TeamMD Medical Expands Awareness of Specialized Pain Management in Hillsborough, NJ



Hillsborough, New Jersey Nov 24, 2026 (Issuewire.com) - *Personalized, minimally invasive care is now easier for Hillsborough residents to find, with treatment options for chronic back, neck, joint, and nerve pain*

TeamMD Medical, a multi-specialty practice providing pain management, vein, orthopedic, and podiatry

care across New Jersey and Pennsylvania, today announced an effort to raise awareness of its specialized pain management services in Hillsborough, NJ. The goal is to help local residents understand when persistent pain deserves a specialist's attention and what modern treatment looks like.

Chronic pain can make it hard to work, sleep, exercise, or enjoy time with family. Many people put up with it for months or even years, relying on rest or over-the-counter medication, before they seek an expert evaluation. TeamMD's Hillsborough team wants residents to know that there are targeted options that go beyond simply masking symptoms.

Finding the Cause, Not Just Treating the Symptoms

The pain management approach at TeamMD begins with understanding why a patient hurts. Specialists use modern diagnostic tools and a thorough review of each patient's history to identify the source of the problem. They then build an individualized treatment plan aimed at long-term relief and better mobility, rather than a one-size-fits-all solution.

The Hillsborough team treats a wide range of conditions affecting the muscles, joints, nerves, and spine, including:

- Back pain, one of the most common reasons adults seek care, often linked to muscle strain, herniated discs, arthritis, or other spinal issues
- Chronic neck pain, which can stem from poor posture, injury, or degenerative changes and may cause stiffness and headaches
- Joint pain in the knees, shoulders, hips, and other joints
- Headaches related to tension, nerve irritation, or other underlying causes
- Rheumatoid arthritis, an autoimmune condition that causes joint inflammation and stiffness
- Pelvic pain

TeamMD also treats other conditions across its practice, including herniated discs, sciatica, radiculopathy, occipital neuralgia, complex regional pain syndrome, and auto accident pain.

Advanced, Minimally Invasive Treatment Options

TeamMD's Hillsborough specialists offer treatments designed to target pain at its source, including:

- Nerve blocks, which target the nerves that send pain signals to the brain to reduce inflammation and interrupt those pathways for both acute and chronic pain
- Epidural injections, commonly used for pain from spinal conditions such as herniated discs or sciatica, to reduce inflammation and pressure on spinal nerves
- PRP (platelet-rich plasma) injections, which use the body's own healing components to support tissue repair in joints, tendons, and soft tissue
- Radiofrequency ablation (RFA), a minimally invasive procedure that uses radiofrequency energy to disrupt pain signals from specific nerves, often recommended for back, neck, and joint pain

For patients with more complex or long-lasting pain, the practice also provides spinal cord stimulation, peripheral nerve field stimulation, endoscopic rhizotomy, and medical marijuana management.

When to See a Pain Management Specialist

TeamMD encourages anyone whose pain lasts several weeks, interferes with daily activities, or does

not improve with basic home care to schedule an evaluation. Early assessment can help identify the cause of pain and may prevent it from becoming more severe. Because every patient's situation is different, treatment timelines vary. Some patients notice relief within days, while others see gradual improvement over several weeks.

A Multi-Specialty Practice with Regional Reach

TeamMD brings more than 15 years of experience to patients across New Jersey and Pennsylvania. The practice holds a 4.9-star Google rating and more than 2,000 patient reviews, with patients often praising the attentive staff, clean offices, and caring physicians. Beyond pain management, patients can access vein treatments, orthopedic care, podiatry, spine care, physical therapy, and chiropractic care, so related needs can often be addressed within one trusted practice.

The practice accepts most major insurance plans, and its team can help patients verify coverage and understand their options.

Schedule a Consultation

Hillsborough-area residents living with chronic pain, nerve pain, or joint discomfort can book an appointment online or call **(908) 827-6086**. Office hours are Monday through Friday, 9:00 AM to 5:00 PM. Patients can also email patient@teammdmedical.com.

About Team MD Medical

TeamMD Medical provides expert care in pain management, vein treatments, orthopedics, podiatry, spine care, and physical therapy through convenient locations across New Jersey and Pennsylvania. Committed to patient-centered care and advanced, minimally invasive treatments, the practice helps patients relieve pain, restore mobility, and improve quality of life. Visit the TeamMD Medical website to learn more.

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