

**Comprehensive
Care for Back and
Neck Problems**

Tips to Help
You Maintain
a Healthy Back



The Cleveland Clinic back and neck centers offer

- A medical approach focusing on non-surgical treatment and physical therapy.
- A medical spine specialist who coordinates the evaluation and treatment of each patient.
- Prompt initiation of active therapy.
- An emphasis on patient involvement in the treatment plan.
- Comprehensive services to address a wide variety of disorders, from acute back strain to chronic, complex problems.
- Convenient consultation with specialized spine surgeons, if recommended.
- An outpatient physical therapy program.
- An outpatient rehabilitation program specifically designed to return employees to work and prevent work-related injuries.

Specialists in Spine Problems

Our team of specialists includes:

- Medical spine specialists who have training in rheumatology, physical medicine, neurology, internal medicine, or family medicine plus additional training in the medical management of spine problems
- Orthopaedic surgeons and neurosurgeons, who specialize in the surgical treatment of back and neck disorders.
- Physical therapists who are experts in posture and body mechanics
- Pain medicine specialists with special training in diagnosis and treatment of chronic pain
- Behavioral medicine professionals who direct the chronic pain rehabilitation program
- Radiologists with expertise in viewing and interpreting scans of the spine

Back to normal

Nearly everyone experiences back or neck pain at some time during their life. Pain or disability can be caused by injuries sustained at home or work, while involved in sports or recreation, during accidents or falls, or from medical conditions, such as arthritis, osteoarthritis or osteoporosis. Factors that increase your risk of back or neck pain include heavy lifting, being overweight, sitting for long periods, driving and smoking.

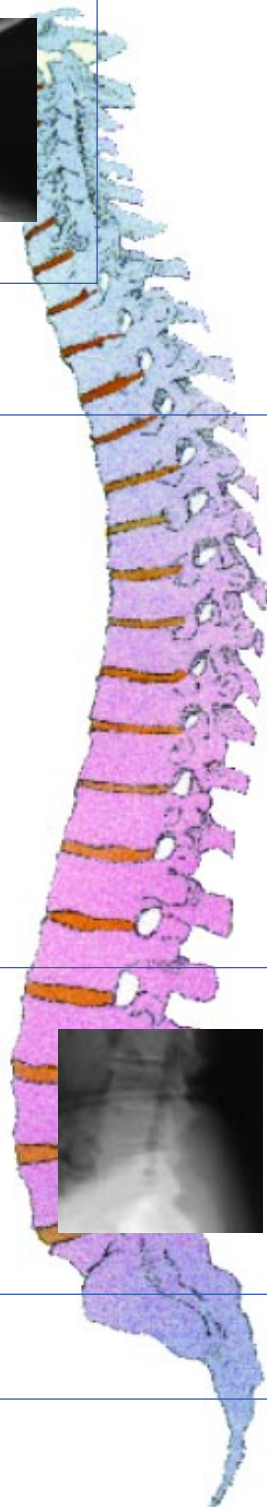
The Cleveland Clinic Back and Neck Centers, which diagnose and treat more than 9,000 patients annually, offer a team of experts skilled in all aspects of managing and treating back- and neck-related problems. Care is available at The Cleveland Clinic or at our suburban family health centers. In most cases, back and neck pain can be resolved through medical management, exercise, physical therapy and other related treatments. On occasion, surgical treatment is appropriate.

Our objective is to quickly return you to your normal routine and full function. You can minimize your chances of being debilitated by back and neck pain by addressing it early. Ask your physician or therapist what you can do to keep your back and neck healthy. We have provided information in this brochure on page 7 that may be helpful.

Our purpose

The Cleveland Clinic Back & Neck Centers have been established to provide the most advanced and effective care for spinal (back and neck) problems, utilizing a comprehensive range of medical specialists and treatment modalities.

Our specialists are dedicated to patient care, patient satisfaction and to advancing the science of spine care. All of our efforts are directed toward improving the quality of life for people with spinal disorders.



Comprehensive and accessible **services**

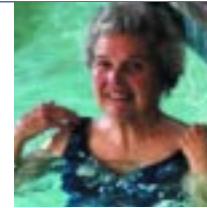


Your Initial Evaluation

When you are evaluated in one of our back and neck centers, you will first undergo a comprehensive assessment of your back or neck pain. An expert diagnostic evaluation is a necessary first step in planning the best possible treatment. When indicated, X-rays or other advanced imaging techniques, including computed tomography (CT) and magnetic resonance imaging (MRI), as well as electrodiagnostic testing, will be obtained.

Individualized Treatment Plans

A customized treatment plan may include physical therapy, exercise, posture education, medication, and lifestyle changes at home and at work as well as and surgical consultation. Our treatment philosophy emphasizes self-management. The goal is to help you regain your health so you can manage the care of your back independently.



Physical Therapy

Physical therapy may include spinal mobilization, posture or exercise training, heat, cold, ultrasound or aquatic therapy to diminish pain and improve function.

Exercise & Posture Education

Since poor posture can contribute to back pain, you may be taught how to perform certain exercises to help correct poor posture and strengthen the muscles of the back. You will also be given practical advice on how to sit, stand, lift heavy loads, get in and out of a car and bend without aggravating a back problem. Swimming, walking or cycling may be recommended to increase general fitness and decrease muscle tension.

Medication

Anti-inflammatory drugs and other medications may provide relief of symptoms and reduce inflammation of arthritic joints.

Rehabilitation and Physical Medicine

To help keep you active, mobile and healthy, our individualized rehabilitation program includes nutritional counseling, dietary adjustment, occupational therapy, vocational rehabilitation, equipment prescription and environmental assessment.

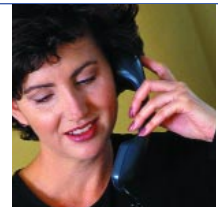
Special rehabilitation strategies can be developed. For example, women with osteoporosis may benefit from a program that helps reduce their risk of falls and fractures.

When **pain** is persistent

Board-certified pain management specialists offer a thorough assessment of your pain. Diagnostic tests may include nerve blocks, thermography, discography, and MRI and CT scans to determine the source of the pain. Behavioral health and nutritional counseling are also offered.

A treatment plan is developed after the diagnostic evaluation. It may include both traditional and newer techniques, such as therapeutic nerve blocks, spinal cord stimulation, spinal endoscopy and drug-delivery systems, acupuncture, bioelectric treatment, and physical and occupational therapy.

In some cases, people are referred to our chronic pain rehabilitation program. Team members include experts in pain management, physical and occupational therapy, biofeedback training, vocational rehabilitation, nursing, nutrition and coping skills training.



Appointments and information

Back and neck services are provided at The Cleveland Clinic and at our suburban family health centers. Please see the insert in this pamphlet for a list of our team of experts, locations and phone numbers. For more information, call 800/545-7718; or visit us on the Internet at clevelandclinic.org/back

When surgery is required

Of all the patients seen in our back and neck centers, less than 5 percent need or will benefit from surgery. When surgery is necessary, we offer state-of-the-art surgical facilities and equipment and a broad range of surgical procedures.

Our surgeons work closely with your referring physician and physical therapist. Routine and innovative procedures are offered to relieve pain, deformity and disability resulting from degenerative, infectious, traumatic or congenital spinal conditions.

Two common surgical procedures that can be done alone or in combination are:

- **Laminectomy/discectomy:** The ruptured disc is exposed and any material impinging on the nerve root is removed. This procedure is used only when ruptured discs causing leg pain (sciatica) do not respond to conservative or non-surgical treatment. More than 80 percent of patients with ruptured discs do respond to conservative therapy.
- **Fusion:** Spinal fusion may be performed when there is excess motion in the spine due to wear and tear on the discs and joints. The unstable portion of the spine is fused with bone from elsewhere in the body or with metal rods to stabilize it.

Image-Guided Spinal Navigation

Cleveland Clinic neurosurgeons pioneered the application of image-guided spinal navigation in 1993. This technique improves the accuracy, precision and safety of spinal instrumentation and reduces operative time. It is used in complex reconstruction procedures related to trauma, degenerative disease, tumors and deformity.

Minimally Invasive Spine Surgery

Approximately 20 percent of patients undergoing spinal surgery are candidates for a minimally invasive procedure. Cleveland Clinic spine surgeons are innovators in the application of laparoscopic and endoscopic techniques.

Today, more procedures can be performed laparoscopically or endoscopically because of advancements in surgical techniques and instrumentation. These procedures result in a shorter hospital stay and faster recovery.



Osteoporosis and Vertebral Compression Fractures

The Cleveland Clinic is one of only a few medical centers offering a special procedure called kyphoplasty for patients with osteoporosis. The procedure restores collapsed vertebrae to nearly normal height, corrects the misalignment of the spine, helps relieve pain and improves function. It can be performed using a minimally invasive technique on an outpatient basis. The procedure has been very successful as measured by patient satisfaction and improvement scores.

Program for Failed Spine Surgery

This program is for the small minority of people who have undergone back surgery and are still not functioning at an optimal level. Our specialists are among the most experienced in Ohio in assessing and managing the complex problems of spinal re-operations. Success rates, measured by return to normal daily activities and pain reduction, are high.

Prior to making a recommendation for re-operation, the team addresses all of the issues that may have contributed to the failure of the prior surgery. Patients who are not appropriate candidates for re-operation are referred for rehabilitation.



Pediatric and Adolescent Spine Surgery

Children and teenagers with scoliosis or other spinal conditions can usually be treated with minimally invasive techniques. Our surgeons were among the first in the country to use these techniques to help correct some forms of curvatures.



Occupational rehabilitation program for injured workers

- This program helps injured workers return to their jobs quickly through early intervention of work-related injuries.
- A board-certified physician, experienced in the evaluation, management and rehabilitation of work-related injuries, manages the program.
- When appropriate, specially trained physical therapists, occupational therapists, vocational and nursing specialists provide input into a comprehensive evaluation of a person's work capabilities.
- An individualized treatment program is designed to meet each person's needs.
- Treatment may involve therapeutic exercise, body mechanics, strengthening, actual job simulations and overall work conditioning. Options include a half-day remain-at-work program or a full-day program.

The occupational rehabilitation program, which is accredited by CARE, the Rehabilitation Accreditation Commission, is located at The Cleveland Clinic's main hospital location, 9500 Euclid Avenue. For further information, please call 216/445-9372 or fax 216/445-9679.



How to maintain a healthy back

Once treatment is under way, we urge our patients to keep their backs strong and healthy. The following tips are useful for almost everyone with back or neck pain.

- Vary your position frequently from sitting to standing. Break up long periods of sitting by moving around periodically.
- Learn correct posture and use it at all times.
- Learn and perform exercises that stretch and strengthen the muscles of your abdomen and spine.
- If back pain awakens you, try changing positions. Sleep on your back with a pillow under your knees, or on your side with your legs bent. A firm mattress can be helpful.
- If you must lift something heavy, don't bend at the waist. Bend your knees, keeping your back straight. Hold the object close to your body. Lift using the power in your legs, rather than your back.
- When standing for long periods, put one foot on a stool.
- Don't slump or slouch when driving — sit up straight. It may be helpful to place a cushion at belt level (behind the back) for lumbar support.
- See your doctor if pain persists, or if you have any questions.

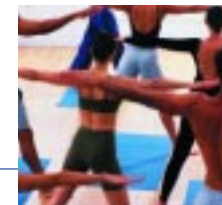


Keep your back healthy through exercise and lifestyle habits

A program of combined strengthening, stretching and aerobic exercise, and elimination of cigarette smoking can contribute to the development of a stronger, healthier back, making you more resistant to back injuries and pain.

Check with your physician before you begin any exercise program to make sure it is right for you and your back.

- Strengthening exercises increase muscle tone and improve the quality of muscles, providing increased energy, muscle strength and endurance.
- Stretching and flexibility exercises allow for a fuller range of spinal movement, prevent abnormal force on the joints and decrease the possibility of injury. You should stretch, slowly with no sudden jerking or bouncing, before and after all physical activity.
- Aerobic exercise, done 15 to 60 minutes three or four times a week, increases energy levels, improves mood, contributes to better sleep habits and decreases blood pressure.
- When you quit smoking, it improves your health in general. If you need help, smoking cessation programs are available at The Cleveland Clinic.



A commitment to excellence

The Cleveland Clinic is one of the world's first and largest group practices. Four Cleveland physicians who believed that patients would receive the best possible care when clinical medicine was combined with research and education founded The Cleveland Clinic in 1921. Since then, millions of patients from every state in the nation and 100 countries have received care here.

For the past 11 years, the departments of orthopaedic and neurological surgery have been ranked among the top ten in the nation by *U.S. News & World Report*.



To make an appointment

Cleveland Clinic Back and Neck Centers

The Cleveland Clinic	216/444-BACK (2225)
Independence Family Health Center	216/986-4000
Solon Family Health Center	440/519-6800
Strongsville Family Health Center	440/878-2500
Westlake Family Health Center	440/899-5555

Cleveland Clinic orthopaedic surgeons also see patients at Euclid Hospital, where they work closely with Euclid Hospital's staff in their Back and Neck Center. For appointments, call 216/692-7750

The information in this brochure should not be relied upon as medical advice. It is not intended to replace a physician's medical assessment or judgment.

THE CLEVELAND CLINIC
FOUNDATION



9500 Euclid Avenue
Cleveland, OH 44195
216/444-2200

www.clevelandclinic.org/back

