

# GET BACK TO YOUR FUTURE WITH SPECIALIZED SPINE CARE



*A Guide for Patients*

Midwest   
*Health Care Network*

## *Your Spine Deserves Special Care*

Your spine is at the center of a delicately balanced system that controls all of your body's movements. Bones, muscles, ligaments, tendons and nerves all work together to balance the weight of your body. Even minor damage to one component of your back's structure can upset this fragile balance and make movement painful.

It is not surprising, then, that back pain is second only to headache as the most common cause of pain, or that 8 out of 10 people will have a problem with back pain at some time. The causes of back pain can be simple or complex; the vast majority can be treated non-operatively, but in some serious cases, surgery is necessary.

### *Complete Spinal Care*

At Midwest Sports Medicine we provide complete diagnostic, treatment and rehabilitation strategies, as well as preventive intervention. We specialize in the treatment of back and neck pain due to injury, deformity and degenerative conditions, including:

- Painful degenerative disc disease
- Spinal fractures and trauma
- Spinal deformity
  - Scoliosis
  - Kyphosis
  - Ankylosing spondylitis
  - Congenital disorders
  - Neuromuscular dysfunction
- Herniated cervical, thoracic, and lumbar discs
- Spondylolisthesis
- Spinal stenosis
- Instability
- Osteoarthritis
- Failed back and neck surgery
- Bone cancer and related tumors



## *State-of-the-Art Spinal Care*

While the causes of spinal problems have not changed much over the years, the methods for diagnosing and treating the conditions are constantly evolving. Following your initial evaluation, which includes obtaining a detailed medical history, reviewing previous records, MRI's and X-rays and performing a multi-disciplinary physical exam, we will utilize the latest techniques and technology for:

**Diagnosis:** To make the most accurate diagnosis, we utilize a complete spectrum of resources, including advanced diagnostic equipment like high-speed magnetic resonance imaging (MRI), computerized tomography (CT scan), bone density scans, myelograms, electromyography (EMG) and discography.

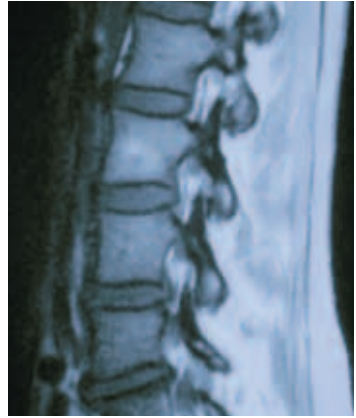
**Treatment:** Most cases of back and neck pain can be treated with non-surgical interventions, but more serious cases may require surgery. Spinal treatments are chosen with an eye towards reducing hospital stay and recovery time, minimizing pain and lowering costs. Your orthopaedic specialist will discuss your treatment options with you, so that a decision can be made together about what treatment is best for you.



Spinal treatment options include:

### *Physical, Occupational and Chiropractic Therapy*

- Individualized spine rehabilitation program
- Back school instruction
- Exercise physiology
- Aquatic therapy
- Posture correction
- Functional Capacity Evaluations
- Spinal Manipulation
- Manual Therapy



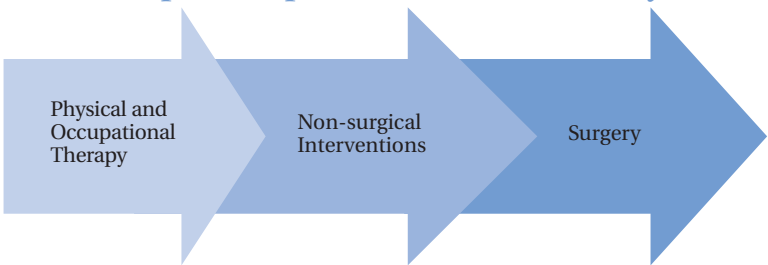
### *Non-surgical interventions*

- Epidural steroid injections (ESI)
- Trigger point injections
- Nerve root blocks
- Facet joint injections

### *Surgical interventions*

Surgery is recommended only after non-surgical options have been exhausted. Surgical interventions are individualized to your particular condition and situation, and are available for cervical, thoracic and lumbar spine conditions. Our orthopaedic surgeon is board certified and spine fellowship trained and is qualified to perform a full spectrum of spinal procedures, from minimally invasive microsurgical techniques to complex anterior and posterior spinal reconstruction. He uses advanced surgical techniques that have been developed to reduce surgical trauma and pain, thereby shortening post-surgical recovery time.

### *Orthopaedic Spinal Treatment Pathway*



### *Recovery*

Our staff is fully trained to provide all the resources needed to enhance your rehabilitation and recovery. Psychological well-being is a vital aspect of the recovery process, and is incorporated into the treatment regimen.

Whether you are undergoing more conservative outpatient treatment or surgical intervention, the goal remains the same: *to restore health and function as rapidly and completely as possible with minimal risk.*

## *Non-Traditional Treatments*

We embrace non-traditional treatment modalities such as acupuncture, chiropractic care, meditation/relaxation and Qui-gong. Our goal is *your* return to good health without pain.



## *The Difference Is... Better Care.*

The expert physicians at Midwest Sports Medicine are committed to exceeding your expectations. Experience for yourself what makes us special, ***the difference is... BETTER CARE.***

### *Web Site*

For additional information about our practice or our physicians, please visit our web site at [www.midwestsportsmed.com](http://www.midwestsportsmed.com)

### *Call now...*

To schedule an appointment, call the central scheduling desk at 847-437-9889.



901 Biesterfield Road  
Elk Grove Village, IL. 60007  
847-437-9889  
Fax: 847-437-4149

375 S. Roselle Road  
Schaumburg, IL 60193  
847-437-9889  
Fax: 847-301-2829

975 E. Nerge Road, Suite N-140  
Roselle, IL 60172  
847-437-9889  
Fax: 847-944-1240

25 E. Schaumburg Road, Suite 201  
Schaumburg, IL 60194  
847-437-9889  
Fax: 847-437-4149