One of the hardest things about practicing as a pain management physician is running out of viable options for patients with osteoarthritis (OA). Offering radiofrequency ablation with COOLIEF* has been transformational by allowing me to improve outcomes for my patients, including those who had experienced intractable pain.

My overall philosophy with my medical training in Physical Medicine and Rehabilitation is to guide patients to a more functional state: to relieve their pain so they can participate in daily life to the greatest extent possible.

Many patients I see have already gone through a multitude of treatments, ranging from medication management, steroid injections or viscosupplementation, platelet-rich plasma, physical therapy and chiropractic care to natural remedies and acupuncture. Some have had — or are pending — surgery such as total knee or hip replacement, or spinal fusion.

What they all have in common is chronic pain, and that is where cooled radiofrequency ablation (CRFA) or COOLIEF* Cooled Radiofrequency (RF) comes in. COOLIEF* Cooled RF is the only thermal radiofrequency system using water-cooled technology to safely deactivate difficult-to-reach target nerves which are transmitting painful signals to the brain. It is a non-surgical, non-narcotic and effective pain management solution for appropriately selected patients with chronic OA knee pain.

Consideration of COOLIEF* candidates starts with review of past treatments, history of present illness and a highly focused physical exam that is individualized for each patient. I look for a diagnosis of osteoarthritis in their joints, and then proceed to imaging for confirmation. If the patient agrees with pursuing a non-surgical, interventional procedure to help alleviate pain, we discuss radiofrequency ablation with COOLIEF*.

In my experience, COOLIEF* is superior to standard radiofrequency ablation for treating the targeted nerves for osteoarthritic pain. For patients diagnosed with OA of the knee, study results conclude that COOLIEF* Cooled RF provides significantly greater and longer-lasting pain relief, improved physical function and higher patient satisfaction than intra-articular steroid injections. Therefore, COOLIEF* has become a standard of care within my practice.
It’s been exceptionally effective for my chronic pain patients with osteoarthritic knee pain, as well as chronic pain of the hips and sacroiliac joints, and all of the spinal joints, including the cervical, thoracic and lumbar spine.

My patients who have undergone the procedure consistently report pain relief and improved function. From a practitioner’s standpoint, it’s gratifying to hear how relief from chronic pain has helped patients to participate once again in family or daily household activities.

What’s more, I know COOLIEF® will help keep my patients’ pain level controlled over the long term. Because nerves grow back and the myelin sheath regenerates, pain sometimes returns. If that’s the case with a particular patient, I will repeat the procedure at the appropriate time. I’ve often had patients specifically ask for another COOLIEF® procedure because it worked so well for them the first time. They have even asked if I could treat other painful joints that have become bothersome from osteoarthritis.

The bottom line is that I am able to give patients treatment that provides long-term pain relief, and allows them to participate in things that matter to them. It’s a win-win in regard to my practice mission and the patients I serve.

PATIENT TREATMENT FOR OA

I also appreciate COOLIEF® for enabling me to treat patients suffering from different types of osteoarthritic pain. Arthritic pain is prevalent among the older population, so it’s a natural progression in patient-centered care to identify those who could be helped by COOLIEF® in various areas. I’ve had patients originally referred to me for back pain, who, upon examination, also complained of knee pain. COOLIEF® served as the solution for both ailments.

Suzanne Manzi, MD, has a consulting/speaking/financial relationship with Avanos Medical, Inc.

To find a COOLIEF® representative in your area, please visit avanospainmanagement.com

There are inherent risks in all medical devices. For more detail on indications, cautions, warnings and contraindications, click here.