

EXPERT CARE. COORDINATED APPROACH.

The Adena Spine Center offers four key advantages to ensure patients receive excellent care:

- Therapies proven to deliver the best outcomes.
- A complete set of specialists, including physical therapists, sports medicine physicians, physical medicine and rehabilitation physicians, pain management physicians, neurologists and spine surgeons.
- Medical spine meetings in which specialists assess the latest spine research and treatment methods.
- Adena's spine physicians are fellowship-trained in spine treatment and surgery.

Beyond providing patients with expert care, The Adena Spine Center is committed to making treatment convenient by offering patients a coordinated approach:

- We are often able to schedule multiple appointments on the same day.
- Tests may be conducted on the same day as well, instead of being spread out over days or weeks.
- Patients receive a comprehensive evaluation that is often completed in one day.
- Patients typically leave The Adena Spine Center with a diagnosis and treatment plan.



ADENA SPINE CENTER

COMPREHENSIVE, EXPERT CARE
THAT'S CLOSE TO HOME.

ADENA SPINE CENTER

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Adena Regional Medical Center
Pike Community Hospital
Greenfield Area Medical Center

BACK PAIN DOESN'T MEAN SURGERY

About 80 percent of people will suffer from back pain at some point in their lives. In fact, back pain is the leading cause of job-related disabilities. Many people, however, may believe they only have two options: surgery or simply living with the pain. In most cases, that's not true.



NON-SURGICAL TREATMENTS

About 90 percent of patients treated at The Adena Spine Center become pain-free and functional without surgery. Non-surgical treatments typically involve several therapies over the course of six weeks to six months.

PHYSICAL THERAPY

At Adena, all patients have customized physical therapy programs designed to meet their precise needs. Using passive and active treatments, physical therapy reduces pain and swelling while strengthening and stabilizing the back.

REHABILITATION

Rehabilitation goes beyond physical therapy to restore athletic performance through a more extensive conditioning and education program.

SPINAL INJECTION

Corticosteroid, a powerful anti-inflammatory drug, is injected directly into the area that is the source of the pain. The medication can provide temporary or long-term relief from pain by reducing swelling and eliminating friction among nerves, muscles and other tissues.

NERVE BLOCK

Spinal nerve blocks are used to treat chronic back or neck pain caused by a pinched or damaged nerve. Nerve blocks numb the nerve using an anesthetic.

WHEN SURGERY IS NECESSARY

If surgical treatment is necessary, Adena's spine surgeons are specially trained in spine procedures. The surgeon may offer both traditional and minimally invasive spine surgery.

MINIMALLY INVASIVE SURGERY

Performed through just a few small incisions, this technique often results in less pain and faster recovery for patients.

Some of the conditions that can be treated using minimally invasive surgery:

- Herniated disc
- Degenerative disc disease
- Spinal stenosis in the lower back
- Scoliosis
- Spinal infections
- Some vertebral fractures

Benefits of minimally invasive surgery:

- Less pain and fewer narcotics needed for pain control
- Less injury and bruising to tissue
- Smaller incisions and less scarring
- Faster recovery
- Outpatient procedure or shorter hospital stay
- Less expensive

At The Adena Spine Center, about 90 percent of patients suffering from back pain are successfully treated without surgery. By using non-surgical treatments like physical therapy, pain management, injections and sports rehabilitation, we can help patients alleviate back pain and restore comfort and function.

