



## CONTACT US :

732-345-1180

[www.spineandpain.com](http://www.spineandpain.com)

[info@spineandpain.com](mailto:info@spineandpain.com)

1967 NJ-34 Bldg C, Suite 102, Wall Township, NJ 07719

## WHY CHOOSE US

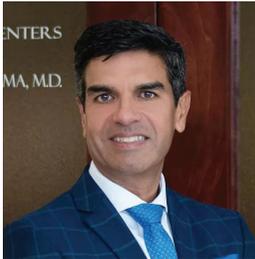
- ✓ We specialize in the use of cutting-edge minimally invasive treatments using the most advanced imaging machines available
- ✓ Practice dedicated to spine and pain management for over 27 years
- ✓ Dr. Sharma has performed over 80,000 procedures over 30 years
- ✓ Triple board-certified and trained at the Cleveland Clinic Foundation
- ✓ Rated Top Doc by NJ Monthly every year since 2006



## LEADERS IN SPINE TREATMENT

# OUR TEAM

Our team of pain management specialists at Spine and Pain Center at NJ and NY includes a board-certified interventional pain specialist supported by a highly qualified and experienced physician assistant. Dr. Sharma has 30 years of experience. He has written several book chapters and published original articles in several journals. He frequently lectures in national and international spine conferences. Ann Maresca has over 15 years of pain management experience.



**ANIL K. SHARMA, MD**  
Interventional Pain Physician



**ANN MARESCA, PA**  
Physician Assistant

# CONDITIONS TREATED

Dr. Anil K. Sharma and his staff offer effective treatment options for these and other pain associated conditions:

### LOW BACK PAIN SPINAL STENOSIS

Difficulty walking, decreased range of motion, problem getting in and out of chairs.

### DEGENERATIVE DISC ARTHRITIS

Aging-related changes causing back, neck, knee, hip, and shoulder pain.

### NECK PAIN HEADACHES

Difficulty turning, radiation of pain into the arms with numbness/tingling, headaches.

### HERNIATED DISC

Slipped, damaged, or ruptured disc related to a motor vehicle accident, work/sports related injuries.

### SCIATICA PINCHED NERVE

Pain, numbness, and tingling radiating into the upper legs.

### SACROILIAC JOINT PAIN

Dull or sharp pain in the buttocks and upper thighs.

### FAILED BACK SURGERY SYNDROME

Neck, Back, arm, or leg pain not improved after surgery.



# TREATMENTS & PROCEDURES

## ● EPIDURAL STEROID INJECTIONS

X-Ray guided steroid injection around the damaged disc/nerves

## ● FACET JOINT INJECTIONS

X-ray/ultrasound-guided injections in joints of the spine (facet joints), hip, knees, shoulders, etc.

## ● NERVE BLOCKS

X-ray/ultrasound-guided injections to pinpoint the source of pain as well as provide pain relief

## ● RADIOFREQUENCY ABLATION

A non-surgical, minimally invasive procedure that utilizes heat to reduce the pain for long term relief

## ● SPINAL CORD STIMULATION

Implanted device to control chronic pain using electrical stimulation

## ● PRP AND STEM CELL

Injection of the body's own growth factor and cells to regenerate and heal injured areas



**RATED OVER  
10+ YEARS AS A  
TOP PRACTICE**

