Suggestions for pain treatment for on-going problems:

For **back or neck pain, or pain referred down your leg (sciatica) or arm**, please ask your GP for a referral to the Royal Jubilee Hospital (RJH) pain clinic or the Helmcken pain clinic, where fluoroscopy-guided procedures are done by specialists. Another alternative is to be referred to Interventional Radiology at the major hospitals.

For any kind of **musculoskeletal pain**, trigger point injections may help, and these can be accessed at Muscle MD (Dr Dhanoa, downtown) or at the Myoclinic (Brentwood Bay).

For **botox for migraines**, ask your GP to refer you to one of the doctors who offer this service. These are listed on pathwaysbc.ca, accessible to all doctors. Dr Talveen Gill is located at the Helmcken Pain Clinic.

For **platelet-rich plasma (PRP) and prolotherapy** injections, some can be done at RebalanceMD by the sports medicine doctors, or else consider seeing naturopathic doctors (ND), Drs Todd Levins or Jordon Morton at Rise Health (very near the Royal Jubilee Hospital) or Dr MJ Atkins (Sidney and Broadmead offices).

For nerve pain/entrapments, nerve blocks, perineural injections and hydrodissections under ultrasound, these can be done at the RJH or Helmcken pain clinics via fluoroscopic x-ray guidance, or through NDs Drs Todd Levins or Jordon Morton at Rise Health (very near the Royal Jubilee Hospital) via ultrasound guidance.

For **gel injections** for (usually knee) arthritis, sports medicine or physiatrists offer this service. For **Arthrosamid** (5-year gel for knee arthritis), NDs will be offering this at Rise Health, and likely RebalanceMD will also be offering this. Dr Jannice Bowler will continue to offer it in the short-term for current and new patients.