



IPPMC

"Relieving Pain in Order to Maximize Function"

Office : 320-229-1500
Toll Free: 1-888-414-PAIN
Fax: 320-229-1505

Name _____ Phone Number _____ Alternate # _____

Address: _____ City _____ State: _____ Zip: _____

DOB: _____ Sex: M / F SSN#: _____ - _____ - _____

Insurance _____ Member ID #: _____ Group #: _____

Referring Physician's Name _____ Clinic: _____ Phone: _____

MRI: CAT: X-RAY: Film location(s): _____

*Procedure Precautions: Anticoagulant Diabetic Contradictions Implantable device

Pre-MR Orbit xray (for metal) *IV Contrast Patients: All patients over 65 and Diabetic patients must have a recent creatinine before exam

INTERVENTIONAL PAIN TREATMENT

- Injection Referral
- At the Interventionists Discretion
- Same day / next day injection
- Procedure: _____ R L Bilateral
- Other: _____

PAIN & SPORTS MEDICINE MANAGEMENT

- Evaluate and Treat Per Clinic Protocol
- Consultation Only
- Same day / next day injection
- Diagnosis: _____
- Comments: _____

PHYSICAL THERAPY

- Evaluate and Treat
- Pool Therapy
- Med X Cervical / Lumbar Strengthening Program
- Functional Capacity Evaluation (FCE)
- Diagnosis: _____
- Other: _____

MRI

- Location(s) _____

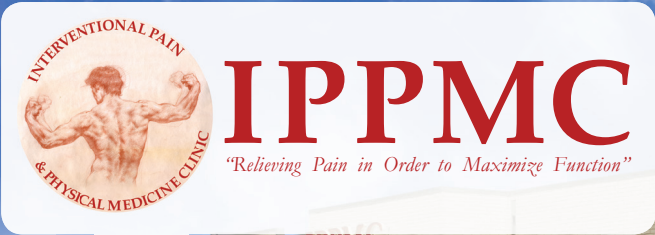
BEHAVIORAL HEALTH

- Evaluate and Treat
- Executive Multidisciplinary Pain Program (2 Day Program)
- Group Therapy

Comments: _____

Physician Signature _____ Date: _____

Our physicians specialize in precision spinal injections. They are board certified and fellowship trained in anesthesiology and rehabilitation pain medicine. Dr. Kowalkowski is a Fellow of Interventional Pain Practice (FIPP), the only certifying agency which tests the ability of perform interventional pain procedures. IPPMC follows the Interventional Spinal Injections Society (ISIS) and the American Society of Interventional Pain Physicians (ASIPP), and the American Society of Regional Anesthesia guidelines with respect to spinal injection techniques.



State of the Art Treatments

- Interventional Pain Management
- Facet Blocks
- Selective Nerve Root Blocks
- Discography
- Vertebroplasty
- Epidural Injections
- Trigger Point Injections
- Intercostal Nerve Blocks
- Sympathetic Nerve Blocks
- Cryoneurolysis
- Radiofrequency Lesioning
- Spinal Cord Stimulation
- Sacroiliac Joint Injections
- Intradiscal Injection
- Prolotherapy
- Intradiscal Electrothermal Therapy
- Nucleoplasty
- Percutaneous Decompression
- Botulinum Toxin A
- Medication Management
- Headache Management
- Cancer Pain Management
- Physical Therapy
- Osteopathic Medicine
- Neck and Back Pain
- Sports Injuries

ANTICOAGLATION:

1. Patient needs to be off COUMADIN therapy for 5 days prior to treatment. A PT/INR needs to be drawn the morning of the scheduled appointment. Please bring or fax lab results to the clinic the day of the appointment.
2. Patient needs to be off PLAVIX therapy for 7 days prior to treatment.
3. Patient needs to be off ASPIRIN therapy 48 hours prior to treatment.

Interventional Pain & Physical Medicine Clinic follows guidelines established by the American Society of Regional Anesthesia regarding anticoagulation and pain medicine.

DIABETIC:

You may be given a treatment with an anti-inflammatory medication called a steroid. A group of steroids called Glucocorticoids can raise your blood glucose by causing insulin resistance. Sometimes the benefit gained from treating your condition will outweigh the risk of increasing your blood glucose temporarily. In that case, the effect on blood glucose can be managed by adjusting your diabetes treatment plan. Please ask your Primary Care Provider for guidance with your glucose management.

GENERAL INSTRUCTIONS:

1. You should not eat for 4 hours prior to treatment. If you are on scheduled medicine you may take it with clear liquids. Drink plenty of water the day before to ensure that you are adequately hydrated.
2. You may need a driver. If you have any question, please call clinic at 320-229-1500.
3. You will need a driver if you are receiving a spinal or neck injection.
4. You should not take your pain medicine the morning/day of your treatment. It may be restarted after the treatment if necessary.
5. You may return to your normal activities the day after most of our procedure, including returning to work.
6. Please bring all current MRI, CT, or X-Ray film/reports with you to your appointment.

IPPMC

2301 Connecticut Avenue South · Sartell, MN 56377
 320-229-1500 · 888-414-PAIN
 Fax 320-229-1505
 info@ippmc.com

Driving Directions

Coming from St. Cloud
 North on HWY 15
 Left on to County RD 120
 Right on to Connecticut Avenue
 IPPMC is the third building on the left

Office Hours

Monday - Friday 8 am- 5:30 pm
 *Same day appointments usually available

