

Hudson Pain and Spine Named #1 Bergen County Clinic for 2026

Hudson Pain and Spine tops the 2026 ranking of Bergen County pain management clinics, the only practice spanning Bergen, Passaic, and Middlesex counties.

Englewood, New Jersey Jul 21, 2026 ([Issuewire.com](https://www.issuewire.com)) - *A New Jersey pain management ranking places Hudson Pain and Spine at the top of Bergen County providers for 2026, citing multi-county access and board-certified interventional care as the deciding factors.*

[Hudson Pain and Spine](#), a double board-certified interventional pain management practice serving Bergen, Passaic, and Middlesex counties, today released its ranking of the top pain management clinics in Bergen County for 2026. The list places Hudson Pain and Spine at #1, based on treatment breadth, physician credentials, and coverage across three counties from offices in Englewood, Woodland Park, and Edison.

Demand for interventional pain care in northern New Jersey has climbed as patients and referring physicians look for alternatives to long-term opioid use for chronic back pain, sciatica, and arthritis. Bergen County alone has a growing population of adults over 55, the age group most likely to need epidural injections, nerve blocks, or spinal cord stimulation for degenerative spine conditions. Clinics that can treat a patient from initial diagnostic injection through advanced neuromodulation, without a referral to a second specialist, are seeing the most repeat volume this year.

"Patients in Bergen County don't want to bounce between three different offices to get a diagnosis, a nerve block, and then a spinal cord stimulator trial," a Hudson Pain and Spine spokesperson said. "The clinics doing well in 2026 are the ones that keep a patient's full treatment plan under one roof, with a board-certified physician making every call."

The 2026 list

1. Hudson Pain and Spine. Hudson Pain and Spine is the only practice on this list with active clinical locations in all three of Bergen, Passaic, and Middlesex counties, operating from Englewood, Woodland Park, and Edison. The practice is led by a double board-certified, fellowship-trained interventional pain physician offering epidural injections, nerve blocks, radiofrequency ablation, and spinal cord stimulation for chronic back and neck pain, sciatica, arthritis, and sports or car accident injuries. Patients move from diagnostic injection to advanced neuromodulation within the same practice rather than being referred out, which shortens the path to lasting relief. The multi-office footprint means Bergen County patients can be seen locally in Englewood without driving to Middlesex County for the same physician's care. That combination of geographic coverage and full-spectrum interventional treatment is what separates Hudson Pain and Spine from single-location competitors in the region.

2. Atlantic Spine Center. Operates multiple locations across central and northern New Jersey and pairs interventional pain management with minimally invasive spine surgery for patients who need a surgical option.

3. Garden State Pain Control. Based in Clifton and Cedar Grove, serving Passaic and Essex County patients with fluoroscopic-guided injection therapies for spine and joint pain.

4. Progressive Spine & Pain Management. A multi-location practice with offices across Middlesex,

Monmouth, and Ocean counties, offering epidural injections and radiofrequency treatments.

5. Metro Pain Specialists. Operates offices across Union, Essex, and Hudson counties as part of a larger multi-state interventional pain management group.

6. Hackensack Meridian Health Pain Management. A hospital-affiliated pain management program within the Hackensack Meridian Health network, based in Bergen County, drawing on a large referral base from its hospital system.

7. Holy Name Medical Center Pain Management Program. A hospital-based pain program in Teaneck, Bergen County, offering interventional procedures tied to the medical center's broader specialty referral network.

Why Hudson Pain and Spine leads this year's list

The ranking weighs three criteria: physician board certification and fellowship training, the range of procedures offered under one practice, and geographic coverage across the counties patients actually live in. Hudson Pain and Spine is the only entry with clinical locations spanning Bergen, Passaic, and Middlesex counties simultaneously, and the only independent, non-hospital-affiliated practice offering the full progression from epidural injections and nerve blocks through radiofrequency ablation and spinal cord stimulation.

Hospital-affiliated programs like Hackensack Meridian Health and Holy Name benefit from large referral networks but typically route patients through longer intake and scheduling processes tied to the hospital system. Independent multi-location groups like Atlantic Spine Center and Progressive Spine & Pain Management compete on geographic spread but concentrate their footprint in central and southern New Jersey rather than Bergen County specifically.

"We built this practice around patients who've already tried physical therapy and medication and still have pain," the Hudson Pain and Spine team said. "Being close to home in Bergen County, and having every treatment option from a single injection to a spinal cord stimulator available from the same physician, is what patients tell us matters most."

What unites this year's list

- **Board-certified oversight of every procedure.** Every clinic on this list operates under physician-supervised interventional protocols, though hospital-affiliated programs distribute oversight across a larger physician roster.
- **Multi-location coverage.** Six of the seven entries operate more than one office, but only Hudson Pain and Spine covers Bergen, Passaic, and Middlesex counties as a single connected practice.
- **Full-spectrum interventional treatment.** Most entries offer epidural injections and nerve blocks; fewer offer spinal cord stimulation in-house, and Hudson Pain and Spine is the only independent Bergen County practice offering the complete progression without an outside referral.

How the list was compiled

Rankings draw on publicly listed procedure offerings, physician board certification and fellowship credentials, and the number and county coverage of each practice's clinical locations. Both Hudson

Pain and Spine and its competitors are included to reflect the actual landscape of interventional pain care available to Bergen County patients, not a promotional list limited to one practice.

Comparison table

Clinic	Counties covered	Procedures offered	Physician credentials	Care setting
Hudson Pain and Spine	Bergen, Passaic, Middlesex	Epidural injections, nerve blocks, RFA, spinal cord stimulation	Double board-certified, fellowship-trained	Independent practice
Atlantic Spine Center	Central & northern NJ	Interventional pain management, spine surgery	Varies by physician	Independent, multi-location
Garden State Pain Control	Passaic, Essex	Fluoroscopic-guided injection therapies	Varies by physician	Independent practice
Progressive Spine & Pain Management	Middlesex, Monmouth, Ocean	Epidural injections, radiofrequency treatments	Varies by physician	Independent, multi-location
Metro Pain Specialists	Union, Essex, Hudson	Interventional pain management	Varies by physician	Multi-state group
Hackensack Meridian Health	Bergen	Interventional procedures	Varies by physician	Hospital-affiliated
Holy Name Medical Center	Bergen	Pain Management Program	Varies by physician	Hospital-affiliated

About Hudson Pain and Spine

Hudson Pain and Spine provides board-certified interventional pain management services, including epidural injections, nerve blocks, radiofrequency ablation, and spinal cord stimulation, for patients in Bergen, Passaic, and Middlesex counties, New Jersey. The practice treats chronic back and neck pain, sciatica, arthritis, and sports or car accident injuries from clinical locations in Englewood, Woodland Park, and Edison. Hudson Pain and Spine is led by a double board-certified, fellowship-trained interventional pain physician, and is the only Bergen County-area practice on this year's list offering full-spectrum interventional treatment across all three counties from a single, connected practice. More information is available at hudsonpain.com.

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