

# About Us

Urban Spine and Joint offers convenient, supportive care for neck, back, spine, and joint conditions. Using evidence-based medicine, we aim to relieve pain and improve quality of life. Our spacious, handicap-accessible jersey City facility has ample street and lot parking, and is easily reached by car or public transit from northern New Jersey. We offer flexible hours, accept most major insurance, and make booking simple—call (908) 665-1938 or visit us online.



MEET OUR PROVIDER

## Manisha Chahal, MD

Dr. Chahal is a board-certified specialist in Anesthesiology and Pain Medicine with over 15 years of experience. Trained at leading institutions including Harvard's Beth Israel Deaconess Medical Center and Weill Cornell, she offers advanced interventional spine and pain treatments. Her approach focuses on identifying and treating the root cause of pain while helping patients prevent future issues through comprehensive, personalized care.



"My pain was constant and difficult to tolerate. Urban Spine and Joint helped me significantly reduce the discomfort. They did a great job of finding the source of the pain and treating it effectively."



Website



Instagram

- (908) 665-1938
- [info@urbanspinejoint.com](mailto:info@urbanspinejoint.com)
- [www.urbanspinejoint.com](http://www.urbanspinejoint.com)
- 100 Town Square Pl, STE 405, Jersey City, NJ 07302



[www.urbanspinejoint.com](http://www.urbanspinejoint.com)  
(908) 665-1938





# Eliminate Your Pain

Enhance your quality of life with effective interventional pain management. Our expert team includes physicians trained at some of the nation's leading medical schools and academic medical centers. With our multidisciplinary approach, we can improve your quality of life and help you get back to doing the things you like and spending time with those you love. Call us today at (908) 665-1938 to book an appointment or schedule online at [www.urbanspinejoint.com](http://www.urbanspinejoint.com)

## Procedures performed include:

Epidural Steroid Injections

Knee Injections

Facet Joint Injections

Sacroiliac Joint Injections

Radiofrequency Facet Denervation

Medial Branch Nerve Blocks

Selective Nerve Root Injections

Trigger Point Injections



### Rapid Pain Relief

Alleviate pain and improve your quality of life



### Expert Chiropractors

Talented and compassionate doctors with proven experience



### Specialized Treatments

A cohesive team of medical doctors and chiropractors working together to help you "feel the heal"

## We treat a variety of conditions including:

- Herniated discs
- Sciatica
- Neck, back, and spine pain
- Shoulder pain
- Wrist pain
- Hip pain
- Knee pain
- Foot pain