

Keck Medicine of USC

BEYOND EXCEPTIONAL MEDICINE™

**BEST
HOSPITALS**

U.S. News & WORLD REPORT

NATIONAL
NEUROLOGY &
NEUROSURGERY
2020-21

**BEST
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NATIONAL
ORTHOPEDECS
2020-21



USC SPINE CENTER

Conservative spine treatment options

At the USC Spine Center at Keck Medicine of USC, our philosophy is to treat spine conditions conservatively first, using non-operative approaches. Up to 90 percent of patients report major symptom relief and can potentially avoid surgery by utilizing these options.

The multidisciplinary team at the USC Spine Center provides solutions for the varied and complex clinical problems that are associated with the neck and back. Our neurological and orthopaedic surgeons and physiatrist work together with pain management physicians, neurologists, radiologists, physical therapists, occupational therapists, psychologists and physician assistants, taking a team approach to diagnose and treat spine issues. Together, our experts are able to customize each patient's treatment plan with their specific needs and condition in mind.

Our physicians are faculty at the Keck School of Medicine of USC, and as an academic medical center, we believe in providing patients with strategies to maintain an active lifestyle over the years to come.

NON-SURGICAL SOLUTIONS

- Nonsteroidal anti-inflammatory drugs (NSAIDs) are very effective for reducing the pain and inflammation common in spinal disorders. Oral medications such as acetaminophen, muscle relaxants, narcotics and corticosteroids reduce pain and inflammation and the likelihood of a recurrence of symptoms.
- Physical therapy plays an important role in the treatment of acute or chronic back pain. Physical therapists will use a combination of non-active physical therapy and active physical therapy to provide pain relief and increase function.
- Spinal injections such as steroids are commonly prescribed when oral medications and physical therapy do not improve a patient's condition. The most commonly prescribed spinal injection is an epidural steroid injection. Other types include facet joint injections, medial branch blocks, sacroiliac joint injections and impar ganglion blocks. A different type of steroid injection may be prescribed depending on the specific spinal disorder being treated.

USC SPINE CENTER

LEADING-EDGE TECHNIQUES

Spinal decompression surgery can lead to nerve damage in some cases. Patients with a prior failed spine surgery can be treated at the USC Spine Center using non-operative methods, including spinal cord stimulators. If a patient is a candidate for a spinal cord stimulator, after a trial period where the stimulator is worn externally and adjusted, the patient will have a procedure to implant permanent leads, the stimulator and the battery. As the tissue heals, the patient is evaluated periodically to determine if the stimulation program should be adjusted to provide better pain management.

To complement their clinical expertise, physicians at the USC Spine Center are conducting research into new methods for the non-operative management of spinal disorders. One area of particular interest is the use of new injectable materials to treat spinal disorders, including stem cells and platelet-rich plasma. Another new option is basivertebral nerve ablation — a minimally invasive outpatient procedure that reduces chronic low-back pain.

To make an appointment, call

(800) USC-CARE
(800) 872-2273

spine.KeckMedicine.org

EXPERT MEDICAL TEAM

- **Thomas C. Chen, MD, PhD**
Professor of Neurological Surgery and Orthopaedic Surgery
- **David S. Cheng, MD**
Clinical Assistant Professor of Neurological Surgery
- **Raymond J. Hah, MD**
Assistant Professor of Orthopaedic Surgery and Neurological Surgery
- **Patrick C. Hsieh, MD**
Professor of Neurological Surgery and Orthopaedic Surgery
- **John C. Liu, MD**
Professor of Neurological Surgery and Orthopaedic Surgery
Co-Director, USC Spine Center
- **Christopher C. Ornelas, MD**
Assistant Professor of Orthopaedic Surgery and Neurological Surgery
- **Mark J. Spoonamore, MD**
Associate Professor of Orthopaedic Surgery and Neurological Surgery
- **Jeffrey C. Wang, MD**
Professor of Orthopaedic Surgery and Neurological Surgery
Co-Director, USC Spine Center

LOCATIONS

Arcadia

125 W. Huntington Dr., Bldg. B,
Suite B200

Beverly Hills

9033 Wilshire Blvd., Suite 400

Glendale

1818 Verdugo Blvd., Suite 300

La Cañada Flintridge

1751 Foothill Blvd., Suite 2

Los Angeles

USC Healthcare Center 4
1450 San Pablo St., Suite 5400

Pasadena

625 S. Fair Oaks Ave., Suite 400

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