

ARE YOU READY FOR A PNS “TEST DRIVE?”

Step 1: Experience wearing the PNS system

For a period of up to 14 days, you will experience wearing the adhesive clip and therapy device in various positions to give you a sense of what having the device will feel like for you.

Step 2: Therapy trial

Next, you will undergo a minimally invasive procedure to place the thin wires (leads) near the nerve or nerves within your feet. These will be connected to an external stimulator for the trial period. During this time, you and your physician will modulate the treatment and measure the amount of pain relief you are feeling, as well as record improvements in your sleep and daily activities.

Step 3: Permanent implant

If the first two steps have been successful, a second minimally invasive procedure will place permanent leads and the implantable pulse generation device. You will be shown how to use the PNS system and how to use the control app on your smartphone. You will work with your physician to optimize the amount of neurostimulation needed to maximize your pain relief and enable you to resume your normal life.

LAKELAND VASCULAR INSTITUTE MEDICINE WITHOUT LIMITS™

Interventional radiology (IR) represents an exciting new frontier in disease and pain treatment. Today's IR therapies are more precise, less invasive and more effective than ever... giving you and your doctor additional options to treat disease and restore you to optimal health.

At Lakeland Vascular Institute, we do so much more than treat chronic pain. We use the body's vascular system—along with state-of-the-art imaging guidance—to reach the source of the problem and deliver *precisely targeted therapy*. Cancerous tumors. Spine fractures. Abdominal aortic aneurysms. Uterine fibroids. Knee osteoporosis. Vascular disease and dialysis access. These and many other health conditions can be treated faster, less expensively and with greater safety and accuracy than ever before.

**For questions, consultations and scheduling,
please call 863-577-0316.**



Peripheral Nerve Stimulation



**For the treatment of
chronic foot pain**

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When other treatment options have failed...

Chronic foot pain is pain within the foot that lasts more than a few months. It may occur non-stop, or it can come and go. It is estimated that up to 36% of the population experience chronic foot pain and is more common in older adults (particularly women) and those who are overweight.¹

Peripheral nerve stimulation is a new approach that effectively blocks pain signals from one or more of the nerves in your foot from traveling to your brain. It's a revolutionary treatment option that provides pain relief without the need for continuous medication use.



WHAT CAUSES CHRONIC FOOT PAIN?

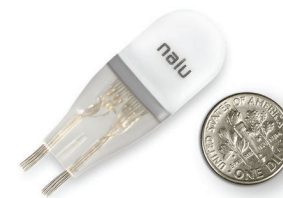
There are many possible causes of chronic foot pain, including age, inflammation and injury to the nerves within the feet. Pain signals radiate from one or more of your foot's nerves, which include the tibial, common peroneal or sciatic nerves, and is transmitted through larger nerves in the leg, then through the spinal cord and to your brain. You will "feel" the pain once these signals reach your brain.

HOW IS CHRONIC FOOT PAIN TRADITIONALLY TREATED?

Over the counter and prescription pain medication is most often the first treatment option presented to patients. If this approach fails to achieve significant relief, or if you do not wish to be on an endless medication regimen, the condition may be managed with peripheral nerve blocks which consist of a local anesthetic combined with a steroid medication. These results can be longer-lasting. In some cases, physical therapy may be recommended, as well as surgery and a less invasive procedure known as radiofrequency ablation (RFA).

Despite all of these options, many people continue to suffer from chronic foot pain and are seeking an alternative, longer-lasting treatment.

A NEW OPTION: PERIPHERAL NERVE STIMULATION



For more than a decade, peripheral nerve stimulation (PNS) has been an option for those suffering from chronic pain within the body's extremities, including the feet. Because it directly targets the nerves, PNS may succeed where other treatments have failed.

PNS is a minimally invasive, drug-free option that uses mild electrical impulses to block pain signals from one or more of the nerves within the foot. During the procedure, very thin wires (leads) are placed under the skin close to the nerves associated with the pain. These leads connect to a tiny implanted pulse generation device (also under the skin) which provides the electrical impulses. These impulses effectively "block" the nerve's pain signals so the brain doesn't receive them.

Significant relief is achieved usually within two days. While the treatment works for most, if it isn't working for you the PNS system can be removed. In fact, you can try the system on a temporary basis before any devices are implanted.

The PNS system is powered by a rechargeable battery within an adhesive clip that you can wear any place on your body that you wish. You can also remove the clip if you don't need stimulation or wish to wear a swimsuit or tight-fitting clothing.

You can also control the intensity and type of therapy delivered by the PNS your iPhone or Android smartphone.

36% OF THE POPULATION EXPERIENCE
chronic foot pain

1. Lucy S Gates et al. Prevalence of Foot Pain Across and International Consortium of Population-Based Cohorts Arthritis Care Res (Hoboken). 2019 Apr 25;71(5):661-670. doi: 10.1002/acr.23829