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Causes of Spine Pain & Non-Operative Treatment

Tiffany Rogers, M.D., M.P.T., Co-Director TMPN Spine, Chief of Orthopedics, TMMC
It might not be a spine issue.

• Heart
• UTI
• Circulation
Your Back Pain

You wouldn’t be here if you, or someone you love, didn’t have it.

Right Diagnoses

Right Management

Best Outcomes
Most common problem by age
Childhood

Stress Fracture
Middle Age

Disc Herniation

- **Cause:** Heavy lift with forward flexion
- **Pathology:** Jelly bulges out of the doughnut.
Sprain/Strain

Causes: Improper lift, fall, twist, tearing or irritation of muscles or ligaments
Muscle Guarding or Spasm

Causes: Pain of any kind produces muscle guarding, prolonged spasm

Pathology: Painful muscles, decreased circulation, inflammation
Mature population

Arthritis leading to stenosis
Arthritis

Chronic joint inflammation
Arthritis leading to stenosis
Stenosis
Non-operative Treatment Options

- Physical Therapy
- Medications
- Injections
The right treatment depends on the right diagnosis:

Disc herniation: do extension
Stenosis/spondy – do NOT do extension
PT is more than massage
Pool Therapy
Medications

Anti-inflammatory

Aleve
Ibuprofen
Celebrex
Mobic
Topicals

Gabapentin
Injections

Epidurals

Facet blocks

RFTC
Epidural Steroid Injection

- People 50 years or older respond best
- Those treated within 100 days of diagnosis respond more favorably
- May provide relief up to one year
Facet joint
Radio Frequency Thermocoagulation (RFTC)
LASER

Light Amplification by Stimulated Emission of Radiation
Part of your own blood with high concentration of platelets

Platelets have growth factors that reduce pain and inflammation and can enhance the body’s ability to heal itself
PRP injections have been shown to be more effective for the treatment of tennis elbow than steroid injections.
Stem cells
There are no new scientifically proven, FDA approved Stem Cell Therapies.

Scientific research is ongoing.
Most people do not need surgery

Right Diagnosis

Right Management

Best Outcomes

Physical Therapy
Weight Loss
Medication
Injections
Surgery

- Micro-surgery
- Decompression
- Fusion
- Artificial Disc