FirstHealth Back & Neck Pain - Pinehurst
Located in the Specialty Centers Building
35 Memorial Drive  P.O. Box 3000  Pinehurst, NC 28374
(910) 715-1794

FirstHealth Back & Neck Pain - Sanford
Located in the Carolina Eye Associates Building
1227 Carthage Street  Sanford, NC 27330
(919) 774-0665

FirstHealth Back & Neck Pain - Hoke
Located in the FirstCare Specialty Centers
4565 Fayetteville Road  Raeford, NC 28376
(910) 715-1794

www.firsthealth.org/pain
Back or neck pain can have many causes, and some of them are often difficult to diagnose and treat. Sometimes it takes a combination of therapies to stop or reduce severe, persistent pain and keep it under control.

The FirstHealth Back & Neck Pain Center provides pain sufferers with one place they can go for a thorough evaluation of their problem and access to today’s complete range of pain relief options, including the newest and most advanced treatments.

The Back & Neck Pain Center’s board certified physicians, each with specific training and experience in pain management, are associated with Pinehurst Anesthesia Associates.

For patients who need to see different medical specialists or therapists for their pain, the Back & Neck Pain Center serves as a central point of contact and coordination, providing assurance that someone is looking out for them and keeping them from getting lost in the shuffle.

Depending on the cause and severity of a patient’s pain, the physicians of the Back & Neck Pain Center can provide:

- Prescription medications
- Steroid injections
- Pain medication injections to muscles, joints and “trigger points,” which are small knots that develop in muscles when they are injured or overused
- Selective nerve root blocks
- Neurostimulation – mild electrical impulses to the spinal cord that block the transmission of pain signals
- Radiofrequency interruption of nerve connections in joints between the vertebrae in the spine
- Electrothermal therapy, which uses heat to destroy pain receptors in the nerves of spinal discs

Back & Neck Pain Center physicians also refer patients with chronic pain for:

- Neurological evaluation
- Physical therapy
- Psychological/behavioral therapy
- Massage therapy
- Relaxation therapy
- Orthotic & prosthetic evaluation
- Surgical evaluation
- Chiropractic therapy
- Biofeedback
- Acupuncture
- Dietary counseling

The goal of the FirstHealth Back & Neck Pain Center is to stop chronic, debilitating pain or reduce it to the greatest extent possible so that patients can get on with their lives.