

# K. Elizabeth Garr, M.D.

*Dr. Elizabeth Garr is an anesthesiologist who is fellowship-trained in pain management. Specializing in diagnostic and therapeutic injections for patients with lumbar spine problems and related pain, she helps patients with pain originating from facet arthritis, stenosis, disc disease, dysfunction of the sacroiliac joints, trochanteric and hip joint inflammation, as well as neuropathic pain from a variety of causes. Her practice is focused on managing pain with diagnostic and therapeutic injections coupled with rehabilitation training and lifestyle modification. Her goal is to help patients achieve a level of posture, function, and mobility that allows them to enjoy life again.*



## Special Surgical Interests and Extensive Training

Transforaminal and interlaminar epidural steroids, lumbar facet and medial branch blockade, medial branch radiofrequency ablation, sacroiliac joint injection, trochanteric bursa injection, intraarticular hip injection, sacrococcygeal joint injection, caudal epidural steroid, lateral femoral cutaneous nerve block, intercostal nerve block, myofascial trigger point injection, spinal cord dorsal column stimulator testing and implantation.

## Education

Pre-Medical Education: Pomona College, B.A, History  
Medical School: Tulane University, graduated Alpha Omega Alpha  
Residencies: University of Washington School of Medicine (Anesthesiology and General Surgery); Stanford University (Anesthesiology)  
Fellowship: Pain Management at Virginia Mason Medical Center, Seattle, WA

## Associations/Organizations/Societies

Board Certified, American Board of Anesthesiology; Subspecialty board certification from the ABA in Pain Management  
International Spinal Injection Society  
Washington Society of Interventional Pain Specialists  
American Society of Interventional Pain Specialists  
King County Medical Society

## About Dr. Garr

Dr. Garr enjoys tennis and snowboarding, camping, and family activities with her husband Jeff and three children. She promotes science education at the elementary school level and participates in Girl Scouts as an outdoor specialist.

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