

Accurately diagnosing and treating pain with personalized care

Our network of pain management physicians treats a variety of conditions, using comprehensive diagnostic techniques and non-surgical treatments for all musculoskeletal pain.

To learn more about conditions treated, visit NationalSpine.com or ask your affiliated physician.

Peripheral Nerve Stimulation (PNS)

An Established Treatment for Nerve Damage

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Treatment Brochure

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Pain from damaged nerves can cause long-lasting, painful symptoms that can be very difficult to treat with medications alone.

Peripheral nerve stimulation (PNS), an increasingly relied-upon approach to chronic nerve pain, involves implanting a small electrical device next to a peripheral nerve in order to interrupt pain signals to the brain.

Our network of pain management physicians has the specialized training and equipment needed to perform procedures such as peripheral nerve stimulation, which can offer significant benefits over alternative treatments.



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What is peripheral nerve stimulation?

Peripheral nerve stimulation places electrodes along the course of peripheral nerves, which are nerves outside the brain and the spinal cord. Peripheral nerves run throughout the body, carrying messages for movement and sensation.

The electrodes, when turned on, introduce a small amount of electrical current to the targeted nerve(s), which helps mask the pain you are feeling.

The procedure begins when the patient is given a local anesthetic (numbing agent) at the site of insertion. The physician places a temporary stimulator wire along the painful nerve. Patients typically undergo a trial for several days to see if they feel better.

Following a successful trial, a permanent device, consisting of thin wires with electrical leads on their tips, is placed through a needle under the skin. In addition, a battery is placed under the skin through a small incision. Everything is small enough to remain hidden under the skin. The system can be turned on or off by the patient using a remote control.

In addition to nerve injuries, PNS is often used to treat conditions such as complex regional pain syndrome and lower back pain.

How long does it take?

The trial procedure, performed on an outpatient basis, takes approximately 30 to 45 minutes and is followed by a short period of observed recovery. The procedure to implant the long-term device is performed by a surgeon in an outpatient surgical setting and, generally, takes about two hours.

How often should this procedure be done?

PNS is usually permanent but can be easily reversed. Batteries will need to be replaced every few years, but this is a simple procedure.

What are the expected results?

PNS has a high success rate for reducing pain. The benefit from this procedure will occur almost immediately; however, you may experience some post-procedure soreness for a day or two. It is recommended that you take it easy on the day of procedure, but return to usual activities the following day.

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