

MONTHLY Check-Up

WHITE PLAINS HOSPITAL

Neck and Back Pain

1

The Facts

Orthopedic complaints are the second most common reason patients seek medical care. According to the American Academy of Orthopedic Surgeons (AAOS), almost everyone will experience back or neck pain at some point in their lives. While pain can range from mild to severe and short-lived to long-lasting, those who have persistent pain know that it can be debilitating.

Causes of persistent back and neck pain can vary from a pinched nerve to spinal stenosis to a herniated disk pressing on the nerve roots in the lumbar spine, also known as sciatica. A sudden strain while lifting or bending can be a common cause of lower back pain, and aging alone causes degenerative pain in the spine, often beginning in the 30's for many individuals.

2

Causes

3

Diagnosing the Problem

Like with other problems, your doctor may use imaging studies like X-rays, magnetic resonance imaging (MRI), computed tomography (CT) scan, and discography to diagnose the source of the pain. Neurological or electro-diagnostic testing may also be indicated. Analysis of these imaging tests will help determine what types of therapy will be most beneficial, and whether surgery is an appropriate option.

Most of the time, back and neck pain resolves on its own with proper medication, appropriate physical therapy and time. Complementary and homeopathic therapies including hot and cold therapy, ultrasound, massage, aquatic therapy, chiropractic care, acupuncture, and biofeedback have also shown to be helpful among both surgical and non-surgical patients.

4

Treatment

5

Surgery

When pain persists without improvement following conservative treatment options, surgery may be the best option to restore physical functioning and quality of life. Spine surgery performed on the appropriate candidate by an experienced surgeon is very safe and quite effective. If you feel like pain is controlling your life, take the next step by scheduling a surgical consultation.



“WHEN CONSERVATIVE AND COMPLEMENTARY THERAPIES HAVE PROVEN INEFFECTIVE FOR MAJOR BACK OR NECK PAIN, SURGERY MAY BE THE LAST, BUT CERTAINLY ALSO THE BEST OPTION, PROVIDING SUBSTANTIAL AND IN MANY CASES, COMPLETE RELIEF.”

JARED BRANDOFF, M.D.

Orthopaedic Specialists

Jared Brandoff, M.D. is a spine surgeon with White Plains Hospital Physician Associates Orthopaedic Specialists. He received his medical degree from the New York Medical College and completed his General and Orthopedic Surgery internship and residencies at Long Island Jewish Medical Center. He received his Fellowship training in Spine Surgery at the Spine Institute of New York-Beth Israel Medical Center.

Dr. Brandoff has published several orthopedic and neurosurgical research articles in peer-reviewed journals. He is a Fellow of the American Academy of Orthopaedic Surgeons.

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