

## Spinal Disorders Treated at the Comprehensive Spine Center

We provide a full spectrum of spine care, from conservative measures and pain management to minimally invasive procedures and large scale reconstruction of spinal deformity.

- Ankylosing Spondylitis
- Arthritis
- Cauda Equina Syndrome
- Cervical Radiculopathy
- Compression Fractures
- Degenerative Disc Disease (DDD)
- Fractures and Dislocations
- Herniated Disc
- Low Back Pain / Instability
- Myelopathy
- Sciatica
- Scoliosis
- Spinal Cord Injury
- Spinal Stenosis
- Spondylolisthesis
- Torticollis
- Traumatic Disorders of the Spine
- Whiplash



# SPINE

Comprehensive Center

Opp to Big Bazaar, Kukatpally, Hyderabad



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Andhra Pradesh - Vizag & Kurnool  
Telangana - Hyderabad (Kothapet/Chapel Road/Kukatpally)

# OMNI

## Hospitals

# BACK & NECK PAIN YOU DON'T HAVE TO LIVE WITH IT



Many people live with daily back or neck pain, perhaps from a pinched nerve or auto accident. They often assume—incorrectly—that their only choices are to suffer or undergo major surgery. However, at the Comprehensive Spine Center, we have many levels of treatment options available to alleviate their

discomfort. Whether a crushed disc or just chronic, nagging pain, we can treat all spine problems.

## Disorders Related to Aging

The Baby Boomer is already experiencing age-related spinal problems such as spondylolisthesis, disc disease, sciatica, spinal stenosis, myelopathy and radiculopathy. Most conditions respond to conservative treatment. When surgery is deemed necessary, minimally invasive procedures generally result in a much quicker, easier and full recovery.

The majority of spinal disorders can be treated without surgery.

## Early Intervention is Advisable

After a complete medical history and physical examination, we generally begin with conservative treatment, such as anti-inflammatory medications, muscle relaxants, nerve stabilizers or prescription pain patches.



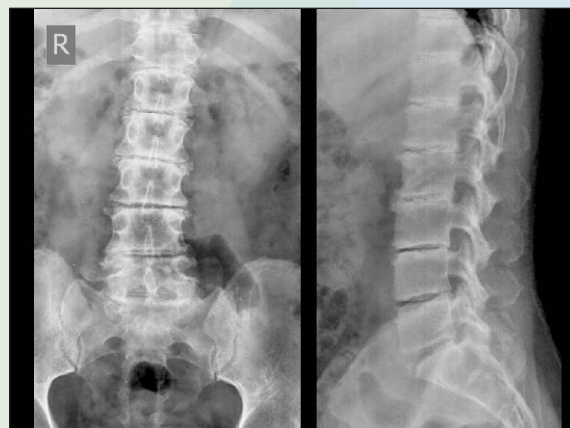
## Team of Physical Therapy Spine Specialists



Physical therapy is often very effective and may include modalities such as heat, cold, massage, ultrasound, electrical stimulation, traction or acupuncture, and a specialized exercise program. We have both inpatient and outpatient physical therapy facilities, and our therapists are subspecialty trained to deal with spine problems, including manual therapy. If you prefer, we can also work with a physical therapist near you.

## Comprehensive Diagnosis

We work closely with board-certified musculoskeletal radiologists to provide a comprehensive diagnosis. If pain still persists after conservative treatments are exhausted, we will order diagnostic tests, such as x-rays, CT scans, bone scans, MRI or nerve studies.



## Interventional Pain Management

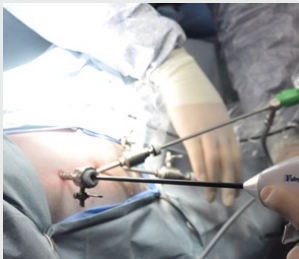
A very small percentage of patients actually require surgery. Many people find relief from pain through non-surgical interventional procedures. Our specialists in Interventional Pain Management use fluoroscopic-guided injections for non-surgical treatment of back and neck pain. In addition to its obvious therapeutic benefit, an injection can also play a very important diagnostic role in the identification of the source of pain for patients who have had back pain unresponsive to treatment. Epidural or facet joint injections can be extremely effective in relieving chronic pain, sometimes permanently, and various types of nerve blocks may be used to avoid surgery. Spinal cord stimulation may also be an option in select cases.

## Scoliosis in Adults and Children

Scoliosis in Adults and Children  
Scoliosis, an abnormal curvature of the spine, most often manifests itself in children ages 8-12. At the Comprehensive Spine Center we have orthopaedic spine surgeons who specialize in the diagnosis and care of patients with scoliosis, and offer the most advanced treatments available.



## Spine Surgery



When non-surgical options have been unsuccessful, surgical treatment can decompress the nerves, stabilize the spine and help to correct spinal deformities. Some spinal procedures can be done with minimally invasive techniques, such as microscopic discectomies and

cervical decompressions. In other cases, large scale reconstruction of spinal deformity may be necessary. Degenerative spondylolisthesis, spinal instability, sciatica or radiation into the arms are common disorders that respond very well to surgical intervention. For patients who have had previous surgery and still experience difficulty, we are considered the leading experts. Our team consists of orthopaedists, physiatrists, neurosurgeons, anesthesiologists, physician assistants, nurses and physical therapists.

## Minimally Invasive... Maximally Effective

Just as open knee surgery was rendered archaic by the advent of arthroscopy, spine surgery has recently taken a similar leap. When surgery is warranted, the procedures of today barely resemble those of the past. Only 10 years ago, if you had back surgery, you could expect to spend up to a week in the hospital and a year of recovery before returning to normal activities, not to mention a very large scar. Our highly trained spine specialists perform advanced, minimally invasive spine surgery. We can repair herniated disks, correct deformities such as scoliosis, and perform spinal fusion for degenerative disks with minimal pain and discomfort to the patient. Most patients can walk the same day as surgery and leave the hospital the following day with only a bandaid!

## Advantages of Minimally Invasive Surgery

- Small incisions
- Small surgical scars
- Less blood loss
- Less trauma to the body
- Less post-operative pain
- Lower infection rate
- Shorter hospitalization
- Quicker recovery



## Nerve Root Compression... Microscopic Surgical Decompression



Traditional approaches require large incisions resulting in muscle damage. That delays recovery and can ultimately lead to decreased strength in the back.

A minimally invasive technique achieves a similar goal while minimizing tissue injury and collateral damage.

