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LYLE W. POSECION, M.D., JOINS SPINE OPTIONS AS PAIN MANAGEMENT AND SPINE INTERVENTIONALIST

(White Plains, NY)... Lyle W. Posecion, M.D., a physiatrist trained in non-surgical spine care, has joined SPINE OPTIONS as a pain management and spine interventionalist, announced Bradley S. Cash, M.D., Medical Director and co-founder of SPINE OPTIONS, today. In his new position, Dr. Posecion helps patients manage chronic pain of the back and neck and regain their function. [SPINE OPTIONS](#), with offices in White Plains and Eastchester, is a unique medical practice that specializes in non-surgical treatment of back and neck pain. It offers coordinated medical, physical, and holistic treatments to alleviate back pain while addressing the source of the problem without surgery.

With extensive training and experience in minimally invasive pain management techniques, Dr. Posecion is skilled in using epidural blocks, facet injections, and intradiscal procedures to treat and relieve pain. "Movement and exercise are the best forms of therapy, but it's hard to do that when you're suffering pain," he explained. "I work with patients to develop a comprehensive treatment plan that includes both medical care and physical therapies to reduce pain so the patient can begin moving again."

A published author and marathon runner, Dr. Posecion received his undergraduate degree from New York University and his medical degree from St. George's School of Medicine. The New York native interned at Long Island College Hospital, in Brooklyn, NY, and served as Chief Resident as part of a three-year residency in Physical Medicine and Rehabilitation at Kingsbrook Jewish Medical Center in Brooklyn, NY. He continued his training as a fellow in interventional spine and pain management with the Alabama Orthopedic, Spine, & Sports Medicine Associates in Birmingham, AL.

About SPINE OPTIONS

SPINE OPTIONS is a specialized medical practice, focused solely on treating back and neck pain, which combines medical treatment, physical therapies, and holistic treatments into one non-surgical treatment plan. Most patients are seen by a physiatrist – an MD trained in physical medicine and rehabilitation with a focus on pain management of spinal conditions. Patients receive a diagnosis and non-surgical treatment plan on their very first visit. All services are available on-site or . SPINE OPTIONS maintains two offices: 244 Westchester Avenue, Suite 312, in White Plains, and 329 White Plains Road, Suite 100, in Eastchester. The public is invited to learn more by calling 914-948-7400 or visiting www.spineoptions.com.

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