



PAIN CARE

BOISE

301 W. Myrtle St. • Boise, ID 83702 • (208) 342-8200 • (208) 342-8202

At Pain Care Boise, we are leaders in the emerging field of pain care intervention and pursue minimally invasive treatments to provide our patients with relief, allowing them to live an improved life.

What is Pain Management?

When first coming to Pain Care Boise, patients often have chronic, complicated, and long-standing pain-related problems. We realize that you may have been treated by a variety of doctors and therapists seeking help for your pain. We understand your frustration and desire for immediate relief. Our goal is to educate you about your pain diagnosis and the treatments available, providing you with the results and noticeable relief needed to improve your life.

Prior to your treatment, Dr. Binegar or our Physician Extender will thoroughly review your medical history and past diagnostic testing, followed by a thorough examination. After your examination we will fully explain the best possible treatment approach, and answer questions you may have. Since pain is a complex and individual problem, the length and type of treatment varies from patient to patient.

Services offered at Pain Care Boise

Dr. Binegar has the specific training and expertise that is required to perform each of these types of procedures, as well as the management of potential complications. When indicated, Dr. Binegar will use flouroscopy (X-Ray) to guide proper placement of the therapeutic medication.

- Epidural steroid injections/interlaminar technique
- Nerve root injection/transforaminal epidural
- Caudal steroid injections
- Facet joint injection
- Stellate ganglion block
- Lumbar sympathetic block
- Celiac plexus block
- Superior hypogastric plexus block
- Trigger point injections
- Peripheral nerve injections
- Radiofrequency ablation
- Cryoablation
- BOTOX
- Discograms
- Vertebroplasty
- Spinal Cord Stimulation (SCS)
- IDD Traction Therapy
- IDET
- Nucleoplasty/Coblation (Percutaneous Discectomy)

Pain Care Boise Hours:

We are available to you at all times for your pain management. For other medical problems, call your primary care physician. You can contact us at **(208) 342-8200** during business hours; Monday thru Friday 8:00 to 5:00, except major holidays. A provider is always on call during non-business hours and can be reached by calling our answering service at **(208) 489-6905**. If it is a true emergency, please call 911 or go to the nearest emergency room.

Appointments

Appointments can be made by calling **(208) 342-8200**. Please bring the following with you to your first appointment: Medication list (include medication name, dosage and prescribing physician), a complete list of allergies and surgical history, current insurance card or information regarding workman's compensation or liability claims. Please arrive to your appointment 15 minutes ahead of time, and bring your forms (filled out in black ink) with you. We strive to give everyone prompt, individual attention; therefore, anyone arriving more than 10 minutes late will have to be re-scheduled.

Prescription Renewals

Prescription refills can only be provided Monday thru Thursday between 8:00a-3:00p. Please make sure to plan ahead if you will be out of medications over the weekend. For most medications we request that you call your pharmacy for a prescription refill and they will contact us by fax to authorize the refill. If you do call the office for a refill, please have the name of the medication and your current dosage. Pain Care Boise does require the patient to pick up any Class II Opioid Prescription in person.

Billing and Collections

We participate in most insurance plans. Please call if you are unsure of insurance coverage. We accept cash, personal checks, VISA and MasterCard. Payment is due at time of service. If you are here for a clinic appointment, this shall be payable to **William Binegar, MD**. If you are here for a procedure to be done in our surgery center, you will receive two bills and will be responsible for two payments; one to **Pain Care Boise**, and one to **William Binegar, MD**. If paying by check, two checks will be required. We will collect a deposit of cash or credit only for self-pays. Please see our Financial Policy for more information.

Providers

William G. Binegar, M.D.

Dr. Binegar is Board Certified in both Pain Medicine and Anesthesiology. He applies his 20+ years of medical experience and pain expertise to providing treatment for each of his patients. From his Mayo Clinic residency to his decade-long experience with St. Alphonsus Regional Medical Center in Boise, Idaho, Dr. Binegar is a leader in the field of pain intervention. His emphasis is on state-of-the-art, minimally-invasive spinal procedures at all levels (cervical, thoracic, lumbar, sacral, and coccygeal). He is a member of the Ada County Medical Society, Idaho Medical Association, The American Pain Society, The International Spinal Intervention Society, American Society of Interventional Pain Physicians (and past President of Idaho Chapter), and Idaho Pain Society. Committed to his family and their pursuit of an active lifestyle, Dr. Binegar knows firsthand the value we all place on a life free from the distractions caused by chronic pain.

Fred J. Friel, M.S., P.A.-C.

Fred Friel is a Certified Physician's Assistant who has joined Pain Care Boise. Physician assistants are health care professionals licensed to practice medicine under physician supervision. He received his Masters Degree from the University of Nebraska and a Bachelor of Science Physician Associate from the University of Oklahoma. He also has a Bachelor's degree in Arts and Economics from Boise State University. Since joining Pain Care Boise, Mr. Friel, under the preceptorship of Dr. Binegar, is proficient in treating the variety of pain related conditions frequently seen in the office. Fred is a Boise native. He keeps active in his free time traveling, skiing, rock-hounding, and writing.