

Long Lasting Pain relief with Radio Frequency Ablation (RFA)

Small sensory nerves along the joints relay pain signals to the brain. RFA uses radio waves to heat and destroy these nerves, blocking pain signals.

The primary goals of radiofrequency ablation include:

- Reduce or eliminate pain.
- Enhance mobility.
- Decrease pain medication use and side effects.
- Avoid or postpone surgery.
- Suitable for individuals unfit for surgery.

This procedure offers long-lasting pain relief, particularly in the back, neck and arthritic joints like hip, knee and shoulder.

Chronic pain conditions that respond effectively to radiofrequency treatment include:

- Chronic pain in the sacroiliac (SI) Joint
- Back pain, Neck pain,
- Occipital neuralgia, facial pain (trigeminal neuralgia). Painful arthritis at large joints, e.g., Knees, Hips or shoulders
- Peripheral nerve pain.

The procedure:

Radiofrequency ablation treatments are performed in a hospital procedure room. Usually, the procedure is performed under local anaesthesia; however, a mild sedative to help you remain comfortable is an option if desired.



A pain physician uses a fluoroscope or ultrasound to guide a needle to a specific nerve, delivering radio waves interrupting pain signals. Each procedure targets only one painful area.

Most patients tolerate the procedure well, experiencing some pain or tenderness at the injection site that usually subsides within a few days. You can go home the same day.

How long can you expect pain relief to last with radiofrequency ablation?

Pain relief can occur anywhere from immediately after the procedure to about four to six weeks later. Although this varies, the hope is that relief from this intervention will last approximately six to 12 months. Some patients have experienced multiple years of pain relief after radiofrequency ablation.

The treated nerve can regrow. This usually happens about six to 12 months after the procedure. Radiofrequency ablation can be repeated if necessary.

If you're experiencing chronic pain, contact our team. We offer various treatment options, including radiofrequency ablation, which can make a significant difference.