

Terrence McNamara, D.O., FAAPMR, FABPM

Education Des Moines University - Osteopathic Medical Center, Des Moines, Iowa

Internship University of Massachusetts, Worcester

Residency Mayo Clinic, Rochester, Minnesota - Physical Medicine and Rehabilitation

Fellowship Mayo Clinic, Rochester, Minnesota - Pain Medicine, Department of Anesthesia

Board Physical Medicine and Rehabilitation

Certification

2nd Board Pain Medicine

Certification

Practice Medical Director of Pain Medicine, MCH

Dr. McNamara is a physiatrist and pain physician who completed his residency and Fellowship at the Mayo Clinic. Dr. McNamara works in concert with his colleagues at MOA and MCH to serve the community's needs. His presence allows for specialized services at MCH with onsite evaluations and procedures.

Serving the Community's Needs

- Musculoskeletal Care
- Low Back Pain
- Spinal Stenosis
- Neck Pain
- Radiculopathies/Sciatica
- Discogenic Pain
- Spine Disorders
- Arthritis Related Pain
- Neuropathic Pain
- Neuralgias
- Shingles Pain
- Acute Pain
- Chronic Pain
- Myofascial Pain
- Complex Regional Pain Syndrome / RSD
- Cancer Related Pain
- Bursitis
- Fibromyalgia
- Headaches / Migraine
- Abdominal Wall Pain
- Piriformis Syndrome

Spectrum of Treatment Options

- Comprehensive Evaluation
- Epidural Steroid Injections
- Japanese-style Acupuncture for Spine and/or Musculoskeletal Pain
- Cooled RF Technology for Knee Pain
- Lumbar, Cervical, and Thoracic Facet Injections
- Medial Branch Blocks / Radiofrequency Ablation
- Botox A for Headache
- Sacroiliac Joint Injections
- Ultrasound-Guided Joint, Bursa and Nerve Block Injections
- Hip And Other Major Joint Injections
- Intercostal Blocks
- Medication and Physical Therapy Prescription

Other Services

- Pain Management Consultation through the MCH Pain Care Program
- Osteopathic Manual Medicine
- Neuromodulation/Spinal Cord Stimulation

Monadnock
Orthopaedic
Associates