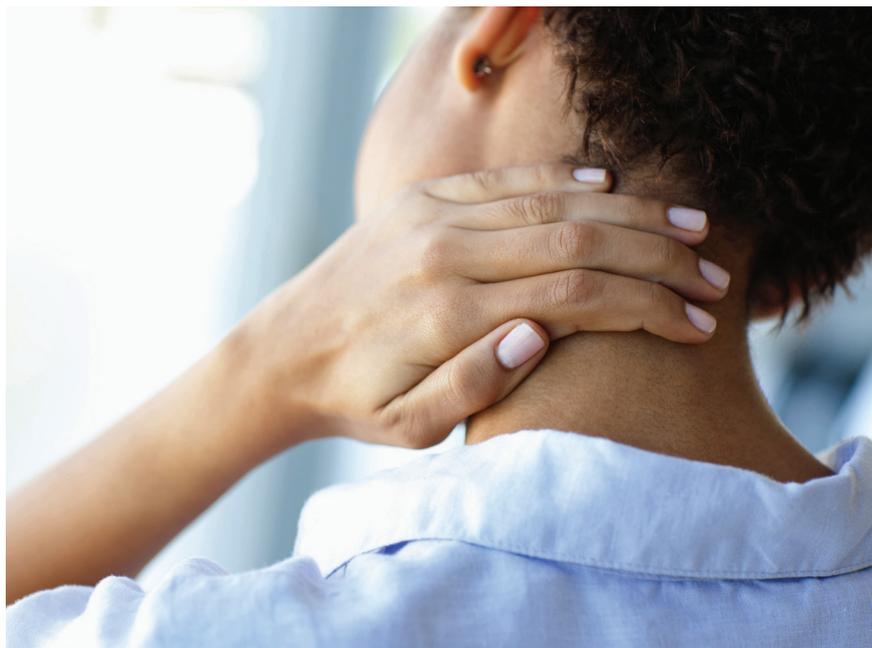


Spine Health Guide

Treat Your Pain, We've Got Your Back





Get BACK To You

Back or neck pain can be debilitating. It can interfere with your daily living and your enjoyment of life. Unfortunately, it's also extremely common. Eight in 10 people suffer from back pain at some point in their lives, and three in 10 have neck pain each year.

The Trinity Health spine program provides care for a full range of conditions affecting the back and neck. Our team of spine surgeons, physiatrists, physical therapists and pain management experts work together to create a targeted treatment plan to help alleviate your pain and improve your quality of life.

What Causes Back and Neck Pain?

Back and neck pain often originate in your spine, a stack of small bones (vertebrae) and fluid-filled cushions (discs) that extend from your neck to your tailbone. Your spine supports your body and gives you the flexibility to bend, twist and stretch. It also provides protection for your spinal cord, a bundle of nerves that allow your brain and body to communicate with each other.

Pain may occur as a result of problems in the vertebrae, discs or nerves in your back or neck, or in the muscles and ligaments that support them. Pain can come on suddenly or develop over time. It may feel sharp, dull, throbbing, numbing or burning. It can go away on its own or remain for long periods of time. At its worse, it can be disabling, restricting your mobility and your ability to enjoy life.

Common causes of back and neck pain include:

- Accidents, falls and injuries
- Age-related wear and tear
- Arthritis
- Compression or injury to nerves
- Degeneration or rupturing of discs
- Overuse
- Sprains and strains
- Tumors (benign or cancerous)

Back or neck pain factors:

- Family history
- Long periods of computer use
- Occasional overexertion, especially if you're usually inactive
- Obesity
- Poor fitness and weak muscles
- Poor posture
- Smoking
- Stress

Back and Neck Pain Conditions

Our Spine Health team provides individualized care to every patient. Patients are guided through non-surgical and surgical approaches to treat conditions such as:

- Degenerative disc disease
- Nerve pain
- Peripheral neuropathy
- Radiculopathy
- Scoliosis
- Spinal fractures
- Spinal stenosis
- Spinal tumors
- Sports-related injuries
- Work-related injuries



Symptom Checklist: Should You See a Specialist?

If you're experiencing any of the following symptoms, consider scheduling an appointment.

Back

- Decreased ability to move your back or legs or to stand up straight
- Headaches
- Loss of bladder or bowel control
- Numbness, tingling or weakness in your back, leg or foot
- Pain that begins in your back and extends to your outer hip, leg or foot
- Pain that gets worse when you bend, lift, exercise or sit for long periods of time
- Stiffness in your legs or spine
- Trouble getting out of bed, standing or walking

Neck

- Decreased ability to move your head, neck, shoulder or arm
- Headaches
- Neck stiffness
- Numbness, tingling or weakness in your neck, shoulder, arm or hand
- Pain in your neck, shoulder or arm
- Pain that begins in your neck and travels down your arm

Other Symptoms

- Numbness
- Burning
- Tingling
- Loss of function along the lines of any nerve (not necessarily specific back pain)



Diagnosing Back and Neck Pain

To identify the cause of your pain, your doctor will complete an exam and may recommend one or more of the following diagnostic tests:

Computed Tomography (CT)

A CT scan is a combination of X-rays to generate detailed 3D images of bones and soft tissue.

Magnetic Resonance Imaging (MRI)

An MRI produces images of the body's organs and tissues.

Nerve Biopsies and Nerve Conduction Studies

Nerve biopsies and nerve conduction studies help identify damages to the nerves.

X-rays

X-rays produce images of internal body structures.

Treating Back and Neck Pain

Once the cause of your back or neck pain has been determined, our health care team will work with you to develop a personalized treatment plan.

Non-surgical Treatments

Whenever possible, we aim to treat back and neck conditions non-surgically with:

- Physical therapy
- Medication
- Epidural steroid injections
- Lifestyle changes

Surgical Treatments

When surgery is required, we provide the most advanced procedures, including minimally-invasive surgical techniques. If surgery is right for you, you can expect smaller incisions, shorter recovery times and increased safety.

- **Discectomy:** This is a common procedure used to treat a herniated disc. The surgeon removes the herniated section of disc and any disc fragments that may be pressing on your nerves through small incisions in your back.
- **Spinal fusion:** This surgery connects, or fuses, two or more vertebrae in your spine to correct abnormalities or to stabilize your spine.
- **Laminectomy:** When pressure placed on nerves by vertebrae results in pain, a laminectomy may help relieve pressure through the removal of part of the vertebrae.
- **Foraminotomy:** This is a surgical procedure that enlarges the space where nerves exit the spine canal.

Why Choose Trinity Health?

Trinity Health offers a comprehensive approach to diagnosing and treating back and neck pain. Discover relief with our compassionate team of health care experts, committed to putting your needs first and supporting you throughout the process. Benefit from the most advanced treatment options tailored to reduce your pain and restore your freedom and ability to function.



**Start your journey towards better health.
Schedule an appointment today!**

Ann Arbor, Chelsea & Livingston: **866-805-3265**

Oakland: **248-988-0357**

West Michigan: **616-528-9800**





Trinity Health Michigan Spine Program

Ann Arbor
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TrinityHealthMichigan.org/Spine