CONTENTS

SECTION 1: BASICS

1. **Pain Management: A Historical Perspective** 3
   Vasumathi M Divekar
2. **Acute Pain** 6
   Gerard DeGregoris III
3. **Acute Turn to Chronic: Causes, Prevention, and Management** 10
   Ramon Go, Neel Mehta
4. **Chronic Pain** 19
   Neel Mehta, Timothy Connolly
5. **Interpretation of Blood Levels of Drugs Used in Chronic Pain Management** 27
   Urmila M Thatte, Maulik S Doshi

SECTION 2: CLINICAL EXAMINATION AND EVALUATION

6. **Clinical Examination and Evaluation of Cervical Spine** 43
   Vivek Mehta, Kavita Poply
7. **Clinical Examination and Evaluation of Lumbar Spine** 52
   Steve M Aydin

SECTION 3: UNDERSTANDING IMAGING MODALITIES FOR PAIN PATIENT

8. **Interpretation of X-ray Spine** 61
   Muthusamy Chandramohan
9. **Interpretation of Computer Tomography Scans for Interventional Pain Treatment Procedures** 71
   Sunil A Waghmare
10. **Magnetic Resonance Imaging in Pain Management** 83
    Makarand M Kulkarni
11. **Role of Electrodiagnosis in the Management of Neck and Back Pain** 100
    Mansukhani A Khushnuma
12. **Bone Mineral Density: Interpretation, Treatment, and Prevention** 109
    Shirish Kataria

SECTION 4: CERVICAL/NECK PAIN

13. **Headache: Causes and Treatment Modalities** 123
K Ravishankar

14. **Trigeminal Neuralgia: Causes and Treatment** 132
Manohar L Sharma

15. **Cervical Radiculopathy Pain and Its Management** 146
Ganesan Baranidharan

16. **Cervical Facet Joint Pain and Its Management** 152
Sherdil Nath

17. **Cervical Diskogenic Pain and Its Management** 157
Anil K Sharma

SECTION 5: LOW BACK PAIN

18. **Focal Back Pain and Its Management** 163
Sanjeeva Gupta, Shamim Haider, John A Titterington

19. **Lumbar Facet Joint Pain Syndrome** 172
Sanjay Bakshi, Gerard Grahemsen

20. **Lumbar Spinal Stenosis** 180
Steve M Aydin, Thomas P Lione

21. **Lumbar Diskogenic Back Pain** 187
Selaiman Noori, Sudhir Diwan, Neel Mehta

22. **Sacroiliac Joint Pain Syndrome and Its Management** 198
Andrew R Cooper

23. **Coccygodynia and Its Pain Management** 204
Yashwant L Nankar

24. **Piriformis and Iliopsoas Pain Syndromes and Its Pain Management** 208
Dwarkadas K Baheti

SECTION 6: UROGENITAL AND PELVIC PAIN

25. **Nonmalignant Urogenital Pain Management** 217
Ashish Gulve, John Hughes

26. **Chronic Nonmalignant Pelvic Pain** 233
Kyriacos Kyriakides

SECTION 7: CANCER PAIN

27. **Head and Neck Cancer Pain Management** 241
Manohar L Sharma

28. **Breast Cancer: Pain and Its Management** 248
PN Jain

29. **Carcinoma Lung: Pain and Its Management** 252
Arun K Bhaskar

30. **Upper Abdominal Malignancy: Pain and Its Management** 264
Dwarkadas K Baheti

31. **Malignant Pelvic Pain and Its Management** 270
Subhash Jain

32. **Metastatic Bone Pain Management** 281
Raghbir Singh P Gehdoo, Jasmeen Kaur

SECTION 8: NEUROPATHIC PAIN

33. **Neuropathic Pain: Approach, Pathophysiology, and Management** 297
Satish V Khadilkar, Abhinay M Huchche, Nahush P Dilip, Madhu B Singla

SECTION 9: ISCHEMIC PAIN

34. **Peripheral Vascular Disease: Causes and Pain Management** 309
Kailash M Kothari

SECTION 10: MYOFASCIAL PAIN

35. **Management of Myofascial Pain** 323
Kritika M Doshi

36. **Fibromyalgia: Causes and Pain Management** 332
Muralidhar Joshi

SECTION 11: SCAR PAIN

37. **Post-herniorrhaphy Pain and Its Management** 341
Lakshmi C Vas

38. **Post-coronary Artery Bypass Grafting Scar Pain and Its Management** 353
Madhuri A Lokapur

SECTION 12: CHALLENGING PAIN

39. **Complex Regional Pain Syndrome: Where We Stand?** 359
Samyadev Datta

40. **Phantom Limb Pain: Causes and Pain Management** 372
JD Hoppenfeld

41. **Postherpetic Neuralgia: Causes and Pain Management** 377
Charles Daknis

42. Post-laminectomy Pain and Its Management **383**
Preeti P Doshi

43. Restless Leg Syndrome: Causes and Pain Management **395**
Dwarkadas K Baheti

44. Calciphylaxis and Its Pain Management **400**
Krishna Poddar

45. Regenerative Medicine for Spine and Orthopedic Conditions **407**
Annu Navani, Joshua D Chrystal

SECTION 13: PHYSIOTHERAPY

46. Role of Physiotherapy in Treatment of Patients with Spinal Pain During the Acute/Inflammatory Phase **423**
Rob Naber

47. Role of Physiotherapy in Treatment of Spinal Pain During Subacute/Reparative Phase **437**
Neeraj D Baheti

48. Physiotherapy in Management of Chronic Pain **448**
Saroj M Sanghavi, Dakshesh M Sanghavi

SECTION 14: PSYCHOTHERAPY

49. Role of Psychiatric Medications in Chronic Pain Management **459**
Harish K Shetty, Surbhi C Trivedi

50. Pain Psychology and Its Treatment Options **463**
Anjali M Chhabria, Shrradha V Sidhwani, Juhi J Parmar

SECTION 15: ALLIED THERAPY

51. Role of Radiation in Cancer Pain **473**
Krishna A Balkundi, Pallavi B Patil

52. Role of Chemotherapy in Cancer Pain Management **478**
Ashish V Bakshi, Nilesh M Lokeshwar, Vibhay Pareek

53. Oncosurgery and Cancer Associated Pain **485**
Deepak Chabbra

54. Management of Ophthalmic Pain **491**
Salil A Mehta

Index ***499***