

## Services Offered

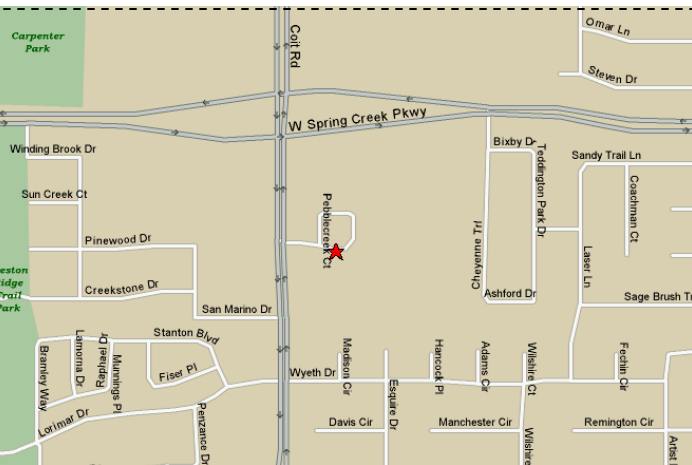
Following are the kinds of services we offer at Center for Pain Relief & Rehabilitation:

- ❖ Long Term Medication Management
- ❖ Epidural & Other Injection Therapy
- ❖ Sports Physical Exams
- ❖ Pre-Employment Exams
- ❖ EMG Studies
- ❖ Disability / Workers Compensation
- ❖ Physical Therapy Referrals
- ❖ Yoga Training

### Goals of Treatment

In providing exceptional treatment for your pain, our goals at "Center for Pain Relief & Rehab" are to:

- ❖ Reduce Pain
- ❖ Increase Function
- ❖ Promote Exercise
- ❖ Promote Weight Loss
- ❖ Help Improve Family Life
- ❖ Help Improve Social Life
- ❖ Reduce need for ER visits
- ❖ Improve Sleep, Mood and Cognitive function
- ❖ Treat Depression
- ❖ Help Return back to Work



Center for Pain Relief & Rehabilitation  
3900 Pebble Creek Court  
Suite 102  
Plano, TX 75023



## Put Your Pain in our Hands.



Center for Pain Relief & Rehabilitation

Your pain relief starts here!  
Call 972-769-7246 (PAIN)

## Nisha Jain, M.D.



**Board Certified in Physical Medicine**  
**Board Certified in Pain Medicine**  
**Fellowship Trained in Pain Management**

Dr. Jain lives in Dallas Metro-plex where she treats acute and chronic pain conditions using a multi-disciplinary approach.

She completed her Physical Medicine and Rehabilitation (PM&R) residency at Temple University Hospital in Philadelphia, where she was a Chief Resident.

She has been in private practice for the past few years and is a strong advocate of patient education and informed medical choices, surgical as well as non surgical.

Dr. Jain specializes in various pain syndromes and musculoskeletal disorders. She has a keen interest in treating all aspects of back pain. She has extensive experience with sports related injuries and their management.

She is a regular presenter at local and national medical conferences and is well versed with latest techniques in pain management.

## What Kind Of Pain Do We Treat?

The following are some types of chronic and acute pain we treat at Center for Pain Relief & Rehabilitation:

### Back Pain

Lumbar strain, herniated disks, spinal stenosis and failed surgery cases

### Arthritis Pain

Hip, Knee, Shoulder and other arthritis

### Sports & Musculoskeletal Injuries

Ligament and muscle trauma

### Headache

Tension headache, migraine, occipital neuralgia

### Myofascial Pain

Fibromyalgia and whiplash

### Neuropathy Pain

Neuropathy from diabetes, kidney problems or any other causes

### Cancer Pain

To keep terminal patients comfortable

### Auto & Work Related Injuries

Workers Compensation

### Herpes Zoster

Shingles

### Reflex Sympathetic Dystrophy (RSD)

CRPS1 and II

### Miscellaneous Conditions

Rotator cuff tears  
Acute ligament Injuries of the knee  
Ankle sprains  
Carpal tunnel syndrome  
Tennis and golfers elbow  
Cervicalgia

## Insurances Accepted

- ❖ Aetna,
- ❖ Beech Street PPO,
- ❖ Blue Cross Blue Shield HMO/PPO/POS, ParPlan,
- ❖ CCN Managed Care PPO,
- ❖ CHIP EPO,
- ❖ Cigna HMO/PPO,
- ❖ Corvel,
- ❖ First Health,
- ❖ Galaxy Healthcare PPO,
- ❖ Genesis Medical Savings Plan,
- ❖ Health Smart Preferred Care
- ❖ Humana,
- ❖ IMS PPO,
- ❖ Interplan Health Group PPO
- ❖ Medicare,
- ❖ NPPN,
- ❖ NTHN (North Texas Healthcare Network) EPO/Gated EPO/POS/PPO,
- ❖ PacifiCare,
- ❖ ProNet PPO,
- ❖ Texas True Choice PPO,
- ❖ Unicare Performance (Classic/PPO),
- ❖ United Health Care HMO and non HMO,
- ❖ USA MCO
- ❖ Workers Comp

We welcome Salud, Self-Pay and Letter of Protection patients.

### Hospital Affiliations

Centennial Medical Center, Frisco Medical Center, Presbyterian Hospital of Plano



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njain@saynotopain.com | www.saynotopain.com  
3900 Pebblecreek Ct., Suite 102, Plano, TX 75023  
Phone: 972.769.PAIN | Fax: 972.769.8811