

well & you

a better way to care

Back Pain Patient Journey



Scan the QR Code
for videos about the
procedures available
for Back Pain



Understanding Back Pain

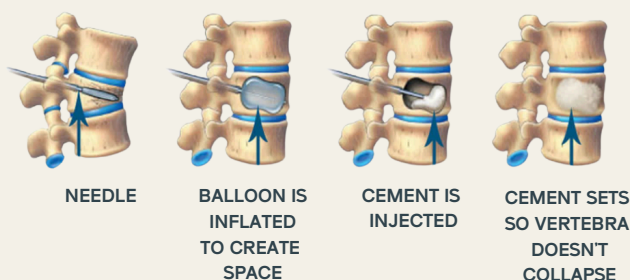
Back pain can come from issues with your spine's bones, joints, discs, nerves, or muscles. The right treatment depends on the cause of your pain and is aimed at relief and improving movement.

Treatment Options:

1. Kyphoplasty

- What it is: A procedure for spine fractures, often caused by osteoporosis or injury.
- Who it's for: People with spine fractures, especially those with pain, height loss, or spine deformities.
- Benefits: Reduces pain, straightens the spine, and helps you move better.

HOW KYPHOPLASTY IS PERFORMED

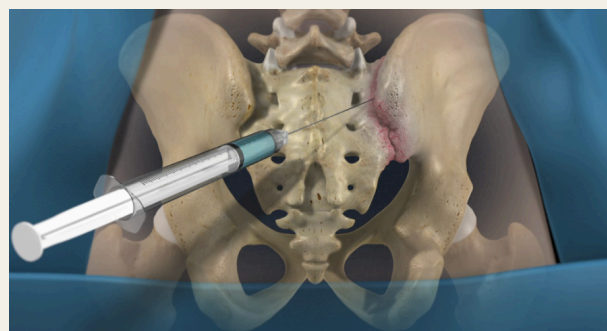


2. Sacroiliac (SI) Joint Injection

- What it is: A treatment for pain in the joints connecting your lower spine to your pelvis.
- How it works: A mix of steroid and anesthetic is injected to ease inflammation and confirm the joint as the pain source.

Sacroiliac (SI) Joint Injection cont.

- Who it's for: People with SI joint pain from arthritis, injury, or stress.
- Benefits: Reduces pain, improves movement, and helps guide future care.



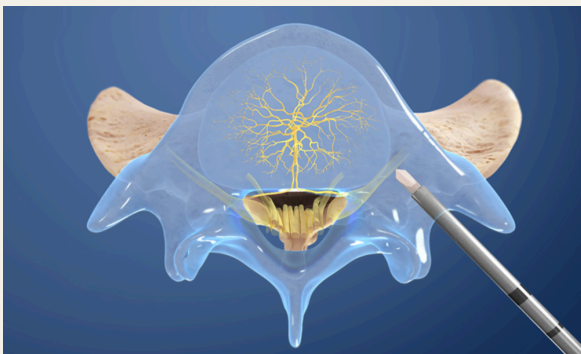
3. SI Joint Fusion

- What it is: A surgery to stabilize the sacroiliac (SI) joint by permanently joining the bones of the pelvis and spine.
- How it works: A small incision is made, and implants like screws or bone grafts are placed in the joint to hold it together. Over time, the bones fuse naturally, reducing movement and pain.
- Who it's for: People with chronic SI joint pain that hasn't improved with therapy, medications, or injections, and whose pain affects daily activities.
- Benefits: Reduces pain, improves stability, and helps restore normal movement and function.

Understanding Back Pain

4. Basivertebral Nerve Radiofrequency Ablation (RFA)

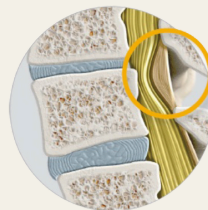
- What it is: A procedure for chronic lower back pain linked to damaged spine bones.
- How it works: Heat energy is used to disable a nerve that sends pain signals from the spine.
- Who it's for: People with long-term back pain that hasn't improved with other treatments.
- Benefits: Long-lasting pain relief with a minimally invasive approach.



5. MILD (Minimally Invasive Lumbar Decompression)

- What it is: A small surgery for back pain caused by spinal stenosis (narrowing of the spine).
- How it works: A tiny incision is made to remove extra tissue pressing on nerves.
- Who it's for: Those with lumbar stenosis due to thickened ligaments.
- Benefits: Relieves nerve pressure, reduces pain, and improves movement with little downtime.

BEFORE



Excess ligament causes pressure on the nerves in the lower back.

AFTER



Similar to "removing a kink in a drinking straw," mild reduces the compression to restore mobility and relieve pain.

Your Back Pain Journey

Step 1: Initial Testing

- Physical Exam: We'll talk about your symptoms, check your movement, and ask specific questions—like whether leaning forward (e.g., on a shopping cart) eases your pain.
- Imaging: If needed, we'll order an MRI or CT scan to get a clear picture of your spine—unless you've already had recent imaging we can use.

Step 2: Diagnosing the Cause and Planning Treatment

Once we have your test results, we'll figure out the best next steps based on what we find.

The Shopping Cart Test

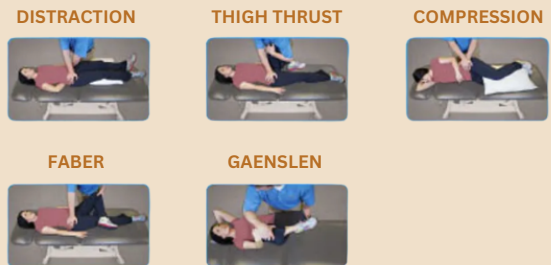
- Does leaning forward relieve your pain?
 - No (pain persists): We'll use imaging (MRI or CT scan) to investigate further.
 - Yes (pain improves): This might indicate spinal stenosis or thickened ligaments, and a MILD procedure could help by relieving the pressure on your nerves.

If Imaging Shows Compression Fractures

- Diagnosis: Fractures may point to weak or unstable bones.
- Treatment: A Kyphoplasty procedure can stabilize the bone, relieve pain, and improve alignment.

If Imaging Shows Middle or Posterior Spine Issues

- Physical Exam: We'll do special tests to figure out where your pain is coming from.
- If Pain Comes from the Sacroiliac Joint: SI joint injections to reduce inflammation and pain.



If Imaging Shows Modic Changes in the Front of the Spine

- Diagnosis:
 - Modic 1 or 2 changes (swelling, inflammation, or fat buildup) suggest damage causing chronic back pain.
 - Treatment: Basivertebral Nerve Radiofrequency Ablation (RFA) can block pain signals from the affected area.
- No Modic Changes: We'll explore other treatment options or non-surgical care.

Your Back Pain Journey cont.

If Imaging Points to Posterior Spine Issues

- Referral: For these cases, we'll connect you with a specialist for advanced care.

Step 3: Personalized Treatment Plan

Once we know what's causing your pain, we'll recommend the best treatment to help you feel better.

Here's a summary:

- Compression Fracture > Kyphoplasty
- SI Joint Pain > SI Joint Injections
- Vertebrogenic Pain (Modic 1/2) > Basivertebral Nerve RFA
- Spinal Stenosis/Thickened Ligament > MILD Procedure
- Posterior Column Issues > Referral to a specialist

Step 4: Follow-Up and Recovery

After your treatment, we'll keep a close eye on your progress and support your recovery with additional therapies (like physical therapy) if needed.

Our goal isn't just to relieve your pain—it's to help you get back to doing the things you love.