



**VIRGINIA
SPINE
INSTITUTE**

Uncompromising Excellence. Individualized Care.



World Class Spinal Care

The Virginia Spine Institute (VSI) was founded in 1992, on a dream that a team of physicians could come together under one roof with the expertise to revolutionize spinal health care. That dream evolved into reality and today our philosophy remains the same: to consistently deliver individualized, comprehensive, unparalleled spinal health care.



“I chose The Virginia Spine Institute because I knew I would receive the best spinal health care available. My physicians set me at ease right away and spent time to educate me on my treatment options. It is impossible to express my gratitude and appreciation for the care I received. From the physicians to the staff, the concern and compassion were genuine and heart-felt.”

*Giddeon
Zion Hill, PA*

About the Institute

At The Virginia Spine Institute we manage all aspects of spinal care from start to finish, from the simplest neck or back ache to the most complex spinal deformity or failed prior surgery. Our unique belief in treating the entire patient has led us to place multiple disciplines together under one roof so that our patients receive the most comprehensive care possible. Over the years we have restored thousands of patients back to a pain free life.

Our Physicians

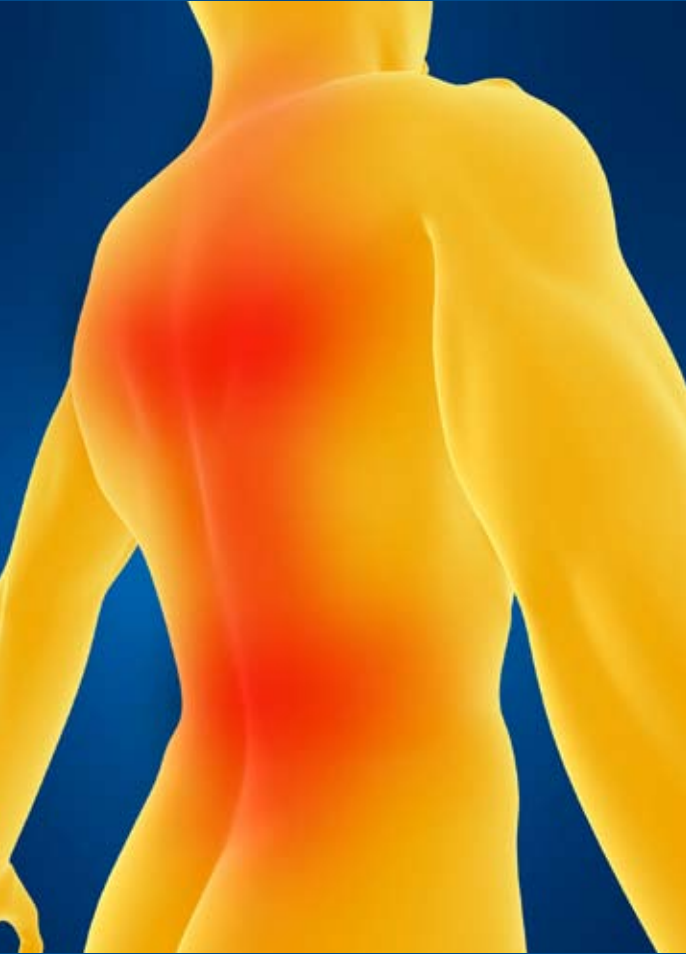
The Virginia Spine Institute is the premier center of excellence for spinal health care in the Washington, D.C. Metropolitan area. Our innovative physicians are fellowship trained, board certified specialists with backgrounds in spinal surgery, orthopaedic surgery, neurosurgery, physiatry, anesthesiology and pain

management. Each physician is solely dedicated to the treatment of spinal disorders. Our team of experts will coordinate a comprehensive treatment plan for your neck and back to restore you to a full and active lifestyle.

Focus on Patient Care

The Virginia Spine Institute is committed to the doctor-patient relationship. We believe that the quality of time spent with each patient is essential. We look at all aspects of our patients and will take into consideration their overall health, any underlying medical problems, lifestyle, job requirements and expectations. It is this patient centered philosophy that helps us determine the safest, simplest and most appropriate treatment methods needed to obtain a successful outcome.

Neck and Back Pain



Neck and Back Pain You're Not Alone

Did you know that more than 90% of the population will suffer from severe neck and/or back pain during their lifetime? Eight percent of these people develop chronic pain, which means at any given time, 35 million people in the United States are directly affected by disabling pain. Back pain is second only to the common cold in causing missed workdays for adults under age 45. With symptoms ranging from a dull ache to absolute agony, back pain can put your life on hold.

Over 400,000 medical admissions occur per year for neck and low back pain.

"Before my treatment at The Virginia Spine Institute my mobility was very limited due to severe back pain. The most difficult part was not being able to hold or take care of my baby. My husband and parents had to assume all of my responsibilities. The injury did not just affect me, but my entire family as well. Thanks to VSI, I have my life back! My family and I are so grateful to have found them and the wonderful work they do!"

*Mary Beth
Bristow, VA*



We are here to help.

We understand that neck and back pain can affect your quality of life and we are here to help. Finding the right physician can make all the difference in your care. Whether you are an athlete who wants to get back in the game or a parent who needs to provide for your family, our team of experts will identify and provide the easiest and safest means for recovery. We're here when you need us... **world class spinal care is right around the corner!**



Non-operative Treatment

At The Virginia Spine Institute, surgery is not the first word or the last. Due to our success in utilizing non-operative care first, only 10% of our patients ultimately have surgery; 90% are successfully treated non-operatively. Our multidisciplinary approach allows us to utilize a combination of treatments including spinal injections, physical therapy and/or medications, to name a few.



Non-Operative Treatments

- Comprehensive spinal evaluation
- Medical pain management
 - Education
 - Coordination of rehabilitation
 - Medications
 - Smoking cessation program
 - Weight loss program
- Physical therapy
 - Aquatic rehabilitation
 - Manual therapy
 - Manipulation
 - Exercise/conditioning programs
 - Work conditioning/FCE
 - Pilates/Yoga classes
- Diagnostics
 - X-ray
 - Bone densitometry
 - EMG/NCS
- Interventional pain management
 - Spinal and nonspinal injections
 - Acupuncture
 - Prolotherapy
 - Radio frequency procedures
 - Spinal cord stimulation
 - Intradiscal electrothermal therapy

Non-operative Options

In order to offer our patients the full spectrum of non-operative spinal care, our team consists of spinal specialists, pain management physicians and doctors of physical therapy. Corroboratively, the most appropriate treatment plan for each individual patient is determined.

Pain Management Center of Virginia

The Pain Management Center of Virginia (PMCV) is a AAAHC accredited facility which offers a comprehensive range of services for patients with acute or chronic pain. In a comfortable outpatient setting patients receive a variety of non-operative procedures, including spinal injections, radio frequency ablation, spinal cord stimulators and discography. PMCV houses two fluoroscopy suites and a spacious relaxing recovery area. The Pain

Management Center of Virginia is located on the same floor as The Virginia Spine Institute which enables our physicians to have immediate and complete access to a patient's medical chart and diagnostic imaging studies at all times.

Virginia Therapy & Fitness Center

Physical Therapy is a vital component in the prevention and treatment of neck and back pain. The Virginia Therapy and Fitness Center (VTFC) believes that quality physical therapy incorporates a "hands-on" approach; a belief which is highly valued by our patients. The highly qualified therapist at VTFC dedicate a full hour each session working one-on-one with their patients. VTFC therapists will develop a specific treatment plan tailored to your needs consisting of a combination of manual therapy and therapeutic exercise.



Surgical Treatment

In cases where non-operative approaches fail to provide relief, patients may require surgical treatments. The surgeons at The Virginia Spine Institute are experts and leaders in their field. They are innovators of modern surgical techniques and remain at the forefront of spinal surgery. The VSI surgeons are experienced in a full range of procedures to treat spinal problems; from minimally invasive surgeries to more complex spinal reconstruction. In fact, they routinely perform over 50 different surgical procedures on the spine. With their expertise they are able to tailor a procedure to fit your specific needs.



Surgical Treatments for the Cervical, Thoracic and Lumbar Spine

- Minimally Invasive Surgeries
 - Laser surgery
 - Microdiscectomy
 - Kyphoplasty/Vertebroplasty
- Surgical Treatments
 - Laminectomy
 - Artificial disc replacement
 - Spinal fusion
 - Scoliosis correction
 - Reconstructive spinal surgery
 - Salvage spinal surgery

We Will Guide You Through The Process

We understand that surgery can be an overwhelming process. If surgery is necessary for you, we will walk you through step by step to make sure you have a complete understanding about the surgical process and what to expect during recovery. We believe the best patient is an informed patient and we will assist you in making the decision that is right for you.

Surgical Techniques

Spine surgery is not what it used to be. In recent years, minimally invasive techniques have changed the face of spine surgery and ultimately your recovery. Whether you require a minimally invasive or complex spinal surgery the experts at The Virginia Spine Institute utilize state of the art techniques to perform the least invasive surgery possible, while providing the safest and most effective results.

The surgeons at The Virginia Spine Institute were first in the Washington, DC area to perform:

- Cervical artificial disc replacement
- Lumbar artificial disc replacement
- Genetic engineering in surgery
(implantation of bone morphogenetic protein)



Patient Centered Philosophy

At The Virginia Spine Institute the patient is at the center of the decision making process. We believe in treating each patient as though they are a member of our family. From your first visit to your last, you will receive the highest quality of spinal health care as well as the support and guidance you need to help you through the process.

I got my life back...

"I felt a pop in my back, then a sharp pain in my spine. I thought it was a muscle strain and that it would be better in the morning. For the next three years, the pain continued to develop. I simply could not take the pain any longer. The doctors at The Virginia Spine Institute gave me my life back! For the first time in three years I have hope for the future."

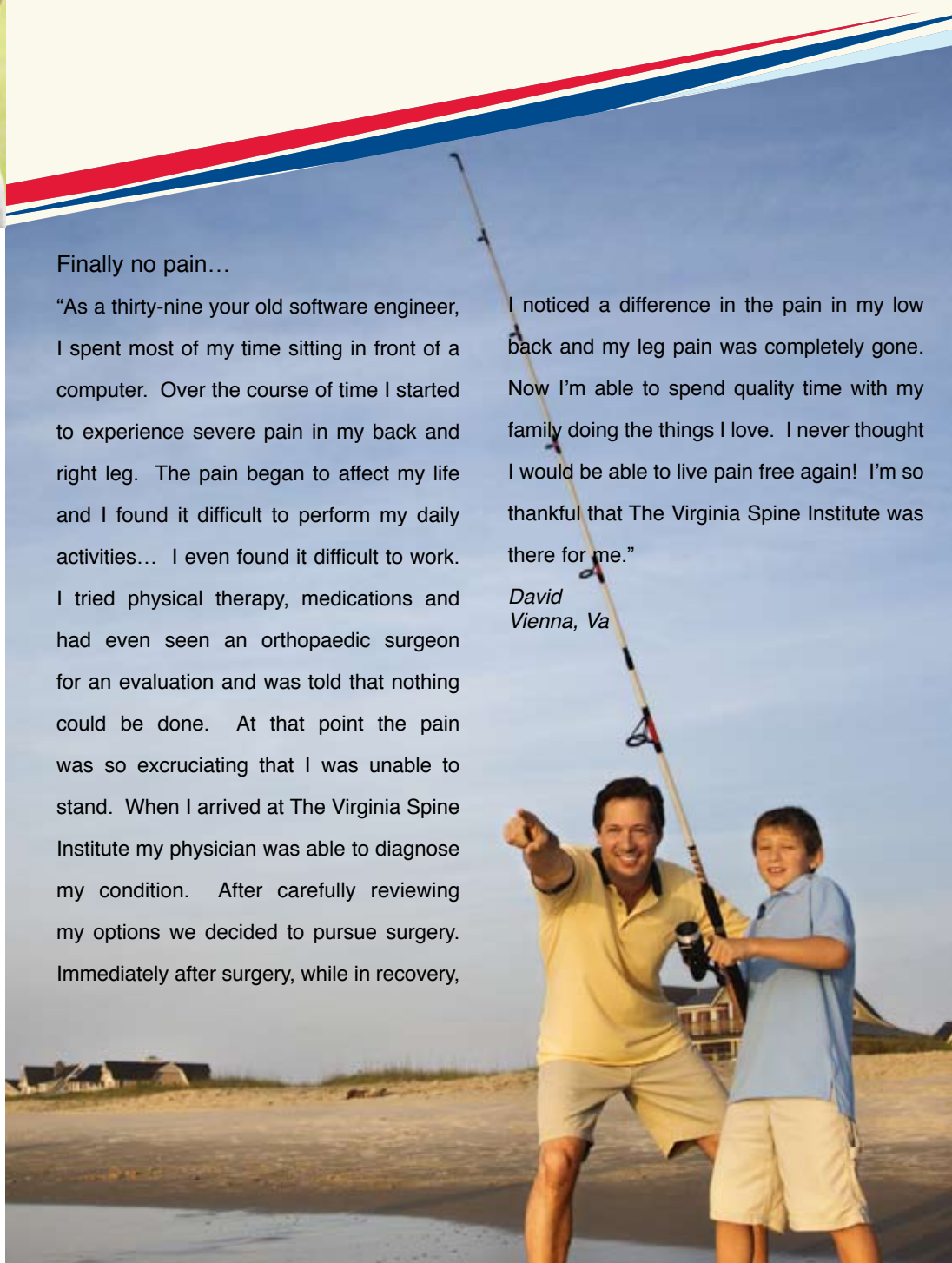
*Eileen
Alexandria, VA*

Finally no pain...

"As a thirty-nine year old software engineer, I spent most of my time sitting in front of a computer. Over the course of time I started to experience severe pain in my back and right leg. The pain began to affect my life and I found it difficult to perform my daily activities... I even found it difficult to work. I tried physical therapy, medications and had even seen an orthopaedic surgeon for an evaluation and was told that nothing could be done. At that point the pain was so excruciating that I was unable to stand. When I arrived at The Virginia Spine Institute my physician was able to diagnose my condition. After carefully reviewing my options we decided to pursue surgery. Immediately after surgery, while in recovery,

I noticed a difference in the pain in my low back and my leg pain was completely gone. Now I'm able to spend quality time with my family doing the things I love. I never thought I would be able to live pain free again! I'm so thankful that The Virginia Spine Institute was there for me."

*David
Vienna, Va*





For more information about treatment
and prevention visit us at
www.SpineMD.com

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