

## WHAT ARE THE BENEFITS OF RF THERAPY?

Many people who receive RF therapy experience:

- Long-lasting pain relief
- Increased functionality
- Reduced pain medication use
- Improved quality of life

## DOES IT MATTER WHERE MY PAIN IS?

RF can be used to treat chronic pain in several areas of the body:

- Neck
- Shoulder
- Upper back
- Lower back and buttocks
- Hip
- Knee
- Heel and foot

## IS RF THERAPY RIGHT FOR ME?

Most people who are candidates for RF therapy have already tried other treatments, like medication and injections, and now require a longer-term solution.

RF therapy procedures have high success and low complication rates. But as with any surgery, there are also risks.

Talk to your doctor about your specific condition, and together you can decide if RF therapy is right for you. Your doctor can perform a series of tests to diagnose the origin of your pain and determine if you might benefit from RF therapy.

## KNOWLEDGE NEVER HURTS.

Talk to your doctor about how RF therapy from St. Jude Medical may benefit your specific pain.

1. Bogduk, N., Dreyfuss, P., & Govind, J. (2009). A narrative review of lumbar medial branch neurotomy for the treatment of back pain. *Pain Medicine, 10*(6), 1036-1045.

### Rx Only

**Brief Summary:** Prior to using these devices, please review the Instructions for Use for a complete listing of indications, contraindications, warnings, precautions, potential adverse events and directions for use.

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# RADIOFREQUENCY THERAPY

HELPING PEOPLE WITH CHRONIC PAIN



## HELPING PEOPLE WITH CHRONIC PAIN

If you've suffered from chronic pain for any length of time, you know the debilitating effects it can have on you and your loved ones. Radiofrequency (RF) therapy has been used for decades to help thousands of people live with reduced pain.

## WHAT IS RF THERAPY?

RF therapy is a proven, low-risk treatment option for chronic pain—a common condition affecting 1.5 billion people worldwide. Chronic pain is pain that lasts longer than 12 weeks. However, many people experience symptoms for months or even years.

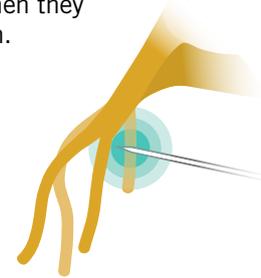
Radiofrequency is a type of energy that is used during the procedure to heat the nerves that are causing the pain. The heating stops the nerve's ability to send pain signals to the brain, and thereby reduces the sensation of pain.

## HOW DOES RF THERAPY WORK?

When you are injured—from trauma, illness or stress on your joints—the nerves close to the injury may become inflamed. Pain signals then quickly travel from those nerves to the brain. When they reach the brain, you feel pain.

During the RF therapy procedure, RF energy is applied precisely to those inflamed, pain-transmitting nerves to create a block, sometimes called a lesion. This disruption reduces the ability of the nerves to send pain signals to the brain, thus reducing symptoms and bringing relief.

Although many patients experience pain relief after an RF therapy procedure, the treatment may not work for everyone. Nor will every patient experience complete relief from all symptoms. Results vary from person to person.



## WHAT HAPPENS DURING THE RF THERAPY PROCEDURE?

During the procedure, your doctor will place a thin RF needle at the site of your pain. The needle will be connected to an RF generator, which produces the RF energy needed for the procedure.

You will typically be awake during the procedure and may feel some discomfort. A doctor or nurse will give you a mild sedative and apply local anesthetic to the treatment area. Local anesthetic is used so that you can tell your doctor what you are feeling. Your responses will help your doctor guide the needle to the appropriate site for therapy.

## WHAT HAPPENS AFTER THE PROCEDURE?

After a brief time in a recovery room to allow the sedative to wear off, you will be able to go home. You will receive discharge instructions, and you will need to have someone drive you home due to the medications you were given.

## WHEN SHOULD I START TO FEEL PAIN RELIEF?

Depending on the procedure and area of pain, complete relief may come within a few days or up to six weeks.

## WHAT HAPPENS WHEN I GO HOME?

Be sure to follow your doctor's or nurse's discharge instructions once you are home. They may recommend rest for one to two days before resuming normal activities.

You may experience some of the common side effects of RF therapy, including numbness, bruising, discomfort and possible increased pain. You may also have muscle spasms, which are part of the body's natural response to injury. Most people are able to manage their discomfort with over-the-counter medications. Others use prescription pain medications for up to two weeks postprocedure.

### Your doctor may also recommend that you:

- Apply ice to reduce inflammation.
- Apply heat to reduce muscle spasms.
- Stretch gently to increase circulation and reduce muscle spasms.

## HOW LONG WILL MY PAIN RELIEF LAST?

In clinical studies, patients have reported pain relief for six to 12 months, and in some cases as long as two years.<sup>1</sup> RF therapy can be repeated if symptoms return.

### To help prolong relief:

- Maintain a healthy weight.
- Stay active.
- Strengthen your muscles.