Evadnie Campbell had been suffering from intense knee pain, and she saw her quality of life improve instantly thanks to a new ultrasound method for targeting and treating extremity pain that’s now available at NYC Health + Hospitals/Jacobi.

“Immediately after my treatment I was able to walk and climb stairs without being in constant pain,” said Campbell.

Under the leadership of Rheumatologist Beverly Johnson, MD, facility physicians developed the Musculoskeletal Ultrasound Program to help patients who have severe and constant pain from torn rotator cuffs, muscle tears, joint degeneration, gout, muscle erosion, and other conditions.

“These patients need fast and long-lasting relief. They can’t climb stairs, they may not be able to walk, and their ability to carry items is likely compromised,” said Johnson. “The new technology has a profound positive affect on their everyday lives.”

The advanced ultrasound machine, which was purchased by the hospital Auxiliary, allows medical experts to target the pain with great precision and administer steroid injections to the affected area, often providing immediate relief.

“Ultrasound acts as a diagnostic tool that can be used right in a doctor’s office, in many cases eliminating the need to utilize a radiology suite,” said Dr. Johnson. “The technology allows us to apply the pain-relieving injection to the affected joint with far greater accuracy and without the use of X-ray radiation. We can relieve pain faster, more effectively, and at a reduced cost.”
According to Johnson, more than 100 patients have been treated with the new ultrasound technology in the last year. The hospital recently expanded the Ultrasound Program, training four new Rheumatology Fellows and an attending physician who can provide care to even more patients.

“Without treatment, patients are disabled by pain,” said program Fellow Tejas Sheth, MD. “These injections not only relieve pain, they increase functionality, quality of life and patient satisfaction.”

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