

# Welcome

Welcome to Meridian Pain & Spinal Diagnostics. It is our mission to improve the quality of life for people with chronic pain and disorders of the spine. We are nationally recognized as a center of excellence and offer the latest techniques and therapies to bring you back to optimum health. Whether your treatment is medical or surgical, simple or complex, the Meridian team takes a scientific approach to uncover the underlying source of your pain and then applies the most effective treatment available to resolve it.

## OUR TEAM

Ronald Freeman DeMeo, MD was one of the first fellowship trained interventional pain management physicians in the US. After completing his training at the Baylor College of Medicine, he remained as an Assistant Professor in the Departments of Anesthesia and Physical Medicine and Rehabilitation. Dr. DeMeo has trained numerous physicians, lectures nationally, been awarded many research grants, published numerous papers, and continues to conduct leading edge research in the field of spinal surgery.

Deborah Westergaard, MD received her medical degree at LSU and completed an Anesthesiology residency at the University of Texas Southwestern in Dallas. She completed her pain fellowship under the direction of Gabor Racz, MD at Texas Tech University. She has also trained physicians, lectures and has participated in pain research.

Both Drs. DeMeo and Westergaard are Board Certified by the American Board of Anesthesia and Board Certified Subspecialty Certification in Pain Medicine.

## OUR FACILITIES

Our physicians hold staff privileges at a number of local hospitals, and work closely with a team of Physical Therapists, Psychologists, and Medical Specialists to develop an individualized treatment plan for each patient. At Meridian, we take pride in working as a team to achieve the best possible outcome for our patients. We insure that our treatments are well suited to our patient's diagnosis, life style, and treatment goals. If intervention is recommended, we only perform them at a fully accredited ambulatory surgical center and hospital. To insure the best outcome, most interventions will be performed under fluoroscopic guidance and monitored anesthesia.

## CONDITIONS WE TREAT

When pain persists in any part of the body for more than a few months, it is considered chronic and needs to be addressed. Sources of chronic pain however are often illusive, complex, and require treatment from a fellowship trained pain specialist. Some of the more common diagnoses include:

- Neck and Back pain from Disc Herniations
- Spinal Stenosis
- Arm and Leg pain from Radiculopathies
- Neuropathies
- Shoulder, Knee, and Hip Pain
- Unusual syndromes such as Reflex Sympathetic Dystrophy, Pelvic Pain, Headaches, and TMJ



## TREATMENTS

Your Meridian Physician will explore non-surgical treatments first. These treatments may include medication, bracing, muscle stimulation or physical therapy. For some problems however, intervention is the only possible solution. By using the latest in minimally invasive techniques there is less post-operative pain and a faster recovery. Some of our treatment modalities include:

- Spinal injections such as epidural steroids and facet blocks
- Discography with manometry
- Stellate and Sympathetic blocks and sympathectomies
- Spinal cord stimulation
- Percutaneous discectomies
- Intra-Discal Electro Therapy (IDET)
- Myeloscopy for the lysis of spinal adhesions
- Radiofrequency lesioning for cervical and lumbar facets (RFTC)
- Intra-articular joint hygan for knee, shoulder, and hip pain

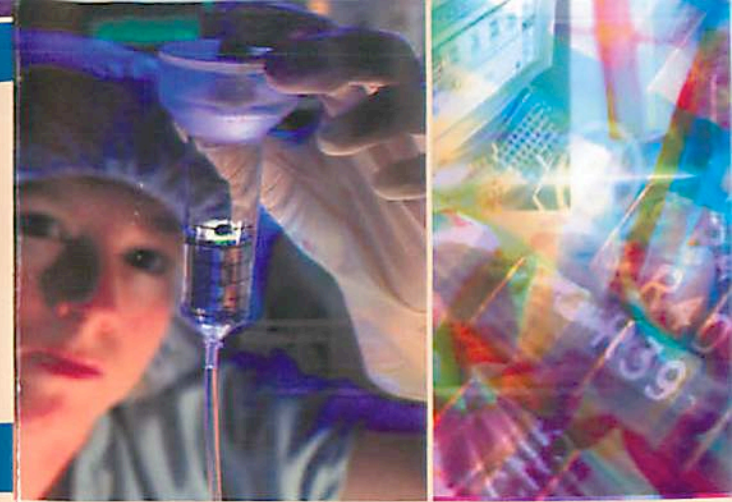
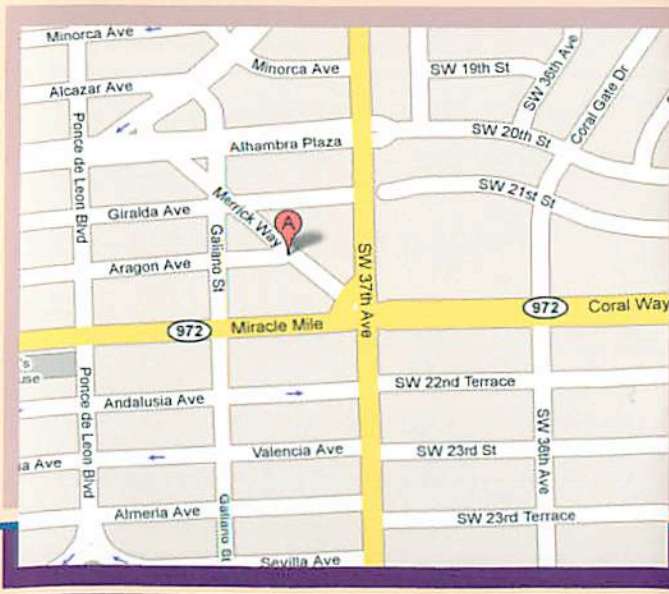


## OTHER SERVICES AND ACCEPTED INSURANCES

We accept all major insurance plans, most HMO's, Auto, Medicare, and Workers Compensation. Meridian has extensive experience in the area of Workers Compensation and has earned a reputation for returning injured workers back to work in an effective and timely manner. In addition, Meridian also offers: Independent Medical Evaluations, Second opinions, and Expert witnessing.

## LOCATION

Meridian Pain and Spinal Diagnostics is located one block north of Miracle Mile and 1/2 block west of SW 37 Avenue (Douglas Rd) on the corner of Aragon Avenue and Merrick Way directly behind Tarpon Bend. From the north take 195 south to US1 and make a right on Ponce de Leon Blvd. Take Ponce de Leon to Aragon Avenue and make a right to our location. From the south take US1 north to Ponce de Leon Blvd make a left to Aragon Avenue. From the west take 836 east to the South LeJeune Road exit go 1.5 miles to Aragon Avenue and make a left to our location. For free parking please park in the 10 Aragon Avenue building only.



**MERIDIAN**  
pain and diagnostics

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