

Your First Appointment, What to Expect

Living with persistent pain can affect every aspect of your life, from work and sleep to family life and your emotional wellbeing. At The Manchester Pain Clinic, we understand how frustrating this can be, and we're committed to helping you find the most appropriate treatment to improve your quality of life.

Your first appointment is designed to give you the time and reassurance you need. Our aim is to understand your pain, identify the underlying cause wherever possible, and develop a personalised treatment plan that's right for you.

Before Your Appointment

To help us make the most of your consultation, please bring:

- Any MRI, CT scan or X-ray reports (if available)
- Clinic or hospital letters relating to your condition
- A list of your current medications
- Details of any allergies
- Information about previous treatments, injections or surgery
- Your private medical insurance details (if applicable)

If you've recently had investigations carried out, you may wish to bring copies of the images on CD or ensure they have been uploaded by the referring hospital.

During Your Consultation

Your appointment will usually last around 30 to 45 minutes. Dr Jonathan Rajan will take time to discuss:

- Your current symptoms and pain levels
- When your pain started
- Previous treatments and their effectiveness
- Medical history
- Lifestyle and work activities
- How pain affects your daily life

You will then undergo a thorough physical examination where appropriate. This comprehensive assessment allows us to understand both the source of your pain and how it impacts your overall wellbeing.

Your Personalised Treatment Plan

Following your assessment, we'll explain:

- The likely cause of your pain
- Whether further investigations are needed
- Treatment options available
- Expected outcomes
- Benefits and potential risks
- Alternative approaches where appropriate

Many patients benefit from minimally invasive procedures such as image-guided injections or radiofrequency treatments, although not everyone requires an intervention. Sometimes medication changes, physiotherapy or lifestyle advice may be the most appropriate first step. You will always have the opportunity to ask questions before making any decisions.

If Treatment Is Recommended

Some procedures can be arranged during a separate appointment, while others may require authorisation from your private medical insurer before booking. Our administration team will guide you through every step and answer any questions regarding appointments or costs.

Bringing Someone With You

You're welcome to bring a family member or friend to your consultation if you would find this reassuring. If you're likely to receive sedation during a future procedure, you will need someone to accompany you home afterwards.

Our Commitment to You

We believe every patient deserves to be listened to. Our consultations are never rushed. We take the time to understand your concerns, explain your options in clear language, and help you make informed decisions about your care.

Why Choose The Manchester Pain Clinic?

- Expert Care from Leading Pain Specialists: Dr Rajan and his team are highly experienced consultants and leaders in interventional pain management. We use the latest evidence-based techniques to deliver safe, precise, and effective treatments, and continually invest in advanced technologies to provide the highest standard of patient care.
- Innovative, Minimally Invasive Pain Management: Ground-breaking procedures that help to improve treatment accuracy while offering a minimally invasive alternative to surgery for many chronic pain conditions.
- Private & Convenient Appointments: We offer rapid access to specialist consultations with minimal waiting times. Whether you're self-funding your treatment or using private medical insurance, we welcome patients from Manchester, Cheshire, and across the North West.

Your Journey Towards Long-Lasting Pain Relief

Your treatment begins with a comprehensive consultation with our specialist pain consultant Dr Jonathan Rajan. We'll carefully assess your symptoms, review any previous investigations and treatments, and determine the most appropriate course of action for your condition.

Book Your Consultation Today

Don't let chronic pain limit your lifestyle. Contact The Manchester Pain Clinic today for more information or to arrange a consultation with our expert pain specialist team.

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