

Conservative Treatment, Convenient Care

LAUNCHED IN 2009 AS A SPECIALTY CENTER OF SUMMIT ORTHOPEDICS, SUMMIT SPINECARE IS IMPROVING THE LIVES OF NECK AND BACK PAIN SUFFERERS WITH AN INNOVATIVE, MULTIDISCIPLINARY APPROACH TO SPINE TREATMENT.

THE 6,500-SQUARE-FOOT SUMMIT Spinecare facility — located within the Summit Orthopedics facility in Woodbury, MN — houses X-ray equipment, a spine physical therapy gym, MRI and an injection suite, offering patients specialized and practical treatment options.

Enhancing Care Through Collaboration

The Summit Spinecare staff is comprised of three board-certified, fellowship-trained orthopedic spine surgeons, a physical medicine and rehabilitation physician, a nonoperative orthopedic surgeon, a pain management physician and a highly skilled team of spine physical therapists. The collaborative nature of the Summit Spinecare team translates into more convenience for the

patient and allows physicians to work together to identify the correct diagnosis and most appropriate treatment option.

“Having a variety of providers under one roof allows us to communicate with each other and makes it more convenient for the patients,” says Thomas Cesarz, M.D., physiatrist fellowship trained in interventional spine care at Summit Spinecare. “They can come for their initial nonsurgical consultation and then obtain any imaging, such as X-ray or MRI, without having to go to a different site.”

Exhausting Conservative Modalities First

The physicians at Summit Spinecare are committed to treating patients using conservative methods, emphasizing patient education and noninvasive treatment above spine surgery when

possible. While some specialists might recommend treatment based on their field of expertise, physicians at Summit Spinecare prioritize the overall convenience and care of their patients.

For example, after taking a thorough physical examination and history, Dr. Cesarz may order an electromyogram, implement injection therapy, prescribe medication or suggest physical therapy for patients suffering from spine pain. As a testament to this goal of exhausting nonsurgical treatment options, physicians at Summit Spinecare have also begun prescribing home exercise programs.

“In many cases, spine pain can improve without surgery,” Dr. Cesarz says. “Patients just need time and adequate evaluation.”

Summit Spinecare extends this principle beyond its center and into the community with the distribution of a 36-page home-remedy book that highlights exercise fundamentals that can help alleviate spine pain. The center’s website also boasts a comprehensive, encyclopedic spine education resource. This free online tool includes information about symptoms and guidelines for referral, as well as medical illustrations and videos narrated in both English and Spanish.

In cases when patients are not able to achieve desired results with nonsurgical treatment, an on-site surgeon is available to offer minimally invasive surgical options.

Referring primary care physicians interested in obtaining copies of Summit Spinecare’s home remedy book may call (651) 738-BACK (2225). To view Summit Spinecare’s online spine encyclopedia, visit www.SummitSpinecare.com and click the “Educational Resources” tab. ■

Thomas Cesarz, M.D., physiatrist fellowship trained in interventional spine care at Summit Spinecare



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