



## Meet Dr. Jason Peragine: Video Transcript

### Dr. Jason Peragine (00:16):

I am Dr. Jason Peragine. I'm a pain management physician with Neurosurgery one Spine and Interventional Pain Management is a specialty that doesn't have an organ associated with it. It actually treats the whole person and more than just the person, the person's lifestyle and quality of life. And so when I was looking for a specialty, that really resonated with me and that's why I went into pain management. My role in the neurosurgery one team is the non-surgical arm of the surgical practice in the form of interventional pain management techniques to hopefully avoid surgery. And what we don't do is prescribe a lot of medications. Most of the time I see patients for neck and back pain, but we also treat patients with joint pain, facial pain, and other pain syndromes as well. Patients will meet with the doctor initially in the office and we'll discuss their problems, go over any imaging or other tests that they've had, and likely arrange treatments, which will be used in combination with an ongoing rehabilitation program.

### (01:14):

The majority of the procedures we offer are done in a ambulatory surgical center setting with patients sedated and under x-ray guidance, so it looks and feels like a little bit of surgery, but it really works out to be needle based procedures. Some of those procedures would include injections burning off nerves with needles and placement of a spinal cord stimulator to help modulate pain and control pain without having to use any medications. My patient philosophy centers around listening to people and really understanding what they want to get out of meeting with a physicians. Even though pain is quite debilitating, we can sometimes find common ground with activities that we both enjoy in understanding what they're hoping to achieve in seeing us and actually makes working together a little easier. I think the favorite thing about my job is helping people get back to what they want to be doing, returning to the activities and the functions that they've lost to do the pain.

### (02:12):

That's really rewarding to me. I think what makes neurosurgery one special are the talented professionals that really collaborate well together, and I feel like working with that whole team really raises the level of care that we bring to all of our patients from all sides. Patients would benefit from choosing neurosurgery, one because of the team approach we take to treating complex painful syndromes through both surgical and nonsurgical avenues. I've got two great kids, 16 and 12, and they keep me busy with all the stuff that they're into and that they're doing. I like to be a part of their lives. Sometimes we even have a basement jam with the drums and the guitars, which is always great. Family time as well. My family and I, we enjoy exploring new parts of Colorado in winter, like kids, and I enjoy

#### Arvada

16280 W. 64th Ave.  
Arvada, CO 80007

#### Castle Rock

4350 Limelight Ave., Suite 100  
Castle Rock, CO 80109

#### Lakewood

11750 W. 2nd Place, Suite 255  
Lakewood, CO 80228

#### Littleton

7780 S. Broadway, Suite 350  
Littleton, CO 80122

#### Lone Tree/Park Meadows

9980 Park Meadows Dr., Suite 101  
Lone Tree, CO 80124

#### Lone Tree/Yosemite

9695 S Yosemite St., Suite 377  
Lone Tree, Colorado, 80124

#### Parker

9403 Crown Crest Blvd., Suite 200  
Parker, CO 80138



## Neurosurgery One

skiing. I really enjoy living in Colorado. There's always something to do outside all year round, so I just like being outdoors and doing lots of fun things like everybody else that lives here. I like snowshoeing, biking, and playing golf and getting out on the water and yeah, all of it.