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, wheelchair-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 @URBANSPINEJOINT

(908) 665-1938
info@urbanspinejoint.com
www.urbanspinejoint.com
100 Town Square Pl, STE 405, Jersey City, NJ 07310



URBAN SPINE AND JOINT

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(908) 665-1938



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.

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



Eliminate Your Pain

Rapid Pain Relief

Alleviate pain and improve your quality of life

Expert Care

Talented and compassionate doctors with proven experience

Specialized Treatments

A cohesive team of medical doctors and staff 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