

Health City Cayman Islands Launches Specialist Pain Management Service

Advanced, image-guided treatments expand access for patients in the Cayman Islands and wider Caribbean

GRAND CAYMAN, CAYMAN ISLANDS, August 22, 2026 /EINPresswire.com/ -- Health City Cayman Islands launches a new Specialist Pain Management Service this month, expanding access to consultant-led care and advanced, minimally invasive treatments for patients experiencing acute and chronic pain.



Dr. Nigel Kellow

The service will be led by Dr. Nigel Kellow, consultant in interventional spine and pain medicine. Dr. Kellow is currently in the Cayman Islands to establish the service. He will consult at Health City for one week each month, providing specialist outpatient assessments and advanced interventional pain procedures.

"The introduction of this service represents another important step in our commitment to expanding access to highly specialized care in the Cayman Islands," said Dr. Binoy Chattuparambil, clinical director and chief cardiac surgeon at Health City Cayman Islands. "Persistent pain can significantly affect a person's mobility, independence, ability to work and overall quality of life. By bringing Dr. Kellow's expertise and these advanced treatment options to Health City, we can provide patients in Cayman and across the region with coordinated, patient-centered care closer to home."

Dr. Kellow is an internationally respected specialist with more than 30 years of experience in diagnosing and treating complex spinal, nerve, joint and cancer-related pain conditions. Based at The Wellington Hospital in London, he completed specialist training in Oxford, Cambridge, Paris, and London and is a Fellow of the Royal College of Anaesthetists.

He established The Wellington Hospital's Pain Medicine Unit in 2004 and works closely with spinal surgeons, neurosurgeons and other specialists to provide comprehensive care. His clinical

expertise includes interventional spine medicine, neuromodulation, image-guided procedures, neuropathic pain treatment, musculoskeletal disorders and cancer pain management.

The new service will assess and treat patients experiencing:

- Chronic neck and back pain
- Sciatica and other forms of nerve pain
- Arthritis and joint pain
- Sports and musculoskeletal injuries
- Cancer-related pain
- Persistent post-surgical pain
- Headaches and facial pain
- Complex regional pain syndrome
- Pelvic pain
- Other acute and chronic pain conditions

Following a comprehensive clinical assessment, treatment options may include image-guided spinal and epidural steroid injections, facet and sacroiliac joint injections, selective nerve root and peripheral nerve blocks, radiofrequency ablation, spinal cord stimulation, dorsal root ganglion stimulation, vertebral augmentation, cryoablation for selected musculoskeletal tumors, and advanced interventions for cancer-related pain.

Procedures will be supported by advanced imaging and navigation capabilities, including O-arm imaging, StealthStation navigation, and CT and ultrasound guidance. These technologies allow specialists to plan and deliver targeted, minimally invasive interventions based on each patient's condition and clinical needs.

The Specialist Pain Management Service will complement Health City's existing expertise in primary care, orthopedics, neurosurgery, oncology, neurology, rheumatology, sports medicine, emergency medicine and physiotherapy. This multidisciplinary approach will support coordinated evaluation, treatment and follow-up care.

Patients who believe they may benefit from the service should speak with their physician or

contact Health City Cayman Islands at +1 345-640-4040 for information about appointments and the referral process.

About Health City Cayman Islands

Health City Cayman Islands (HCCI) is a medically advanced tertiary hospital with locations in East End and George Town in Grand Cayman. The brainchild of internationally renowned heart surgeon and humanitarian Dr. Devi Shetty, it features a unique model of healthcare, built with a focus on the patient and rooted in innovative business models that allow the delivery of high-quality, affordable care. A member of the Narayana Health network, HCCI is the first hospital in the Caribbean and one of only six organizations globally to receive the prestigious Joint Commission International (JCI) Enterprise Accreditation. For more information visit: www.healthcitycaymanislands.com.

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