

# Comprehensive Back and Neck Care

Inova Spine Program



## Experience

We offer the most current diagnostic and treatment options available under the guidance of interdisciplinary specialists including neurosurgeons, orthopedic surgeons, pain management physicians, anesthesiologists, neuroradiologists, musculoskeletal radiologists, nurses, physical therapists and rehabilitation specialists. Each medical specialist in the Inova Spine Program seeks to ensure excellent care for the patient.

## Coordination

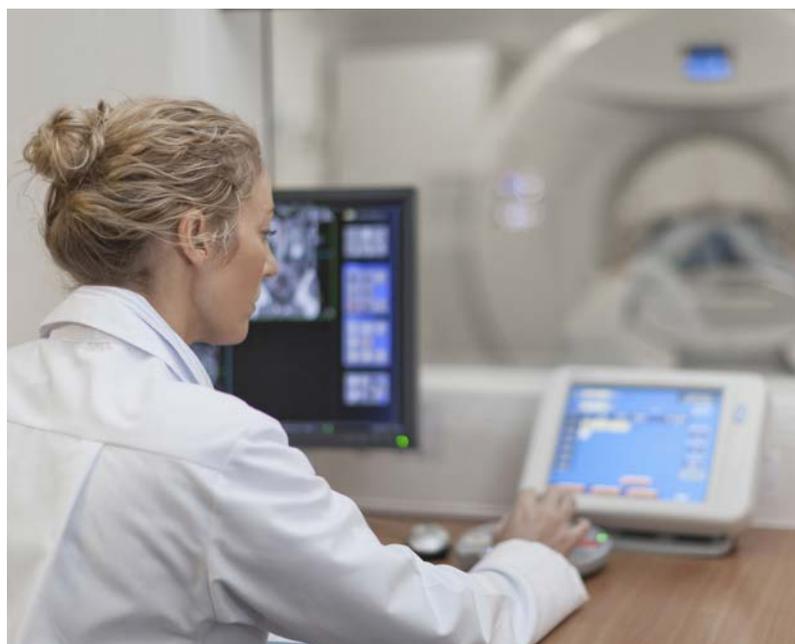
We coordinate your care for you, with just one call. Our intake specialists will compile your spine care history and schedule you with an appropriate care expert.

## Convenience

We provide convenient care near your work or home. With hundreds of specialists – and Inova's broad network of imaging centers, spine assessment centers, physical therapy centers and hospitals across Northern Virginia – the Inova Spine Program provides easy access to care.

## What Is the Inova Spine Program?

We are a comprehensive network of Inova and Inova-affiliated physicians consisting of physiatrists, anesthesiologists, neurosurgeons and orthopedic surgeons. Given a patient's specific condition, the team within the spine program navigates the patient to the right level of care in order to provide a seamless experience.



## What Is Comprehensive Spine Care?

Research has shown that complex problems such as back and neck pain are treated most successfully with a multi-disciplinary approach that combines the expertise of many spine specialists. The Inova Spine Program includes a team of board-certified neurosurgeons and orthopedic surgeons along with physical medicine and rehabilitation physicians (physiatrists) and pain management doctors, all of whom specialize in the spine. The combined medical expertise of this team works to determine the best course of action for every patient.

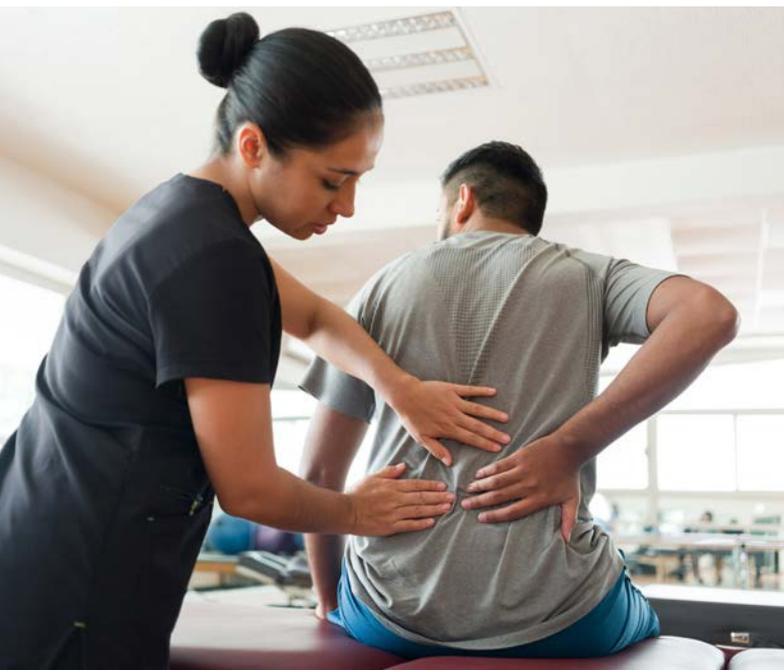
Our physicians are successful in helping people return to activity. Sometimes surgery is the best treatment, especially for those suffering from herniated discs, spinal fractures, spinal deformity or spinal tumors. When surgery is necessary, a team of spine care navigators help with every step of the treatment plan. These nurses specialize in answering the complicated questions that can arise when patients are undergoing treatment for back or neck pain. The Inova Spine Program's comprehensive, multidisciplinary approach to spine care results in a seamless patient experience.

## Treatment Options

### Physical Medicine and Rehabilitation

Our board-certified team is trained to diagnose, treat and direct your personalized treatment plan. We offer a range of nonsurgical options, including:

- Diagnostic testing
- Injury rehabilitation
- Physical therapy
- Wellness programs



### Pain Management

Increase your ability to get back to everyday activities and decrease pain with our innovative pain management options, including:

- Epidural injections
- Facet injections
- Nerve blocks
- Neurostimulation
- Pharmacologic pain management
- Trigger point injections

### Surgery

If surgery is the best option for you, we offer the most robust surgical options in the region. Our surgeons are board-certified experts who specialize in the intricate aspects of spine surgery. **When appropriate, we use the latest minimally invasive surgical techniques, including robot-assisted and augmented reality (AR) surgical technologies.** We perform the most complex procedures using the most current imaging technologies.

Surgeries we perform include:

- Cervical arthroplasty/disc replacement surgery
- Interspinous/interlaminar implant surgery
- Kyphoplasty
- Laminectomy
- Laminoplasty
- Management of mechanical and axial low back pain caused by degeneration
- Microendoscopic discectomy for herniated disc
- Minimally invasive fusion
- Minimally invasive microdiscectomy
- Nerve/spinal cord impingement surgery (decompression)
- Peripheral nerve surgery
- Spinal fusion: cervical, thoracic and lumbar
- Spinal reconstructive surgery for deformity or degenerative scoliosis
- Spine tumor surgery
- Surgery for spinal fracture management (whether caused by trauma or osteoporosis)



## Experiencing an Urgent Issue with Back or Neck Pain?

The providers at any Inova Urgent Care location provide walk-in treatment and immediate assessment for urgent issues.

Please visit [inovaspine.org](http://inovaspine.org) for a complete list of treatment locations.

Inova Spine physicians' affiliated hospitals:

- Inova Alexandria Hospital
- Inova Fairfax Medical Campus
- Inova Fair Oaks Hospital\*
- Inova Loudoun Hospital\*
- Inova Mount Vernon Hospital

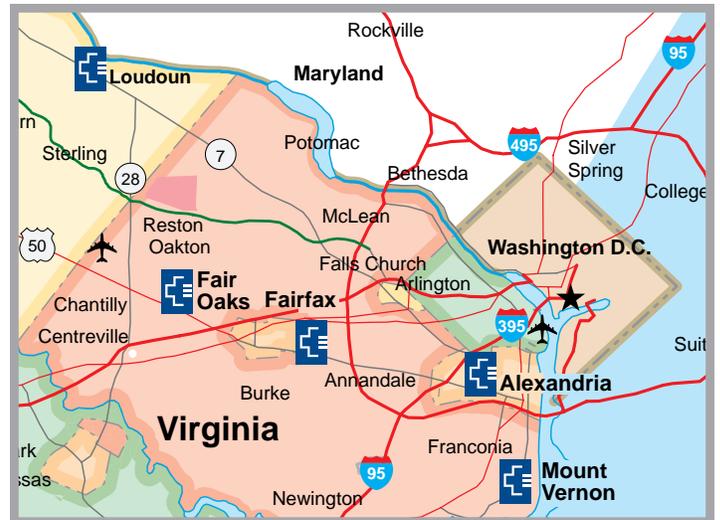
*\* This hospital has been designated a Spine Center of Excellence by The Joint Commission.*



## Is It Time to Seek a Back and Neck Pain Care Consultation?

- Do you have back or neck pain when you are resting?
- Has your back or neck pain continued for more than a month?
- Do you have numbness, tingling or pain that radiates through your arms or legs?
- Has your pain continued despite use of medications or physical therapy?
- Do you have acute pain caused by increasing neurological damage that interferes with daily activities?
- Have you experienced loss of bowel or bladder function?
- Has the pain disturbed your sleep?

When back or neck pain doesn't go away, making an appointment is the first step toward recovery. Our comprehensive care team can help you manage your pain and determine the best treatments for you. We use nonsurgical treatment options whenever possible.



Get in touch with a spine care specialist today and take the next step on the road to relief. Call **703.776.4700** or visit [inovaspine.org](http://inovaspine.org).

