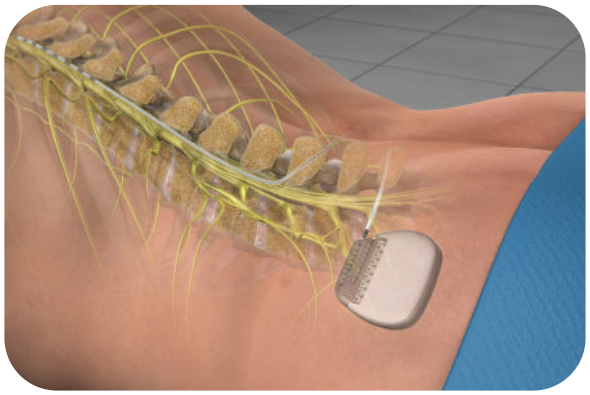
nura®
Precision Pain Management

Spinal Cord Stimulation

WHAT IS SPINAL CORD STIMULATION (SCS)?



Spinal cord stimulation is often used to treat chronic pain that hasn't responded well to other treatments. It involves implanting a small device, called a spinal cord stimulator, which delivers electrical impulses to the spinal cord. These impulses interrupt or block pain signals before they reach the brain.

HOW DOES IT WORK?

A spinal cord stimulation system typically includes leads with electrodes, an implantable pulse generator, and a patient programmer. The leads are positioned along the spinal cord or in specific nerve areas, and the pulse generator, implanted under the skin, produces electrical pulses to regulate pain signals. Based on your needs and response to treatment, the intensity, frequency, and other parameters of the electrical impulses can often be adjusted to personalize pain management.

SCS can offer several benefits, including better pain control, reduced reliance on medication, improved function, and a better quality of life.

WHO IS A GOOD CANDIDATE FOR SPINAL CORD STIMULATION?

Spinal cord stimulation is often considered an effective treatment option for chronic pain conditions like:

- **Failed back surgery syndrome**
- **Neuropathic pain**
- **Complex Regional Pain Syndrome (CRPS)**
- **Arm and leg pain**
- **Back and neck pain**

It's important to know that SCS isn't right for everyone. Your provider will help determine if this treatment makes sense for your specific condition.

WHAT TO EXPECT?

1. **TRIAL PROCEDURE:** Before a person undergoes the implant of a spinal cord stimulator, they typically undergo a trial period to assess whether the therapy will be effective in managing their pain. A Nura provider will evaluate your condition and medical history to determine if you're a good candidate. If the decision is made to proceed with the trial, temporary electrodes will be placed near the spinal cord while under anesthesia. The temporary electrodes are then connected to an external stimulator that is taped to your back and programmed to deliver impulses.

2. **TRIAL PERIOD:** During the one-week trial, we encourage you to keep a diary and go about your usual activities to assess how well the spinal cord stimulation addresses your pain in real-life situations. At the end of the trial period, the temporary electrodes will be removed. You will discuss your experience, the level of pain relief achieved, and address any concerns or questions. This information is used to determine whether you should proceed with a permanent implant.

3. **IMPLANT PROCEDURE:** Using fluoroscopy or other imaging techniques, leads are placed along the spinal cord or specific nerve areas through small incisions. Simultaneously, a pulse generator is implanted under the skin, typically in the buttock or abdomen. The leads are connected to the pulse generator, creating a closed-loop system. The incisions are closed with sutures, and sterile dressings are applied to the area. You'll then go through a short recovery period and receive instructions on wound care and activity restrictions. We'll schedule follow-up visits to check your progress, adjust the device settings, and address any concerns. Unlike some surgical interventions for pain, SCS is considered a reversible and non-destructive therapy. If needed, the device can be turned off or removed.

INSURANCE AND BILLING

Insurance coverage for a spinal cord stimulator is usually granted when deemed medically necessary and in compliance with your policy guidelines.

IMPROVE YOUR QUALITY OF LIFE

Spinal cord stimulation can provide long-term relief for chronic pain, helping improve your physical, emotional, and social well-being.

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