



SPOTLIGHT ON HEALTH

JUDY STRICKLAND  
& INTERVENTIONAL  
PAIN MANAGEMENT

By: PETE DULIN  
Photo by: KELLIE HOUX



Dr. Dwayne Jones is part of a select group of pain specialists in the Kansas City with fellowship certification through The American Board of Anesthesiology, The American Board of Pain Medicine, The American Board of Interventional Pain Physicians and The World Institute of Pain.

**Dr. Dwayne Jones**  
**Interventional Pain Management**

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Judy Strickland, 71, experienced constant severe pain in her back and legs that grew worse as she aged. She went from being able to walk three miles a day to a much more restricted walking regimen. Finally, she needed definitive relief and turned to Dr. Dwayne Jones, Interventional Pain Management Specialist.

"I felt aching pain in my back and throbbing that drew my leg muscles into knots," she says. "Extreme pain ran from my neck to my feet."

Mild scoliosis, a herniated disk, and nerve damage in her legs contributed to the chronic pain. Strickland's doctor referred her to a surgeon for consultation. His conclusion was that surgery would not reduce or eliminate the pain from these ailments. The surgeon referred Strickland to Dr. Dwayne Jones, an anesthesiologist who specializes in Interventional Pain Management.

The doctor applied several epidural injections for treatment, but the pain kept returning. Next, Dr. Jones proposed spinal cord stimulation as an alternative treatment for her symptoms.

Strickland says, "I was willing to try anything. I was desperate for relief."

Spinal cord stimulation (SCS) is a procedure that uses counter stimulation with a mild electrical impulse to treat chronic pain. A small pulse generator, implanted in the back, sends electrical pulses around the spinal cord. The small pulse generator is implanted underneath the skin which sends electrical impulses around the spinal cord. These electrical impulses short circuit pain signals from being received by the brain.

Before the surgery, the patient can undergo a trial procedure. The patient gives feedback to help the physician determine where to place the stimulators to best block the patient's pain. The lead is connected to an external trial stimulator, which will be used for approximately one week to determine if the trial simulator will help the patient. The trial typically lasts five days.

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approximately one week to determine if SCS will help the patient. The trial typically lasts five days. If the patient and physician determine that the amount of pain relief is acceptable, the system may be permanently implanted. At the end of the trial implantation, the lead is removed.

"It helped immediately," says Strickland of the device. "I was amazed at how it helped."

Dr. Jones proceeded with surgery to implant the stimulator device while Strickland was under anesthesia. Once she awakened, the patient met with a technician that adjusted the external control unit worn as a belt around her waist to control the pain level. The surgery was an out-patient procedure.

"My pain level used to range from 15-20. Now it is 3-4," she says. "I'm thrilled to death."

She maintains the device by charging the battery supply when an indicator shows it is low. The system is controlled by a remote control used both in the trial and the permanent stimulator. The control has several programs and levels of pain management which she controls. To maintain the system, there is a charger and base station.

Strickland's back pain has been significantly reduced and her legs are nearly pain-free. She remains enthusiastic about the treatment. "I encourage people to try it as a trial to see whether it works. It sure has been a blessing to me."

"Judy is an extraordinary person and serves as our Patient Advocate for spinal cord stimulation. We are fortunate that she has volunteered her time to talk with other people suffering from pain," said Dr. Dwayne Jones.

SCS candidates include people who suffer from neuropathic pain and for whom conservative treatments have failed.

Dr. Jones practices Pain Management at North Kansas City Hospital, Lee's Summit Medical Center, Centerpoint Medical Center and Liberty Hospital. Please contact 816.268.6395 to schedule an appointment or to speak with Judy about her experience.