What should I expect during my appointment?
The physician will review the procedure, including the medication and or equipment to be used, the position of your body during the procedure and what to expect in the days after. In addition, a member of the team will review any precautions or limitations to be followed.

Will my medical insurance cover services?
Interventional physiatry services are covered by most commercial insurance, as well as Medicare and Medicaid. Gaylord staff will work with you to verify benefit coverage.

Will I be awake during the procedure?
Yes. Most procedures are done with a small thin needle, usually without any sedation. There is local anesthetic within the injection.

What else does Gaylord Specialty Healthcare offer?
Gaylord Hospital is a specialty hospital that provides inpatient care for complex medical patients needing intensive rehabilitation.

Gaylord Outpatient Services provides:
- Aquatic Therapy and Aquacize
- Gaylord Hearing Center
- Gaylord Center for Concussion Care
- Physical, Occupational and Speech Therapy
- Psychology and Neuropsychology Evaluations
- Wheelchair Assessment Services and more

Gaylord sponsors support groups and can provide recommendations when prosthetics, orthotics and rehabilitation equipment are required.

Gaylord Physical Therapy Orthopedics and Sports Medicine, at 8 Devine Street in North Haven, specializes in musculoskeletal conditions requiring therapy, sports injuries and return-to-play progression following concussion.

Referrals and Appointments
Appointment requests are available on-line at outpatientscheduling@gaylord.org or by calling the number below. For more information on services and locations, visit us at www.gaylord.org.

Location
Gaylord Hospital and Gaylord Outpatient Services
50 Gaylord Farm Road
Wallingford, CT 06492
203-284-2845 Appointments
203-294-8705 Fax
www.gaylord.org

Physiatry office appointments are located in Medical Services at Jackson Pavilion.

The Radiology Suite is located at Milne Pavilion.
**The Gaylord Advantage**

Interventional physiatry is now offered at Gaylord through outpatient medical services. Procedures are performed in our Outpatient Radiology Suite on the Wallingford campus.

Interventional physiatry procedures are minimally invasive, targeted treatments performed using imaging guidance. These types of procedures are often the easier, faster, less painful option to open surgery for a number of diagnoses.

Minimally invasive, targeted treatments and procedures can be used for diagnostics or as a part of a treatment regime for pain management.

At Gaylord, our board certified physiatrist use X-ray images to perform procedures and treat disease through minimally invasive injections using small needles. Procedures are often prescribed to reduce pain in patients with chronic conditions who have already tried, but have been unsuccessful with physical therapy and other medical options.

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**Who is the expert on these procedures?**

A physiatrist, (pronounced fizz i’ a trist), is a physician who has received specialized training in physical medicine and rehabilitation (PM&R). PM&R, or physiatry, is the branch of medicine emphasizing the prevention, diagnosis, treatment, and rehabilitation of disorders that produce temporary or permanent problems with function. All of Gaylord's physiatrists are medical doctors certified by the American Board of Physical Medicine and Rehabilitation.

Dr. Bruce Hsu, board certified in Physical Medicine and Rehabilitation, completed an Interventional Spine Fellowship and is specifically trained in interventional physiatry.

**What are Steroid Injections?**

Steroid injections are a common treatment option for many forms of low back pain, leg pain, joint pain and radicular pain. They can be an integral part of the non-surgical management of conditions like sciatica and low back pain. The goal of the injection is pain relief. At times the injection alone is sufficient to provide relief. However, steroid injections are commonly used in combination with a comprehensive rehabilitation program to provide additional benefit. Since the vast majority of pain stems from chemical inflammation, a steroid injection can help control local inflammation while also “flushing out” inflammatory proteins and chemicals from the local area that may contribute to and exacerbate pain.

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**Procedures Performed**

- Joint Injections: Sacroiliac, knee, hip and shoulder
- Lumbar Epidural Steroid Injections, interlaminar and transforaminal
- Nerve Root Block Injections
- Occipital Nerve Block
- Sciatic Nerve Block
- Trigger Point Injections
- Intercostal Nerve Block

**Diagnosis and Conditions Treated**

- Degenerative disc disease
- Radiculopathy
- Radicular lower extremity pain
- Low back pain
- Muscle pain
- Pain from post-surgical scars
- Sacroiliac joint dysfunction
- Sciatica (sciatic nerve irritation)
- Spasticity
- Spondylosis and facet joint pain

Gaylord hosts a large number of support groups for patients recovering from illness or injury which has caused life altering circumstances. Visit [www.gaylord.org](http://www.gaylord.org) and search Support Groups for more information.