

Meet Kim Moran

Kim Moran, a 45-year-old mother of five from New Jersey, has always enjoyed an active lifestyle. Between raising her own children, her job as a career coach for disabled children, and her passion for horseback riding, Kim is always on the go. Incredibly, Kim has also suffered for nearly 20 years with chronic sacroiliac joint (SIJ) pain.

Kim's severe SIJ pain is a result of a split pelvic bone which occurred during the birth of her first child. After consulting with her doctor and husband, Kim decided allowing her pelvis heal on its own would be the best option given her desire to have more children. Unfortunately, the separation in Kim's pelvic bone grew increasingly worse after the births of each of her children, eventually affecting her sacroiliac joint, which connects the tailbone to the pelvis.

The pain affected Kim's entire sciatic nerve, wrapping around her right thigh and calf, down to her ankle, making it difficult for Kim to play with her young children. Even when simply pushing a stroller, her leg would give out because of the pain. This pain also impacted her work. Kim struggled to walk the school hallways and she would be limping at the end of each day after working side by side with her students. Unable to complete these everyday activities without pain, Kim also was no longer able to enjoy her daily horseback rides.

Kim's physician at the time told her that the only options for relief were surgery, injections or anti-inflammatory drugs.

"I'm not one to stop, so I would just go and go," Kim said. "I would still ride my horse, I would still go to the gym, I would just grin and bear it. But it got to the point where I was just so uncomfortable that I couldn't do it anymore."

Fed up with her limiting lifestyle, Kim decided to take action. Her husband, a chiropractor, suggested that she consult with Dr. Scott Woska at Shore Orthopaedic Group in Tinton Falls, N.J. Kim and Dr. Woska discussed several different treatment options and Dr. Woska began treating Kim's pain with cortisone injections. However, after two rounds of treatment that provided only a few weeks of relief, Dr. Woska suggested a minimally-invasive, non-surgical treatment option called cooled radiofrequency (RF) technology. Dr. Woska treated Kim's SIJ pain using the SInergy Cooled Radiofrequency (RF) System, a minimally-invasive, non-pharmacological treatment option for those suffering from SIJ pain.

"The sacroiliac joint is a tough joint to treat because it doesn't have a well-defined nerve supply," said Dr. Woska. "The SInergy Cooled RF System reliably targets multiple nerve areas to successfully treat the dozens of scattered nerves leading to Kim's pain."

The Cooled RF treatment changed Kim's life. After only a few days of recovery, Kim was able to resume all of her normal activities pain-free, including riding her horse, Duke.

"I feel like I'm normal again, and I'm really happy," Kim said. "Usually, after cortisone shots, I would still feel a twinge of pain here and there, but I haven't felt that this time. I've felt nothing, which is what I want to feel. I am so happy with the results that I just keep spreading the word!"