroiliac joints.

Piriformis Syndrome - caused by inflammation, Irritation or compression of the sciatic nerve by the piriformis muscle, located in the middle of the buttock. You may be experiencing leg pain or sciatica including sharp, stabbing, burning pain in your legs, often in the absence of lower back pain. The pain starts deep in the buttock and radiates down the leg.

Our Pain Specialists understand the complex underlying causes for Spine Pain (Neck or Back), as well as the varying ways it can affect patients. The sooner the problem is accurately identified, the sooner your targeted treatment plan can begin.

NERVE PAIN / BODY PAIN

FIBROMYALGIA

The widespread pain and fatigue that comes with having Fibromyalgia can leave otherwise healthy people unable to cope with their daily lives. At the Pain Clinic we are familiar with the all over body severe fatigue and sleep disturbance that is a part of Fibromyalgia which may be secondary to an underlying condition for example an underactive thyroid, head or neck party takes on average 5 years for a patient to be properly diagnosed with Fibromyalgia

We understand that every patient has a unique Experience of pain. We can provide you with:

- ✔ A full explanation of Fibromyalgia
- ✔ Individual treatment plans
- ✔ Multidisciplinary treatment
- ✔ Access to the latest analgesic medications specifically Used in the treatment of Fibromyalgia
- ✔ Specialist physical therapy and rehabilitation aimed at Improving your physical function and wellbeing
- ✔ Cortisone injections to trigger points
- ✔ Botulinum Toxin A (Botox) treatment to trigger points
- ✔ Pulsed radiofrequency (PBF) treatment to trigger Points
- ✔ Self Help Techniques
- ✔ Clinical pain psychology to improve your psychological wellbeing.

NERVE PAIN / BODY PAIN

POST HERPETIC NEURALGIA

One of the most severe forms of Neuropathic Pain, Post Herpetic Neuralgia is the result of infection of the Herpes Zoster Virus. Sufferers experience relentless burning, and sharp or stabbing pain in the area where a rash had developed We often treat patients who are partially treated poorly treated or who have even been misdiagnosed

Our expert pain doctors can offer you:

- ✔ A full explanation of Post Herpetic Neuralgia
- ✔ An individual treatment plan
- ✔ The latest Anti-neuropathic (anti-nerve pain) Medication
- ✔ Topical & oral anti-neuropathic medication
- ✔ Multimodal Analgesic Medication
- ✔ Opioid analgesic Medication, where indicated
- ✔ Peripheral Electrical Nerve Stimulation (PENS) Treatment
- ✔ Botulinum Toxin A (Botox) treatment
- ✔ Quetenza (high concentration Capsaicin) treatment
- ✔ Self Help Techniques and Desensitization Exercises
- ✔ Post Herpetic Neuralgia should be treated as soon as symptoms appear. An expert diagnosis is the first place to start an effective treatment program.



GROIN PAIN

The most common conditions to cause Groin Pain include problems emanating from the hip joint, Hernias and Nerve or Neuropathic Pain. This includes Ilioinguinal, Iliohypogastric and Genitofemoral Neuralgias. There are also rare causes including Osteitis Pubis and Myositis Ossificans.

ILIOINGUINAL, ILIOHYPOGASTRIC AND GENITOFEMORAL NEURALGIA

The most severe forms of Nerve Pain, you may experience sharp, burning, stabbing, excruciating Groin Pain as a result of Ilioinguinal Iliohypogastric and Genitofemoral Neuralgia. These conditions are also associated with extreme hypersensitivity to the local skin, which may be painful to the touch.

At the Pain Clinic you can expect:

- ✔ A full explanation of Ilioinguinal, Iliohypogastric and Genitofemoral Neuralgia
- ✔ An individual treatment plan
- ✔ Access to the latest Antineuropathic Medications
- ✔ Topical and oral Antineuropathic Medications
- ✔ Ilioinguinal nerve blocks and pulsed Radiofrequency treatment
- ✔ Iliohypogastric nerve blocks and pulsed Radiofrequency (PRF) Treatment
- ✔ Genitofemoral nerve blocks and pulsed Radiofrequency (PRF) Treatment
- ✔ Peripheral Electrical Nerve Stimulation (PENS) Treatment
- ✔ Quetenza (high concentration Capsaicin) Treatment
- ✔ Self help techniques
- ✔ Specialist physical therapy including desensitisation exercises.



If you are experiencing dull, burning, sharp or cramping pain associated with menstruation or sexual intercourse you may be suffering from Gynaecological Pain. Whether your pain is acute or chronic it is important to have it diagnosed and appropriately treated Gynaecological Pain can be caused by a variety of underlying conditions including endometriosis, fibroids, adhesions, chronic bladder infection and infective causes. It can be difficult to pinpoint the exact cause of the pain.

PELVIC PAIN

You may be suffering in particular from Pelvic Pain, experiencing dull, burning, sharp or cramping pain associated with urination, bowel movement or sexual Intercourse. We can offer you:

- ✔ A full explanation of your Pelvic Pain
- ✔ Individual treatment plan Multidisciplinary Treatment
- ✔ Access to the latest Analgesic Medications
- ✔ Multimodal Analgesia
- ✔ Hypogastric Plexus Pulsed Radiofrequency (PRF)
- ✔ Ganglion Impar Blocks
- ✔ Ganglion Impar Pulsed Radiofrequency (PRF)
- ✔ Pudendal Nerve Blocks
- ✔ Pudendal Nerve Pulsed Radiofrequency (PRF)
- ✔ Specialist Pelvic Physical Therapy

VULVODYNIA

With this condition you may experience sharp, burning or electric shock-like pain, occurring around the vulva, labia or entrance to the vagina. There are a number of potential reversible causes for Vulvodynia including local skin conditions, STD's and early malignancy Since every woman is affected differently, we treat patients on an individual basis. The underlying causes of Vulvodynia require different treatments, which is why it is so important to seek an expert diagnosis At the Pain Clinic we can offer:

- ✔ A full Explanation of Vulvodynia
- ✔ A personalised treatment plan Targeted therapy for Vulvodynia
- ✔ The latest neuropathic Anti-nerve Therapeutic Exercises
- ✔ Oral and Topical Antineuropathic medication Multimodal Antineuropathic regimes
- ✔ Pudendal Nerve Blocks
- ✔ Pudendal Nerve Pulsed Racequency (PRF) treatment
- ✔ Self Help techniques
- ✔ Specialist Pelvic Physical Therapy.



MUSCULOSKELETAL PAIN

Any degree of musculoskeletal pain can cause a great deal of discomfort and have a profound effect on day to day living. The causes and presentation of musculoskeletal pain can vary widely, from overworked muscles & joints, wear & tear of joints, prolonged Immobility or an underlying condition. Effective treatment should focus on the individual needs of the patient & not generic advice.

At the Pain Clinic, we have diagnostic Expertise and availability of the latest medical technology to heal your musculoskeletal pain. Once an accurate diagnosis is made, our specialist doctors will deliver a tailored and effective treatment interventions whether your problem is Shoulder, Hip or Knee

P a i n

MUSCULOSKELETAL PAIN

SHOULDER PAIN

The shoulder joint is the most moveable joint in your body, but also the most vulnerable. Shoulder pain can be agonizing with many possible underlying causes. This can include rotator cuff tears, tendonitis, Bursitis, frozen shoulder, arthritis and sprain. Here at the Pain Clinic we offer:

- ✔ A full explanation of your shoulder pain
- ✔ Access to the latest analgesic medications for shoulder-pain
- ✔ Intra articular steroid injections
- ✔ Intra articular Hyaluronic Acid injections including Synvisc and Durolane
- ✔ Local trigger point injections
- ✔ Suprascapular nerve blocks
- ✔ Suprascapular nerve pulsed radiofrequency (PRF) treatment
- ✔ Botulinum Toxin A (Botox) treatment
- ✔ Hydropneumodilatation



HIP PAIN

Over time, the hip joint undergoes increasing wear and tear. There is a reduction in the volume of synovial fluid within the joint and the cartilaginous lining thins. If left untreated, hip pain can progressively worsen, with leg muscles becoming weaker and mobility deteriorating. Hip pain can also be caused by inflammation of the tendons, ligaments and muscles around the hip joint itself.

Here at the Pain Clinic, we offer:

- ✔ A full explanation of your hip pain
- ✔ An individual treatment plan
- ✔ Multidisciplinary treatment
- ✔ The latest analgesic medications for hip pain
- ✔ Intra-articular injections with steroid
- ✔ Intra-articular injections with Hyaluronic Acid including Synvisc and Hyal One
- ✔ Trochanteric bursa steroid injections
- ✔ Trochanteric bursa treatment with autologous blood and platelet rich plasma
- ✔ Obturator nerve blocks
- ✔ Obturator nerve pulsed radiofrequency (PRF) treatment
- ✔ Specialist Orthopaedic therapy
- ✔ Surgical consultation, if indicated.

KNEE PAIN

Over time, Knee Pain can lead to severe discomfort. Causes can include general wear and tear, thinning and irregularity of the cartilage lining the knee joint and a reduction in the volume of synovial fluid within the joint. Also inflammation of the soft tissue structures surrounding the joint including tendons, ligaments and muscles. Here at the Pain Clinic, we offer:

- ✔ A full explanation of your knee pain
- ✔ personalized treatment plans
- ✔ Multidisciplinary treatment & pain management
- ✔ Access to the latest analgesic medication for knee pain
- ✔ Intra-articular injection treatment with steroid
- ✔ Intra-articular injection treatment with Hyaluronic Acid including Synvisc & Hyal One
- ✔ Specialist Orthopaedic physical therapy
- ✔ Surgical consultation, where indicated.

Doctors at our Pain Clinic take a consultative approach to your care with effective, personally tailored treatment plans.



**CALL TO BOOK
AN APPOINTMENT**

0322-80630367



OUR LOCATIONS

Bashir Neurospine Institute - BNI
18- Shadman Jail Road, Lahore
0345-8422505
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www.bni.com.pk

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