

LCD therapy relieves physician's spine pain without surgery

James P. Weiner, MD, of Southwest Florida Rehab & Pain Management Associates laughs as he talks about where he finally found relief from his persistent back pain — in his own office.

"It's like that commercial about hair replacement," he says: *I'm not just the doctor: I'm also a client!* But it's true. I benefit from the same treatment I regularly prescribe for my patients who come to me complaining of back pain."

That treatment is lumbar cervical decompression (LCD) therapy.

The doctor's history

"I suffered from back pain for a long time, and I've had more than one back surgery to relieve it," says Dr. Weiner. "I experienced new disc herniations in February 2004 that led to my last back surgery in August of that year, about the time Hurricane Charley came through. Unfortunately, even after that surgery I continued to have back pain despite subsequent conservative treatments.

"In late 2005, I fell down a flight of steps and reherniated my L4-L5 disc, leaving me with a burning pain that seared down the leg and foot and weakness that caused me to drag my leg. Even though I was in a lot of pain, I did not want to entertain the thought of another back surgery."

New approach

Fortunately for Dr. Weiner, just after his most recent injury his practice installed the AccuSPINA LCD system, and he decided to try this leading-edge modality for himself.

"My experience was fairly typical," says Dr. Weiner. "I had my initial treatment and didn't really feel any different that whole day.

"After I went to sleep, I awoke for some reason in the middle of the night. I got up, and as I began to walk across the room, I suddenly realized that the leg I'd been dragging since my injury was no longer weak. I'd been suffering with a lot of muscle spasms in my back, and those, too, had decreased."

With each subsequent treatment, Dr. Weiner experienced greater pain relief and restored function. After 14 treatments, he was pain free. Now, Dr. Weiner uses the AccuSPINA LCD system to maintain his gains.

"Thanks to LCD, I am pain free without having to resort to surgery or medications," says Dr. Weiner. "That's important to me, because I can't use pain medications that will cloud my judgment if I want to take care of my own patients," he points out. "My patients deserve to have me be as clear-headed as possible when I am evaluating their pain and designing their treatment plans, and LCD helps ensure that clarity."

What's so special?

Dr. Weiner, who is board certified in both anesthesiology and physiatry, explains that LCD therapy is different from many other spine decompression systems now available.

TAKING HIS OWN ADVICE. Dr. Weiner's spine pain was relieved with the same LCD therapy he prescribes for his patients with persistent neck or back pain.

FHCN PHOTO BY NERISSA JOHNSON



"Some systems treat only the lumbar spine, but LCD treats the cervical [neck] and thoracic [back] spine as well, allowing us to treat all levels of back pain," he informs.

LCD is also a very targeted treatment: It can be directed to the exact level of disc injury, allowing healing nutrients and fluids to surround injured discs and to initiate the body's own healing properties.

"Another feature of LCD therapy with the AccuSPINA system is particularly important for older patients or for those who have disabilities involving their upper extremities," adds Dr. Weiner. "LCD therapy does all the work. Other systems require the patient to lie facedown on the table and to use their own arm strength to grip handles and to remain in place. If a patient has arthritis or some other upper extremity injury, it is difficult enough to grip those handles and even more so to tolerate the force of the treatment being pulled through the arms and shoulders as it travels along the spine. This does not happen with LCD therapy.

"LCD is accomplished while the patient lies on his or her back, with the knees bent upward. Speaking from my personal experience with herniated discs, upper back pain, and back surgeries, I can attest to the fact that it's a lot more comfortable to lie on the back with knees bent, allowing the computerized table to perform its decompressions rather than on the stomach, painfully gripping handles to stay in place.

"Speaking as a doctor and as a patient, I am happy that LCD therapy is available at Southwest Florida Rehab & Pain Management Associates." **FHCN**—Billie S. Noakes

Relief at last

The staff at Southwest Florida Rehab & Pain Management Associates welcomes your questions and comments regarding this article. For additional information or to schedule a consultation, please call (239) 432-0774. Southwest Florida Rehab & Pain Management Associates is located at 12700 Creekside Ln., Suite 301, in Fort Myers.

Southwest Florida Rehab & Pain Management Associates is a Medicare participant and accepts many insurance plans.

For more information on the LCD spinal care system, visit www.swfl.lcdtherapy.com.



James P. Weiner, MD, is certified by the American Board of Anesthesiology. He received his medical degree and completed his residency in physical medicine and rehabilitation at Eastern Virginia Medical School, Norfolk, and completed an anesthesia residency and received fellowship training in pain management at the Naval Hospital, Portsmouth, VA. He also received fellowship training in anesthesia at Bowman-Gray Medical Center, Wake Forest University, Winston-Salem, NC. He is a member of the American Association of Electrodiagnostic Medicine, American Association of Physical Medicine and Rehabilitation, American Society of Anesthesiology, Florida Medical Society, Florida Society of Anesthesiology, International Association for the Study of Pain, and International Spinal Injection Society. He has published extensively in his areas of expertise.



Peter S. Schreiber, DO, is board certified in physical medicine and rehabilitation. He completed his undergraduate studies in microbiology at the University of Florida, Gainesville, and received his medical degree from Nova Southeastern University College of Osteopathic Medicine, Davie, FL. He served his internship and a combined residency in internal medicine and physical medicine and rehabilitation at Case Western Reserve University/Metro-Health Medical Center, Cleveland, OH. Dr. Schreiber is a member of the American Medical Association, American Osteopathic Association, and American Academy of Physical Medicine and Rehabilitation.



Keith S. Susko, MD, is certified by the American Board of Physical Medicine and Rehabilitation with subspecialty certification in pain medicine. Dr. Susko completed his undergraduate studies, with an emphasis in biomedical engineering, at the University of Arizona College of Engineering. He earned his medical degree and completed his medical internship and his residency in physical medicine, serving as chief resident, at Eastern Virginia Medical School, Norfolk. While in Virginia, Dr. Susko founded the medical school's Habitat for Humanity student volunteer group, organizing workdays for volunteer labor and assisting in the construction of homes for the needy. He has developed numerous presentations and lectures concerning myofascial trigger point evaluations, osteoporosis, electromyography, cerebral palsy, and low back pain. Dr. Susko is a member of the American Academy of Physical Medicine and Rehabilitation, Association of Academic Physiatrists, American Academy of Pain Management, American Medical Association, and American Academy of Electrodiagnostic Medicine.



Robert D. Mehrberg, MD, is a board-certified physiatrist, certified in physical medicine and rehabilitation, as well as in electrodiagnostic medicine. He completed his undergraduate studies and earned his medical degree at Tulane University, New Orleans, LA. He served his internship and his residency in physical medicine and rehabilitation at Eastern Virginia Medical School, Norfolk, where he was appointed chief resident. Dr. Mehrberg has lectured on, written, or coauthored numerous articles, abstracts, presentations, and publications concerned with the treatment and well-being of rehabilitation patients. Dr. Mehrberg is a member of the American Association of Electrodiagnostic Medicine, American Academy of Physical Medicine and Rehabilitation, and Association of Academic Physiatrists.

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