



As the region's most preferred orthopaedic practice,* we are committed to delivering the specialized, compassionate care you need to become stronger. **Dr. David Johnson**, a board-certified pain management specialist, has extensive experience with various interventional pain techniques. Dr. Johnson provides innovative, personalized treatments to restore mobility and improve quality of life, ensuring compassionate care for those seeking effective pain management.

**To learn more about
radiofrequency ablation or
to schedule an appointment,
please call 850-863-2153 or
scan the QR code.**



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*Independent Market Research

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TARGETED PAIN RELIEF WITHOUT SURGERY



Is Radiofrequency Ablation Right for You?



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What Is Radiofrequency Ablation?

Radiofrequency ablation (RFA) is a minimally invasive procedure used to manage arthritis or spinal joint pain. A pain specialist uses specialized needles to deliver heat signals to the affected nerves, temporarily disrupting pain transmission. While it doesn't address the underlying cause, RFA significantly reduces pain for most patients. It's commonly considered for persistent neck, lower back, or arthritic joint pain when other treatments haven't worked.

Benefits of Radiofrequency Ablation

- **Minimally invasive** – Outpatient procedure, with no surgical incisions, leading to a quicker recovery.
- **Long-lasting relief** – Pain reduction can last for months or even years.
- **Targeted pain management** – It precisely disrupts pain signals from affected nerves.
- **Alternative to medications** – Helps reduce dependence on pain medications.
- **Improved mobility** – Many patients experience better movement and functionality.

Is RFA Right for You?

If you're struggling with chronic joint or spine pain that hasn't improved with other treatments, RFA might be an option for you. It's a minimally invasive procedure that targets the affected nerves, helping to reduce pain without surgery. You may be a good candidate if you:

- **Experience chronic joint or spine pain** – Specifically pain in the knee, hip, shoulder, and greater trochanter, or facet joint pain in the neck or spine.
- **Seek nonsurgical relief** – Those looking for a minimally invasive option instead of surgery.
- **Have had temporary relief from nerve blocks** – If diagnostic nerve blocks provided pain relief, RFA may offer a longer-lasting solution.
- **Want to reduce dependence on medications** – It can be beneficial if you want alternatives to long-term pain medications.

What Can You Expect?

Pain relief can occur anywhere from immediately after the procedure to about 4 to 6 weeks later. The hope is that relief from this intervention will last approximately 6 to 12 months, although this varies. Some patients have experienced multiple years of pain relief after radiofrequency ablation.