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IMAGINE A LIFE WITHOUT BACK PAIN – YES YOU CAN!

SPINE OPTIONS' Combined Medical and Holistic Approach Helps Alleviate Back Pain without Surgery

(White Plains, NY)... If you have back pain, you may spend months going from doctor to doctor and trying alternative treatments, only to receive conflicting opinions and little resolution. But many Westchester and Fairfield county patients are finally finding relief at a unique medical practice that specializes in non-surgical treatment of back and neck pain. [SPINE OPTIONS](#), with offices in White Plains and Eastchester, offers coordinated medical, physical, and holistic treatments to alleviate back pain while addressing the source of the problem without surgery. “What most people don’t realize is that fewer than five percent of patients with back pain ever need surgery. We treat everyone else,” emphasizes Bradley S. Cash, MD, FAAPMR, SPINE OPTIONS’ co-founder and medical director.

What makes SPINE OPTIONS different is its sole focus on neck and back pain. “Our back and neck pain diagnostic training and experience can make a real difference,” notes Dr. Cash, a board-certified physiatrist, an MD trained in physical medicine and rehabilitation. “The precise cause of pain is not always easy to distinguish because the spine is a complex system of bone, discs, muscles, ligaments, and tendons, and it contains the spinal cord and critical nerves. An injury, strain, or erosion of any part of the system can result in pain. We know how to pinpoint it.”

Patients come to SPINE OPTIONS on their own or are referred by their doctor, chiropractor, or other medical professional. SPINE OPTIONS offers procedures and technologies not readily available outside of a specialist’s office. The practice is one of only a few medical offices equipped with a fluoroscopy suite, which provides real-time imaging so physicians can precisely target the troubled area – a major factor in treatment success. “There is increasing recognition that physicians need specific training in treating spine disorders to accurately diagnose neck and back problems,” notes Dr. Cash.

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How It Works

In the first visit to SPINE OPTIONS, the patient is seen by a physiatrist, who conducts a lengthy review of history and physical evaluation. The physician often uses specialized electrodiagnostic studies to examine muscle and nerve function, as well as MRIs and x-rays, as appropriate. By the end of the evaluation, the patient knows what's causing the pain, and walks out with a coordinated treatment plan, incorporating medical treatment, physical therapies, and holistic modalities. Once treatment begins, the physician oversees the patient's program and regularly discusses the patient's progress with him or her.

A typical SPINE OPTIONS patient may receive physical therapy, medical massage, laser treatment, Kinesio taping, or decompression spinal traction. Complementary therapies include acupuncture, Pilates, yoga, mental imagery or instruction in Alexander Technique, which retrains the body to move in a more natural, non-stressful way. All treatments are available onsite or by referral to a specialist.

But before physical treatment and rehabilitation can begin, the patient's pain and ability to function have to be addressed, and that's where SPINE OPTIONS' specialty in pain management makes a difference. "Our first goal is to quickly reduce the patient's pain level," Dr. Cash notes. "We control pain with medical management such as oral medications and skin patch medications, injections, and radiofrequency therapy. Many individuals suffer needlessly from chronic discomfort. We are trained to control and relieve pain."

Surgery may be recommended if medically necessary only when all other treatment options are exhausted, according to Dr. Cash. SPINE OPTIONS is affiliated with [Brain & Spine Surgeons of New York](#) (BSSNY), whose office is adjacent to SPINE OPTIONS' White Plains location. When necessary, Dr. Cash will review the case with one of BSSNY's seven world-class surgeons to determine a course of action.

But surgery is a last resort, Dr. Cash stresses. "We give your body the opportunity to heal, and we teach you how to avoid a re-occurrence of the problem. Don't believe that surgery or living with pain are your only options. You've got SPINE OPTIONS."

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. Every patient is seen by a physiatrist – an MD trained in physical medicine and rehabilitation with a focus on pain management of spinal conditions. All patients receive a diagnosis and non-surgical treatment plan on their very first visit. All services are available on-site. 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.