

# BACK & NECK PAIN



Do you suffer from back or neck pain?  
Is driving or sleeping uncomfortable?  
Are lifting and carrying painful?

**Ingalls Back & Neck Pain Program** offers comprehensive, multidisciplinary, integrated care for all types of spine ailments.

## Services

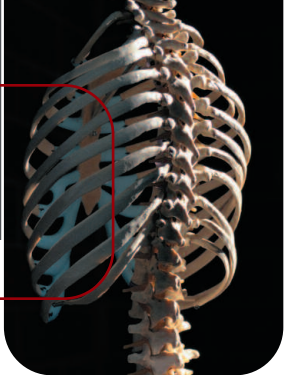
Back & Neck Pain services available for on-site evaluation include:

- ▶ A dedicated clinical program coordinator who consults with patients and assists with every step of the referral and consultative process
- ▶ Physician specialists, including orthopedic surgeons, physiatrists and neurologists
- ▶ Advanced diagnostics and imaging services
- ▶ Neurophysiology services (EMG)
- ▶ Nutritional and weight evaluations
- ▶ Osteoporosis screening

## Referral Process

Services at the Flossmoor Family Care Center can be accessed directly by the patient, through physician referral or employer referral. After a referral is received, the first step in the process may be a consultation with a physiatrist, a doctor who specializes in physical medicine and rehabilitation.

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## Treatment Options

Once the physician specialist completes a thorough evaluation, patients may be referred for one or more of the following services:

- ▶ Diagnostics: X-ray, Bone Densitometry, MRI, CT, Lab, and nutritional evaluations
- ▶ Conservative treatment: physical therapy, massage therapy, acupuncture, chiropractic
- ▶ Pain management services: medication, injections, minimally invasive therapies
- ▶ Surgeon consult
- ▶ Prevention and maintenance services: education, fitness classes, nutritional counseling

Consultative clinics with a physical therapist are offered periodically throughout the year.

Services at Ingalls Spine Center, located at Ingalls Memorial Hospital, include pain management, surgery, inpatient care and rehabilitation.

For more information or to make an appointment, please call

**1.800.221.2199**

FLOSSMOOR



Family Care Center  
Flossmoor