



The Importance Of A Good Diagnosis

The best results occur when there is a clear understanding of the cause of your pain. Before choosing a treatment plan, our pain management team will make every effort to arrive at the appropriate diagnosis. Since you are a key member of the team, you can help in a number of ways.

1) Provide a good history

Answer the following questions:

- How did the pain start?
- How long have you had this pain?
- Where does it hurt?
- Does the pain spread or move?
- Describe the pain. Is it sharp, dull, stabbing, burning, aching or shooting?
- What kind of activities make the pain better or worse?
- Is it better or worse when you walk, sit, stand or lie down?

2) Keep a Pain Log

You may be provided with a daily Pain Log to keep track of the effectiveness of your pain relief treatment. The log will help to determine what is working, what isn't, and the effectiveness of treatments and medications. The Pain Log also includes a "pain scale" to help document the pain you may or may not be experiencing. The most common is a 0 to 10 scale with 0 indicating no pain, and 10 being the worst pain you have ever experienced.

Tips For A Healty Back

How do I protect my back?

Relying solely on back belts for the prevention of back injuries is not a good idea. There are additional things you can do as well. A good means of prevention is to redesign your work environment and tasks to reduce the hazards of lifting. Loads should be kept close to the body and ideally between shoulder and knuckle height. Use gravity when possible by using slides and chutes, and use hand carts for very heavy loads.

Give us a call for information about our free seminars: 504.897.7103



Touro Infirmary
1401 Foucher Street
New Orleans, Louisiana 70115
Hospital Information: 504.897.7011
Program Information: 504.897.7103
www.touro.com

Conservative Spine Treatment

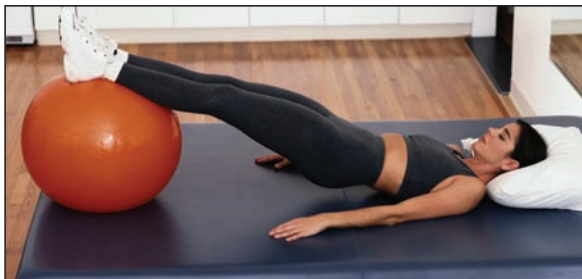




What Is Conservative Spine Treatment?

The term “conservative spine treatment” is used by back specialists to describe any treatment or therapy that does not involve surgery. Conservative treatment may be as simple as reassurance that your back problem is not a serious problem, and that you should refrain from certain activity while your body heals.

Conservative treatments may also include preventative measures, such as learning how to protect your spine or how to strengthen it. The goal of conservative treatment is to make you feel comfortable, reduce further degeneration and get you back to normal activity as soon as possible.

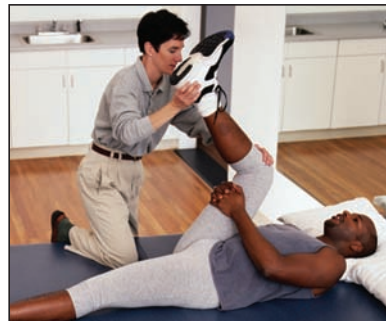


What Kinds Of Problems Can Be Treated Conservatively?

Most spine problems can be successfully treated this way. Surgery is usually not considered as an option until conservative treatments have failed to provide relief. Symptoms that can be treated using conservative methods include low back, neck, arm or leg pain; sciatica; and headaches due to neck problems. Disc herniations, muscle strain or spinal stenosis can cause these symptoms.

What Are Some Types Of Conservative Treatment?

Depending on the diagnosis, there are a number of treatments that may be recommended.



These include:

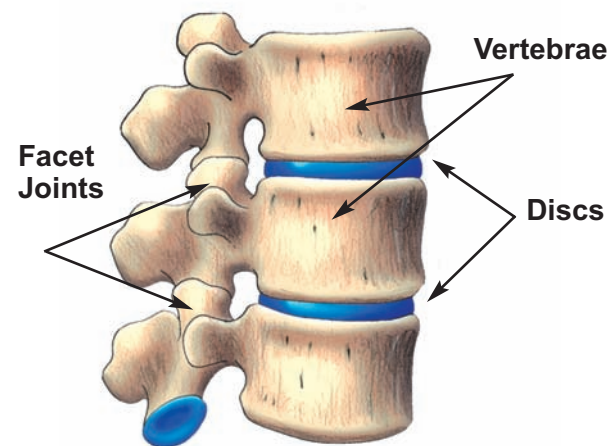
Epidural Steroid Injections (ESI) – Injections of cortisone and local anesthetic directly into the inflamed areas can help reduce swelling from a bulging or herniated disc. The injections go through the back into the epidural space.

Nucleoplasty – This is a minimally invasive procedure for treating low back and leg pain caused by a herniated (bulging) disc. No incision is required. Instead a needle-like wand is guided into the center of the disc (the nucleus). When the proper position is confirmed by x-ray, the wand is used to perform two tasks. It creates a channel, removing tissue, and then it heats and shrinks the tissue. This decompresses the disc, thus reducing the pressure both inside the disc and on the nerve roots.

Physical Therapy – This can help strengthen your muscles, improve flexibility and prevent recurrences of back pain.

Facet Joint Injections

Facet joints are the small joints between vertebrae along the back of the spine.



Facet joint injections are given for two reasons. First, by placing numbing medicine into the joint, the amount of immediate pain relief you experience will help confirm or deny the joint as your source of pain. A second injection of time-release cortisone into the facet joints reduces inflammation. This can often provide long term pain relief.

