The LifeBridge Health Brain & Spine Institute provides comprehensive integrated inpatient and outpatient care dedicated to improving outcomes in patients with diseases of the nervous system and spine. The institute’s specialists, who work in multidisciplinary teams, include those with expertise in neurology, neurosurgery, physical medicine and rehabilitation, orthopedics, otolaryngology (ear, nose and throat), emergency medicine, pain management, sleep disorders, neuropsychiatry, neuro-oncology, neuro-urolgy, radiation oncology, and neuro-ophthalmology. Our experts successfully treat most brain and spine conditions including Alzheimer’s disease, brain tumors, trauma, stroke, epilepsy, headaches, aneurysms, dizziness, Parkinson disease, back pain, movement disorders, scoliosis, spinal injury and spasticity. The LifeBridge Health Brain & Spine Institute encompasses Sinai Hospital and Northwest Hospital, each of which has dedicated programs.

For more information about the Spine Center at Sinai or to schedule an appointment, call 1-888-747-8899.

For more information about the services available at the LifeBridge Health Brain & Spine Institute, call 1-888-747-8899 or visit our Web site at www.lifebridgehealth.org.

Sinai Hospital is ranked #47 nationally in Neurology/Neurosurgery by U.S. News & World Report in 2008.

LIFE BRIDGE HEALTH
Brain & Spine Institute
The Spine Center at Sinai specializes in comprehensive management of degenerative and acute conditions of the spine. The center’s team of physicians—specializing in orthopedics, neurosurgery, neurology, physiatry, radiology, physical therapy and pain management—are dedicated to treating adults who have back and neck pain caused by injury, illness or aging.

Some of the conditions and disorders treated at the Sinai Spine Center include:

- Herniated discs
- Sciatica
- Spondylolisthesis
- Spinal stenosis
- Compression fractures
- Degenerative disc disease
- Pinched nerves
- Bone spurs and overgrowths
- Osteoarthritis of the spine
- Rheumatoid arthritis
- Osteoporosis of the spine
- Spinal injuries and trauma
- Spine tumors
- Scoliosis
- Myofascial pain (inflammation of muscles and ligaments)

Treatment

Because each patient is unique, treatment is based on a thorough evaluation, which is performed using the latest technology. Magnetic resonance imaging (MRI), CT scan, diagnostic injection procedures, myelography, ultrasound, EMG and nerve conduction studies are among the diagnostic tools used by the Spine Center staff.

Treatment plans range from nonsurgical interventions to the latest surgical treatments available, including the revolutionary CyberKnife®. Nonoperative options include education or counseling, physical therapy, medication, home exercise, epidural injections, and bed rest.

The Sinai Spine Center offers outpatient programs designed to optimize function and manage back and neck pain. Emphasis is placed on recovering maximum function through various exercises and with the aid of special equipment, under the direction of certified physical and occupational therapists. Conservative treatment plans may include physical therapy, injections, oral medications or acupuncture.

When indicated or when conservative treatments no longer resolve a patient’s back or neck condition, spine surgery may be recommended to effectively treat the problem. Current surgical procedures offered at Sinai’s Spine Center include:

- Anterior cervical disectomy
- Microsurgical lumbar and cervical disectomy
- Spine fusion (anterior and posterior)
- Kyphoplasty and vertebroplasty
- Posterior lumbar disectomy
- Posterior lumbar decompression/laminectomy
- Artificial disc technology
- Spinal cord stimulator, also known as neuromodulation therapy
- CyberKnife®
- X-STOP®
- Minimally invasive surgery

The Spine Center at Sinai offers a preoperative orientation class, easy access to the spine team, multidisciplinary review of complex spine cases, and private patient rooms with overnight accommodations for family. Spine Center staff receive ongoing training in the care of patients following neck or back surgery. Patients have access to some of the latest clinical trials.

The Sinai Spine Center serves as a national model as a center of excellence.

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Is back, leg, neck or arm pain affecting your quality of life? If it is, then you should see one of the Sinai Spine Center doctors now!