

Exponential Health: Specialty Services

The following is a summary of our specialty services, specifically for Pain Management and Mental Health - two of the most in-demand and high-cost areas in healthcare today, making them critical offerings for both individual and employer-sponsored care.



Payment & Insurance

- ▶ All services are self-pay
- ▶ Payment is due at the time of service via cash, credit card, or HSA/FSA.
- ▶ A "superbill" can be provided upon request to submit to your insurance for potential reimbursement or to apply to your deductible.
- ▶ In-Network with Nomi Tier 1.

Pain Management Office Visits:

- In Office Consult
- In Office Follow Up

Regenerative Injections:

PLATELET RICH PLASMA (PRP):

- Joint or Tendon Injections
 - Hyaluronic Acid/CPP Add-On

BONE MARROW ASPIRATE CONCENTRATE (BMAC):

- Joint or Tendon Injections
- Intraosseous

PROLOTHERAPY:

• Glucose Concentration for Pain Management:

Glucose used at variable concentrations. Roughly 5% for superficial nerve related pain. 7.5 to 15% for more irritant for ligamentous issues. (Provider Reference Only).

MESENCHYMAL STEM CELLS

Spine Procedures:

EPIDURAL INJECTIONS

- Interlaminar Epidural Steroid Injection
- Transforaminal Epidural Steroid Injection
- Selective Nerve Root Block
- PRP Epidural Steroid Injection

FACET PROCEDURES

- Steroid Injection (C1-2 or Cervical/Thoracic/Lumbar Facets)
- PRP Injection
- Facet Aspiration (when Epidural injection covered)
- Medial Branch Block – 1st & 2nd levels
- Medial Branch Block – add 3rd level

SACRUM AND COCCYX PROCEDURES

- Sacroiliac Joint Steroid Injection
- PRP Sacroiliac Joint Injection Therapy (one or both sides)
- Sacroiliac Joint Lateral Branch Block
- Sacroiliac Joint Lateral Branch Ablation
- Sacro-coccygeal Joint Injection
- Sacro-coccygeal Joint Injection with Impar Block
- Impar Block

ADVANCED PROCEDURES

- Intradiscal Injections:
 - Platelet Rich Plasma (PRP)
 - *Bone Marrow Aspirate Concentrate (BMAC) + PRP
- Kyphoplasty
 - *Indications: Osteoporotic compression fracture, thoracic and lumbar (Provider Reference Only)
- Spinal Cord Stimulator Trial
 - *Indications: Failed back surgery syndrome, post laminectomy, CRPS (Provider Reference Only)

RADIOFREQUENCY ABLATION*

- Radiofrequency Ablation – 1st & 2nd levels
- Radiofrequency Ablation – add 3rd level

OTHER

- Bertolotti Pseudoarticulation Injection
- Blood Patch

Mental Health:

KETAMINE

- Initial Evaluation
- Ketamine Treatment

SYMPATHETIC NERVE BLOCKS

(Fluoroscopy Coming Soon, *Stellate Ganglion available now)

- Stellate Ganglion, Ultrasound
 - *Indications: PTSD, GAD, Hot Flashes, Hyperhidrosis (Provider Reference Only)

BREATHWORK

- Breathwork
- Stellate + Breathwork
- Stellate, Breathwork + Myofascial + IN Ketamine
 - *Indications: PTSD, GAD (Provider Reference Only)
- Myofascial



Joint/ Tendon/Muscle/Peripheral Nerve Injections:

CARPAL TUNNEL

- Ultrasound

CMC JOINT (THUMB JOINT)

- Ultrasound

DE QUERVAIN'S

- Ultrasound

ELBOW

- Elbow Joint:
 - Ultrasound
 - Fluoroscopy
- Lateral/Medial Epicondyle (Wrist Extensor/Wrist Flexor Tendons)

GENICULAR NERVE

- Block, Fluoroscopy
- Ablation, Fluoroscopy

HIP

- Hip Joint:
 - Ultrasound
 - Fluoroscopy
- Greater Trochanter (Bursa/Gluteal Tendon)
- Iliopsoas (Hip Flexor Tendon)

INTERCOSTAL NERVE BLOCK

- Ultrasounds
- Fluoroscopy

KNEE

- Knee Joint:
 - Steroid, Ultrasound
 - Viscosupplementation, ultrasound, performed in a series of 3-5 weekly injections

LATERAL FEMORAL CUTANEOUS NERVE BLOCK

- Ultrasound

OCCIPITAL NERVE BLOCK

- Ultrasound

PIRIFORMIS

- Ultrasound
- Fluoroscopy

PLANTAR FASCIA

- Ultrasound

PUBIC SYMPHYSIS

- Fluoroscopy

SHOULDER

- Subacromial (Rotator Cuff)
 - Ultrasound
- Glenohumeral (Shoulder Joint)
 - Fluoroscopy

SYMPATHETIC NERVE BLOCKS

- Stellate Ganglion/Cervical, Ultrasound/Fluoroscopy
- Lumbar, Fluoroscopy

TRIGGER FINGER

- Ultrasound

TRIGGER POINT

- 1-2 muscle groups
- 3+ muscle groups