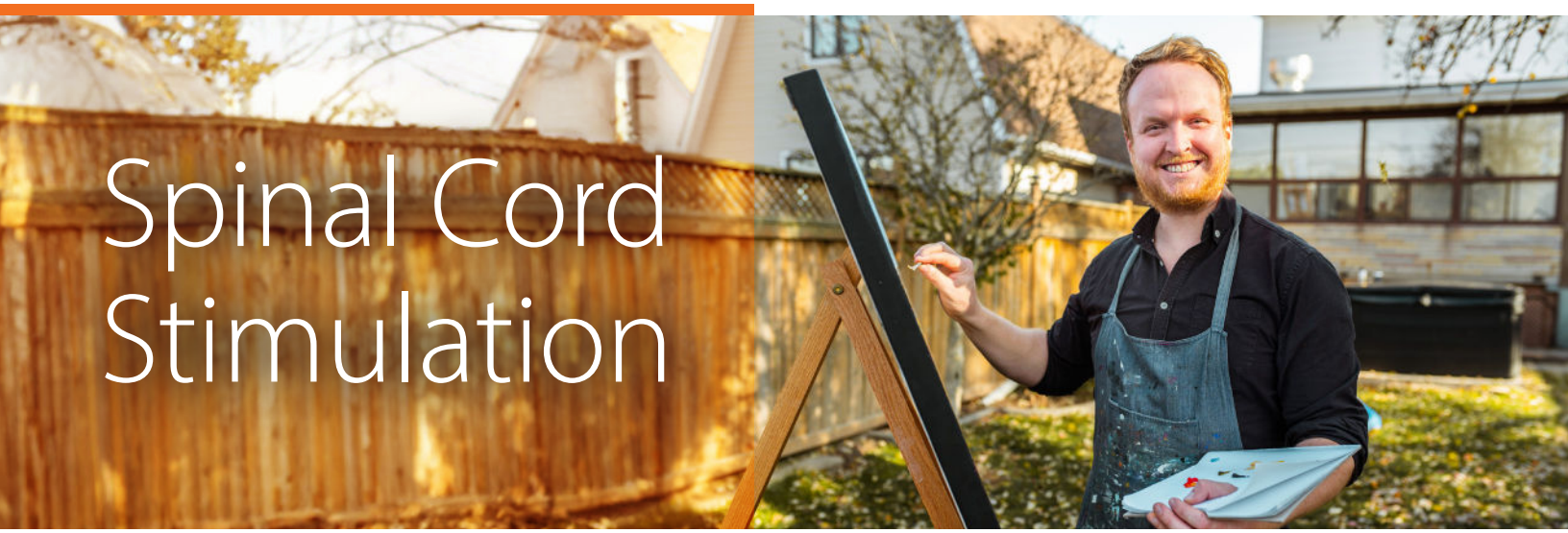
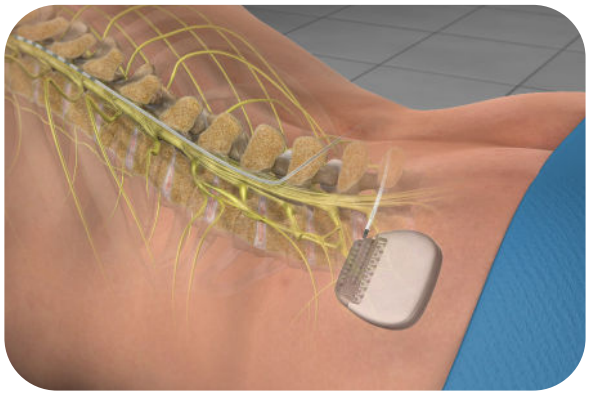
nura®
Precision Pain Management

Spinal Cord Stimulation



WHAT IS SPINAL CORD STIMULATION (SCS)?

Spinal cord stimulation is often used as a treatment for chronic pain conditions that have not responded well to other conservative approaches. It involves the implantation of a small device, commonly referred to as a spinal cord stimulator, which delivers electrical impulses to the spinal cord, interfering with or blocking pain signals before they reach the brain.



HOW DOES IT WORK?

A spinal cord stimulation system typically consists of 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 offers several benefits, including better pain control, reduced medication dependency, improved functionality, and can significantly enhance an individual's 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**
- **Arm and leg pain**
- **Back and neck pain**

It's important to note that while SCS can be effective for many individuals, it may not be suitable for everyone, and the decision to use this therapy is made on a case-by-case basis.

WHAT TO EXPECT?

1. **TRIAL PROCEDURE:** Before a person undergoes the implant of a spinal cord stimulator, they typically go through a trial period to assess whether the therapy will be effective in managing their pain. A Nura provider will determine if you are a suitable candidate based on your specific pain condition and medical history. 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 the external trial stimulator, affixed to your back with tape, and programmed to deliver electrical 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 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 strategically 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 then closed with sutures, and sterile dressings are applied to the surgical sites. Following the procedure, you will undergo a brief recovery period and receive postoperative instructions for wound care and activity. Periodic follow-up appointments are scheduled to monitor your progress, adjust the device settings if necessary, and address any concerns or complications. 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 compliant with your policy guidelines.

IMPROVE YOUR QUALITY OF LIFE

Spinal cord stimulation provides long-term relief for chronic pain, allowing you to experience sustained improvement in your physical, emotional, and social well-being.

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