



**David H. Kim, M.D.**  
**Pain Management Solutions, Inc.**

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[www.GoneWithThePains.com](http://www.GoneWithThePains.com)

**Dr. Dave**, specializes in **Trigger Point Needling** which offers patients a drug-free pain treatment for all parts of the body. Dr. Dave is an M.D. specialist who has over 20 years of experience treating pain.

- Trigger Point Needling does not involve steroids and he will not write prescriptions. This drug-free pain relief method helps you regain your mobility and quality of life. It helps avoid drugs, costly tests, and risky surgery.
- Dr. Dave listens to his patients and understands the effects chronic pain can have on their body and mind.
- Trigger Point Needling is also highly effective when combined with other treatments such as physical therapy, massage, and chiropractic.

**Effective to treat pain from:**

**Back, Neck, Shoulders, Sciatica, Knees, Legs, Feet, Numbness/Tingling  
Headaches, TMJ, Carpal Tunnel, Plantar Fasciitis, Rotator Cuff, Tendonitis,  
Arthritis, Spinal Stenosis, post Joint-Replacement, and post Back Surgery**

Following a consultation and examination of the patient, the problem areas are identified, and very thin needles are used to release muscle spasms which allow the muscles to heal naturally. Typically, weekly or bi-weekly treatments are recommended for 1-2 months until the patient is ready to wean into an as-needed basis.

**We accept most major insurances including:**

HUMANA, US Family Healthcare, MEDICARE, Aetna, AmeriHealth, Cigna,  
United Healthcare, Horizon, Blue Cross, Keystone, Personal Choice

We bill for a Specialist's office visit which may require referrals from some insurance companies. Check with insurance to be sure Dr. David Kim is in-network and if you have a co-pay or deductible for Trigger Point Needling (procedure CPT 20550/20553)