



nura<sup>®</sup>

Precision Pain Management



## Your Path to Pain Relief Starts at Nura

Over the past three decades, our team has helped thousands of people manage their pain and resume daily living.

# We understand your pain

**Your pain story is unique,  
and so is our approach.**

At Nura Pain Clinics, we recognize the profound impact that chronic pain can have on your life. Our team understands your challenges, and we're here to provide more than effective treatment – we offer compassion and a commitment to helping you regain control. With state-of-the-art approaches tailored to your specific needs, Nura Pain Clinics is your partner in the pursuit of relief.

**Nura Pain Clinics—where  
understanding meets healing.**



## OUR TEAM

In 1995, Dr. David Schultz, a pioneer in pain management, established Minnesota's first multidisciplinary pain clinic. Through the years, Nura has emerged as a source of hope, offering transformative care for individuals with the most complex chronic pain.

Fast forward to today, we've brought together an expert team of physicians, psychologists, advanced practice providers (APPs), and physical therapists, all working together with you in mind.

Nura is proud to be nationally recognized as a center of excellence for implantable pain control and one of the leading pain clinics in the U.S. for neuromodulation research.



Nura's team of physicians. *Row 1:* Peter Schultz, MD and David Schultz, MD. *Row 2:* Scott Stayner, MD, PhD, Erin Bettendorf, MD, Larry Studt, MD and Cody Foster, MD.

## CONDITIONS WE TREAT

### BACK AND NECK PAIN

- Degenerative Disc Disease
- Herniated Disc
- Sciatica (Lumbar Radiculopathy)
- Cervical and Thoracic Radiculopathy
- Sacroiliac (SI) Joint Pain
- Spinal Stenosis
- Facet Joint Syndrome
- Spondylolisthesis
- Compression Fractures

### HEAD AND FACE PAIN

- Cervicogenic Headache (Whiplash)
- Trigeminal Neuralgia
- Chronic Headaches

### ARM AND LEG PAIN

- Complex Regional Pain Syndrome (CRPS/RSD)
- Peripheral Neuropathy
- Diabetic Neuropathy
- Joint Pain
- Phantom Limb Pain
- Piriformis Syndrome
- Bursitis

### GENERAL BODY PAIN

- Abdominal Pain
- Post-Surgical Pain
- Arthritis
- Pelvic Pain
- Postherpetic Neuralgia (Shingles)

### CANCER PAIN

## DISCOVER THE DIFFERENCE

Your path to pain relief is not just our focus—it's a shared commitment, and we're here to guide you every step of the way. What sets us apart is our personalized care approach that seamlessly integrates medication management, physical therapy, behavioral health counseling, and advanced interventional procedures—all under one roof.

### OUR COMPREHENSIVE APPROACH TO PAIN MANAGEMENT

#### MEDICATION MANAGEMENT

At Nura, we customize medication management to help you effectively manage and reduce pain. Taking into account the intensity and duration of your pain, as well as factors like your age, other medical conditions, and current medications, we may recommend one or more medications as part of your personalized treatment plan.

#### IMPLANTABLE PAIN CONTROL SYSTEMS

In more complex cases that are not responding to conservative treatment, Nura offers the most advanced implantable pain control options like neurostimulation and targeted spinal drug delivery. These systems work by delivering gentle electrical pulses or medication directly to the source of pain, offering effective relief where other treatments have failed.

#### PHYSICAL THERAPY

In physical therapy, we aim to address the root causes of your pain rather than just managing symptoms. Our skilled therapists employ various exercises and techniques to enhance mobility, correct posture, and strengthen muscles. This personalized approach not only alleviates pain but also equips you with valuable skills for long-term management and prevention.

#### BEHAVIORAL HEALTH

Our behavioral health counseling helps you tackle the emotional aspects of pain beyond its physical symptoms. Guided by our licensed psychologists, you'll develop coping strategies, manage stress, and reshape thought patterns related to pain. By addressing the psychological impact of pain, this therapeutic approach not only enhances emotional well-being but also improves pain management.

#### INTERVENTIONAL PROCEDURES

Nura specializes in cutting-edge pain management interventional procedures designed to target the source of your pain. Our full range of minimally invasive procedures includes image-guided injections, nerve blocks, and precision nerve ablation techniques. These procedures typically offer immediate relief or a rapid reduction in symptoms and faster recovery times than traditional surgical options.



*Improving the lives of people living  
with the most complex chronic pain  
through exceptional care.*

**To schedule an appointment with  
one of our pain management  
experts, please call 763-537-6000.**

**763-537-6000**

*nuraclinics.com*

**Edina Clinic**

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