

## A Multidisciplinary Approach to Pain is Most Effective

*We treat our patients with a comprehensive approach to pain management,*

emphasizing back-to-work recovery, non-addicting medication alternatives and specializing in minimally invasive pain management procedures. We offer cutting edge treatments using state-of-the-art technology and equipment in a comfortable and patient-friendly setting. We treat a patient's entire physical, emotional and mental being. Our approach is to strive for the most effective treatment with the least invasive method, while avoiding surgery when possible. We advocate for lifestyle modifications to include stress management, exercise and nutritional support.

## Quality Patient Care In a Culture of Excellence

Patient satisfaction, safety and quality of life are a priority of our practice and our goal is to achieve the highest standards in the most up-to-date patient care, research-based medicine and clinical education as well as research. As an academic medical center, we are able to bring together a comprehensive team approach. We are always striving to increase our knowledge and understanding of pain.



**Westchester Medical Center**

Westchester Medical Center Health Network

### Westchester Medical Center Pain Management

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**Westchester Medical Center**

Westchester Medical Center Health Network

**Department of Anesthesiology**

**Division of Pain Medicine**





## Advanced Interventional Procedures for Spine and Joint Care

Typically, a very small percentage of our patients require surgery, as we aim to find relief for our patients through other interventional procedures first. Epidural or facet joint injections can be very effective in relieving chronic neck and back pain. In some cases, spinal cord stimulation is also an option. There are also many newer techniques that can be used to avoid or delay surgery. We also offer cryoablative therapy as an alternative for patients suffering from chronic knee and joint pain.

### ***Coping with Chronic Pain***

*Our team takes a patient-centered approach to pain and focuses on our patients' needs when selecting treatment options. Each patient is treated as an individual case with a customized plan for treatment and recovery through comprehensive and compassionate care.*

## Some of the Conditions We Treat

Arthritis	Neck Pain
Back Pain	Neuralgia or Neuropathy
Lower Back Pain and Sciatica	Phantom Limb Pain
Cancer Pain	Post Herpetic Neuralgia
Central Pain	Radiculopathy
Complex Regional Pain Syndrome (CRPS, RSD, I or II)	Sacroiliac Joint Pain
Failed Back Syndrome (Post- Laminectomy Syndrome)	Spinal Stenosis
Fibromyalgia/ Myofascial Pain	Vertebral Compression Fractures
Intractable Post-Operative Pain	Whiplash
Musculoskeletal Pain	



## Pain Management Procedures

Botox Injection	Lumbar Puncture
Celiac Plexus Block	Lumbar Sympathetic Nerve Block
Chemical Ablation	Medial Branch Block - Cervical and Lumbar
Cooled Radiofrequency Ablation	Occipital Nerve Block
Cryoablation	Paravertebral Nerve Block
Discography	Peripheral nerve stimulator
Epidural Blood Patch	Piriformis Block
Epidural Catheter, Tunneled Epidural Catheters	Radiofrequency Ablation
Epidural Steroid Injection - Lumbar, Cervical	Sacroiliac Joint Injections
Ganglion Impar Block	Selective Nerve Block
Genicular (Knee) Nerve Blocks	Spinal Cord Stimulator
Hypogastric Plexus Block	Stellate Ganglion Block
Ilioinguinal Nerve Block	Supraorbital Nerve Block
Intercostals Nerve Block	Transforaminal Epidural Steroid Injection
Intrathecal Infusion Pumps	Trigger Point Injection
Knee, Hip Shoulder Joint Injections	Vertebral Body Biopsy
Kyphoplasty and Vertebroplasty	



### **Nitin Sekhri, MD**

Dr. Nitin Sekhri joined Westchester Medical Center in January 2014 as the Medical Director of Pain Management and is currently an Assistant Professor at New York Medical College.

Dr. Sekhri is board certified in both Anesthesiology and Pain Medicine. A local New Yorker, Dr. Sekhri earned his Chemical Engineering degree from Manhattan College before attending Albert Einstein College of Medicine.

He completed his residency in Anesthesiology at Columbia University Medical Center, serving as Chief Resident in his final year. He went on to complete his Fellowship in Pain Medicine at Columbia.

Dr. Sekhri offers to aim a compassionate and comprehensive plan for pain treatment, allowing every patient to return to an optimal level of function in his or her work and personal life. His clinical focus is on interventional pain management, in particular radiofrequency for chronic joint pain, minimally invasive spine procedures and comprehensive treatment of cancer pain.



### **Garret Weber, MD**

Dr. Garret Weber is board certified in pain medicine and anesthesiology specializing in non-opioid based interventional pain management techniques to alleviate patient suffering. He has extensive training in all aspects of pain including acute pain, sports injuries, chronic musculoskeletal pain, chronic neck and low back pain, neuropathic pain, CRPS, cancer pain, pediatric and adolescent pain.

Dr. Weber received his medical degree from SUNY Upstate Medical University, graduating Summa Cum Laude. He trained in Anesthesiology at Columbia University Medical Center. Dr. Weber went on to complete further subspecialized fellowship training in pain medicine and interventional techniques at Cornell University, Memorial Sloan Kettering and Hospital for Special Surgery.

Dr. Weber has joint appointment at Westchester Medical Center in the departments of Anesthesiology and Radiology. He also has faculty appointment at New York Medical College and actively participates in the teaching and education of medical students, nursing students and trainees.