

Our Team



W. Ben Zolper, MD

Dr. Ben Zolper is the founder and medical director of Northeast Pain Management (NPM). He has lived in Bangor, Maine practicing Interventional Pain Management and minimally invasive spine care since 1993. He is a Diplomate of the American Board of Pain Medicine, a Diplomate of the American Board of Interventional Pain Physicians, a Diplomate of the American Board of Anesthesiology and a Fellow of Interventional Pain Practice as certified by the World Institute of Pain. His clinical interests include the whole spectrum of interventional pain treatments, as well as kyphoplasty, and ultrasound guided injection therapies such as platelet rich plasma (PRP). Dr. Zolper has passed the registration examination for musculoskeletal ultrasound with ARDMS. He was voted “Best Pain Doctor” in Maine by his peers in a 2012 and 2014 survey of doctors by Down East Magazine.



Peter Thompson, MD

Dr. Thompson is a leading physician practicing minimally invasive spine care and pain management having joined Northeast Pain Management in 2005. He is a Diplomate of the American Board of Interventional Pain Physicians, the American Academy of Pain Management, Fellow in Interventional Pain Management as certified by the World Institute of Pain, Member of the American Society of Interventional Pain Physicians, the International Spine Injection Society, the American Society of Regional Anesthesia and Pain Management as well as numerous other organizations and is Board Certified In Anesthesia. Dr. Thompson is a graduate of the University of Vermont College of Medicine and completed his residency at the Medical Center Hospital of Vermont in Burlington.



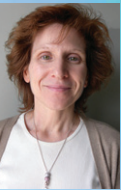
Frederick Littlejohn, MD

Dr. Littlejohn is an expert in minimally invasive spine care and pain management. He is board certified in Pain Medicine through the American Board of Anesthesiology. Dr. Littlejohn completed his residency training at Columbia and pain fellowship at the University of California-Davis Medical Center. He is a member of the International Spine Intervention Society; he worked in Maryland and New York before moving to Bangor, Maine.



Joyce Niles, NP

Joyce Niles joined NPM in 2008 after earning her Master of Science Degree at Husson University in Bangor. Joyce worked previously for 17 years as a Surgical/Orthopedic nurse at St. Joseph Hospital in Bangor. Her experience working with post-operative patients with multiple pain issues led her to seek a career in the field of pain management. Joyce holds certification through the American Academy of Nurse Practitioners.



Mary-Ellen MacDonald, NP

Mary-Ellen MacDonald joined Northeast Pain Management in 2014. She has been a nurse for 13 years. Before joining Northeast Pain Management, she worked in primary care and walk in care. She earned her Master of Science degree/Family nurse practitioner from Husson University. She holds certificates through the American Academy of Nurse Practitioners. Mary-Ellen is also a member of Sigma Theta Tau Honor Society for Nursing. She looks forward to providing you with compassionate expert care.



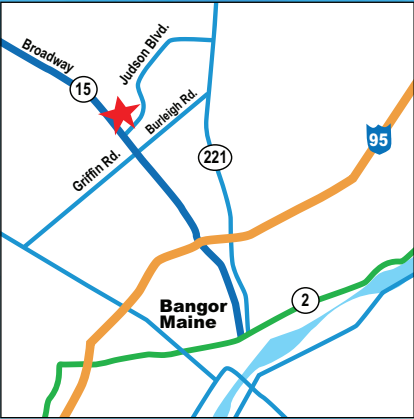
Sandy Britton, NP

Sandy Britton joined NPM in 2014. She received a Master of Science in Nursing degree at Husson College, Bangor in 2007, and completed a Certificate of Advanced Study in Nursing at The University of Maine, Orono in 2012. She holds dual certifications from the American Nurses Credentialing Center and the American Association of Nurse Practitioners. Over a span of 23 years she worked in various Maine hospitals as a Nursing Supervisor, ED, ICU and Resource nurse. Witnessing pain in the acute care patient population motivated her interest in interventional pain management.



Sue Riva, NP

Sue joined NPM in 2013. Sue has a Master of Science degree from the University of Maine and is a member of the Maine Nurse Practitioner’s Association. Certified as a nurse practitioner by the American Association of Nurse Practitioners, Sue has over 20 years of experience as an RN with a focus on geriatrics. Sue actively values the NPM mission of providing expert care, timely appointments, and cost effective treatments.



Northeast Pain Management
Absolute Physical Therapy
Setting the Standard.

Conveniently Located

1365 Broadway
Bangor, Maine 04401
207-942-6226
Fax 207-992-2756
www.northeastpainmanagement.com

Hours of Operation

Monday - Friday
8:00 am to 5:00 pm
There are some seasonal variations in office hours. Please call 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. We combine Medical Providers and Physical Therapists under one roof. Our doctors have years of experience in minimally invasive treatments of painful conditions of the spine and of nerves, muscles and joints. NPM has two specialized x-ray suites, allowing you expert care in our office – more convenient and less expensive than hospital based treatment.

Our Services

Our services include the medical management of many painful conditions using:

- X-ray Guided Spine Treatment
- Joint Injections
- Physical Therapy
- Neuropsychology
- Kyphoplasty
- Muscle Injections
- Endoscopic Discectomy
- EMG Nerve Testing
- Ultrasound Guided Injections
- Platelet Enriched Plasma Injections (PRP)

NPM specializes in treating painful spinal, neurological and musculoskeletal conditions with leading edge procedures, modern equipment, and expert physical therapy techniques. NPM provides Maine with experienced and qualified medical staff to treat your pain condition with up-to-date and proven approaches to help you. Whether it's for your minor aches and pains or a condition that requires serious treatment and surgery, the team at NPM is committed to your speedy recovery.



Pain Management

Pain management is a team approach at NPM. We have three Physicians and four Nurse Practitioners who are dedicated specialists in pain medicine. Our team understands that acute and chronic pain presents differently among patients. Specific individualized care driven by nationally accepted standards is always recommended. True to our focus of interventional pain management, common treatments include x-ray and ultrasound guided injections for relief of pain. Two popular programs are:

Spinal fracture treatment via 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 outpatient hospital treatment. Patients go home with two Band-aids on their back.



Knee Osteoarthritis Program (KOP) -

A program designed for the patient with persistent knee pain from arthritis. This program combines Viscosupplementation injections into the knee that decrease pain and inflammation, relubricate, and improve the ability of the cartilage to "cushion" the

knee joint. This is coupled with Therasizer Rehabilitation to strengthen the knee and increase stability of the entire lower extremity. We utilize Hyalgan.

Outpatient Physical Therapy

We offer individualized treatment plans based on patient history that incorporate our years of experience in rehabilitation. We offer both active and passive physical therapy as well as neuromuscular re-education, gait and balance training, activities of daily living and injury specific tissue therapy. We are the recognized experts in spinal problems and work closely as a medical/physical therapy team. We are the only PT department in Maine using MedEx equipment.

Ultrasound Guided Diagnosis

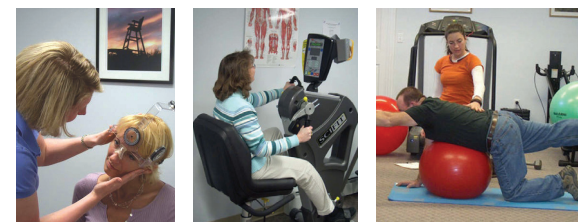


Ultrasound guided diagnosis and treatment of nerve and soft tissue problems represents a specialized medical skill available at NPM. For example, carpal tunnel syndrome, lateral

epicondylitis, shoulder pain, plantar fasciitis and Achilles tendonitis can all be treated. When indicated, PRP can be used for sports medicine injuries.

EMG Nerve Testing

Dr. Peter Goebel, Physiatrist and electro diagnostician, provides our EMG nerve testing which is important for identifying nerve entrapment syndromes and nerve diseases involving peripheral dysfunction. Timely appointments, expert interpretation and prompt reports are all provided.



Neuropsychological Rehabilitation

We offer the services of a nationally recognized PhD psychologist, Dr. Jonathan Borkum, to facilitate coping skills in relation to difficult and ongoing painful syndromes.

Appointments are held in our office. For more information about your diagnosis or treatment, visit us on the web at: www.northeastpainmanagement.com

