

**RAHUL S. ANAND, M.D.**

**MEDICAL SCHOOL:** Boston University School of Medicine; Anesthesiology and Pain Medicine, University of Pennsylvania

**HOSPITALS:** Bridgeport Hospital; St. Vincent's Hospital; Griffin Hospital

**PROFESSIONAL AFFILIATIONS:** Connecticut Pain Society (President); American Society of Interventional Pain Physicians; American Medical Association; American Board of Medical Specialties; Accreditation Council for Graduate Medical Education

## RAHUL S. ANAND, M.D.

**DR. RAHUL S. ANAND** has earned a reputation as the go-to doctor to treat chronic pain. An independent practitioner, he offers the most current proven comprehensive care in pain medicine management and sports medicine. He treats patients in pain from post back surgery, CRPS (complex regional pain syndrome), neuropathies, and vascular diseases.

Dr. Anand graduated from Boston University School of Medicine. He interned at Boston Medical Center and did a four-year residency program in anesthesiology and pain medicine at the Hospital of the University of Pennsylvania. He completed a fellowship in pain medicine and earned specialist certification from the American Board of Anesthesiology. He earned a degree in acupuncture from Stanford

University.

“The concept of just narcotics to treat pain and overly sedate pain is not a paradigm that we use in our comprehensive practice,” says Dr. Anand. He listens carefully to patients to create individualized multimodal treatment plans that result in favorable outcomes with less risk. These include the Racz procedure (epidural lysis of adhesions) “to power wash scar tissue” in the spine and the Minimally Invasive Lumbar Decompression procedure to remove excess ligament tissue in patients who have lumbar spinal stenosis. For patients with lower back pain, he offers the VIA Disc, cutting-edge injectables that utilizes ground-up donor disc tissue to repair degenerative discs from the inside, provides substantial pain relief and im-

proves function. Dr. Anand also uses high frequency spinal stimulation implants in patients who have had unsuccessful back surgery, CRPS and neuropathies.

Dr. Anand also treats painful joints and tendons with platelet rich plasma therapy, using the patient’s own blood to regenerate tissue. He performs radio frequency ablation in knees, other arthritic joints and for cancer pain. He also offers complementary alternative medicine such as acupuncture, Botox for migraines and cervicogenic headaches, customized in-house Pilates and physical therapy programs for core strengthening, and cognitive based therapy to help patients deal with the psychological aspects of pain.

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