



All of the physicians at Northeast Pain Management (NPM) are board certified in anesthesiology and interventional pain medicine. Dr. Ben Zolper MD (far left) is the founder of NPM. Dr. Zolper, Dr. Peter Thompson MD (middle left), Dr. Frederick Littlejohn MD (middle right), and Dr. Eric Wise MD (far right) are all leaders in the field of minimally invasive spine care and pain management.



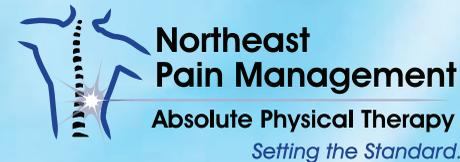
The Nurse Practitioners of NPM are experts in the diagnosis and treatment of pain. Joyce Niles NP (far right), Sandy Britton NP (middle right), Giselle Robertson FNP (middle left) and Lorraine Lick FNP (far left) all share many years of clinical of experience, and they are vital members of the NPM team.



Absolute Physical Therapy is staffed by an excellent group of therapists with years of experience and expertise in several specialty areas.

Eric Cormier PT joined Absolute PT in 2005 and has advanced training in several manual therapy methods to treat various spine, pelvic, shoulder, and knee conditions. Lindsay Duplisea White joined Absolute PT in 2006. She specializes in orthopedic injuries, McKenzie techniques, and LSVT BIG approach for Parkinson's patients. Michelle Slike PT, DPT, CLT joined Absolute PT in 2017 and has experience in treating patients with orthopedic and neurological impairments, but also has advanced training as a Certified Lymphedema Therapist and an Oncology Rehab Specialist.

Sacha Turnbull PTA joined Absolute PT in 2015 and is certified in LSVT BIG. Lauren Colley PTA joined Absolute PT in 2018 and has special training with Kinesio Taping. Both of our PTAs work as a team with our therapists to provide the best treatment for our patients with orthopedic, spinal, and neurological impairments.



Conveniently Located

1365 Broadway
Bangor, Maine 04401

Northeast Pain Management

Phone 207-942-6226

Fax 207-992-2756

www.northeastpainmanagement.com

Absolute Physical Therapy

Phone 207-942-2233

Fax 207-262-1130

www.absolutept.net

Hours of Operation

Monday - Friday

NPM 8:00 am to 5:00 pm

Absolute PT 7:30 am to 6:30 pm

There are some seasonal variations in office hours. Please call or visit our website for more information.



Northeast Pain Management

Absolute Physical Therapy

Setting the Standard.



Changing the Face of Pain

Minimally Invasive Care

Diagnosis & Expert Treatment

Timely Appointments

Cost-Effective Services

Why Choose Northeast Pain Management?

Northeast Pain Management (NPM) is the largest pain management office in the state of Maine. Our doctors and nurse practitioners have years of experience in the diagnosis and minimally invasive treatment of virtually all painful conditions, including pain of the spine, nerves, muscles, joints, and more.

NPM has two specialized X-ray suites and a state of the art ultrasound suite, allowing you expert care in our office - more convenient and less expensive than hospital based treatment. We offer a patient centered healthcare experience with access to an online Patient Portal that allows patients to access their records and communicate electronically with their medical providers.

Our Services

Our services include the management of many painful conditions using:

- X-ray Guided Spine Treatments
- Kyphoplasty
- Radiofrequency Ablation Procedures
- Joint Injections
- Ultrasound Guided Muscle, Tendon, and Bursa Injections
- Ultrasound Guided Trigger Point Injections
- Spinal Cord Stimulation
- Neuropsychology: We offer the services of nationally recognized PhD psychologist, Dr. Jonathan Borkum, to facilitate coping skills in relation to difficult and ongoing painful syndromes
- Visit us at our website www.northeastpainmanagement.com for more information and a complete list of our services



Pain Management

Our team of Physicians and Nurse Practitioners understands that acute and chronic pain presents differently among patients, and requires individualized treatment plans. Three popular treatment modalities are:

Spinal Fracture Treatment with Kyphoplasty

This exciting and effective treatment uses precise X-ray guided injections of cement into fractured and compressed vertebral bodies to relieve pain and facilitate return to normal activities. This treatment involves an office consult and treatment in our X-ray suites. Patients go home with two Band-Aids on their back.

Low Back Pain Treatment with Radiofrequency Ablation (RFA)

RFA has proven to be a safe and effective way to treat some forms of low back pain. Pain relief from this procedure lasts on average for 12 months and in some cases for years. It works by using an electrical current to heat the tips of small needles, lesioning the small nerves responsible for the pain, and decreasing the pain signals from the area.

Musculoskeletal Pain Treatment with Ultrasound Guided Injections

Our state of the art ultrasound machine allows for high resolution, live imaging of all parts of the musculoskeletal system including muscles, tendons, bursae, nerves and joints. This allows greater accuracy in diagnosing the underlying cause of your pain, as well as increased accuracy and safety in the delivery of the injection.



Why Absolute Physical Therapy?

Absolute PT is a leading edge provider of physical therapy that incorporates progressive exercise for strengthening and conditioning with innovative manual therapy techniques. We also offer treatment for multiple conditions that is unavailable elsewhere in the greater Bangor area. We offer a variety of treatment techniques with therapists that are certified and have years of experience.

Services offered include:

- Orthopedics and Sports Injury Rehab
- Neck/Back/Joint Pain Rehab
- Neuro Rehab (including LSVT Big)
- Oncology Rehab
- Lymphedema Rehab
- Dizziness and Vestibular Rehab
- Pre- and Post-Surgical Rehab
- General Rehab

Our Mission

Absolute Physical Therapy is dedicated to providing patients with the highest quality of rehabilitation services. Our clinic is committed to assisting patients with achieving their maximum level of function. Patients are educated and treated with the highest quality, comprehensive and individualized physical therapy services available.



Advantages of Absolute Physical Therapy

We pride ourselves in providing one on one care so that every patient feels that all of his or her needs are being met. Most treatment sessions are scheduled for an hour with a certified individual.

Since each patient receives a detailed evaluation, each patient receives an individual treatment program tailored to their needs and not the needs of others.

In an attempt to make your recovery as comfortable and pleasant as possible, we utilize private treatment rooms to lend to optimal patient care.

All of our physical therapists are licensed and certified. We pride ourselves on providing the most cost-effective and evidence based treatment available.

We also have some of the most advanced computer monitored physical therapy conditioning equipment that is currently available. Our Medx machines will benefit a patient with specific measurement of effort and performance over time and precise targeting of muscular areas needing strengthening.

