

# Effective Back Pain Relief Now Available

End back pain caused by herniated discs, bulging discs, disc degeneration, and sciatica.

PHOTO COURTESY OF SOUTHWEST FLORIDA REHAB & PAIN MANAGEMENT ASSOCIATES



A patient is readied for a pain-relieving LCD treatment.

Suffer from back or neck pain? Now, the world's most advanced nonsurgical treatment for chronic conditions in the neck and low back is available. The lumbar cervical decompression (LCD) spinal care system, or LCD Therapy, is a new technology now available at Southwest Florida Rehab & Pain Management Associates and Southwest Florida Neurosurgical Associates in Fort Myers.



**SOUTHWEST FLORIDA  
NEUROSURGICAL  
& REHAB ASSOCIATES**

JAMES P. WEINER, MD  
ROBERT D. MEHRBERG, MD  
PIERRE R. HYPPOLITE, MD

LCD Therapy is a nonsurgical alternative to treat bulging or herniated discs, degenerative discs, sciatica, and general neck and low back pain. By using this treatment, a split table to angle and stretch the spine, and computerized custom treatments, the LCD spinal care system is a recognized and superior choice to treat neck and back pain.

"The LCD spinal care system provides a specific treatment based on the level of pain experienced by a patient," says board-certified neurosurgeon Wesley H. Faunce III, MD, of Southwest Florida Neurosurgical Associates. "Since the system is completely customizable and computerized, we can treat a variety of neck and back conditions with great success."

He cautions, however, that a patient should be properly evaluated by a trained medical doctor, including taking x-rays or a Magnetic Resonance Imaging scan (MRI), to determine the extent of any injury or problem before undergoing any type of treatment. "Different types of pain require different types of treatment, so a

comprehensive work-up should be done before any therapy is started," he stresses.

Dr. Faunce believes that since the LCD spinal care system treats pain in both the neck and back, it is superior to other forms of treatment, including VAX-D. "Patients respond well to the LCD spinal care system since its computerized regimen allows for treating specific areas rather than generalized locations."

That is just what James P. Weiner, MD, medical director of physical medicine and rehabilitation/anesthesiology services at Southwest Florida Neurosurgical & Rehab Associates, says. "I find that the LCD spinal care system is able to provide patients with back and neck pain relief that can last longer and is less expensive than other forms of therapy treatment. This is particularly true for patients who have tried injections, standard physical therapy, and even VAX-D. LCD Therapy is the superior, state-of-the-art treatment."

According to Sally Saberton, a registered physical therapist at Southwest Florida Neurosurgical & Rehab Associates, the LCD spinal care system allows a patient's spine to stretch in a very precise, controlled, and comfortable way. The vertebrae and the discs between are actually stretched, creating a vacuum-like effect. This vacuum can, in some cases, help retract or draw in a herniated disc that may be pinching a nerve, thereby rehydrating the disc and enhancing the healing process.

As a person's body ages, points out Dr. Faunce, the discs in the spine, including the back and neck, tend to dehydrate. A natural part of aging, this process starts from the bottom of the spine and moves upward toward the neck. This dehydration process can cause the spine's discs to become brittle and more susceptible to injuries.

With fresh blood, oxygen, and nutrients flowing into the disc, however, the body's natural healing properties take

over, Ms. Saberton explains. Back and neck tissues previously stretched and strained begin to heal, returning to their natural position and removing the cause of inflammation and pain.

"By using this type of comprehensive, conservative care for our patients, we are providing many with back and neck pain relief most thought never possible," says Dr. Weiner, who is board certified in both anesthesiology and physiatry, one of only a few double-boarded medical specialists in Florida. "In fact, the LCD spinal care system has enabled many back pain patients to return to an active, pain-free lifestyle."

Southwest Florida Neurosurgical & Rehab Associates is a Medicare participant and accepts many insurance plans. **FHCN**

## RISK FACTORS OF CERVICAL SPONDYLOSIS

- Being overweight and not exercising
- Having a job that requires heavy lifting or a lot of bending and twisting
- Past neck injury (often several years before)
- Past spine surgery
- Ruptured or slipped disc
- Severe arthritis
- Small fractures to the spine from osteoporosis

## Southwest Florida Neurosurgical & Rehab Associates:

- Pain management
- Rehabilitative medicine
- Physical therapy
- LCD Therapy

Please visit Southwest Florida Neurosurgical & Rehab Associates on the web. Go to [www.swfna.com](http://www.swfna.com) and select "Pain Management & Rehabilitation" from the menu at the top of the screen.



**James P. Weiner, MD**, is board 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.



**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.



**Pierre R. Hyppolite, MD**, is fellowship-trained in spinal cord injury through the University of Miami's Jackson Memorial

Hospital/Miami VA Medical Center. He is a graduate of the Faculte De Medicine Et De Pharmacie Universite D'etat d'Haiti, where he earned his medical degree and served his medical internship. Dr. Hyppolite attended Yale University School of Public Health and served an internal medicine internship at the New York Medical College's Our Lady of Mercy Medical Center. He completed his residency in physical medicine and rehabilitation at NYMC's Metropolitan Hospital Center. Dr. Hyppolite is an associate member of the American Academy of Physical Medicine and Rehabilitation and the American Paraplegia Society. He is fluent in English, French, and Creole.

## Relief at last

The staff at Southwest Florida Neurosurgical & Rehab Associates welcome your questions and comments regarding this article. For additional information or to schedule a consultation, please call or visit one of their conveniently located offices: in Fort Myers at (239) 432-0774, 12700 Creekside Ln., Suite 301, and in Cape Coral at (239) 772-5577, 413 Del Prado Blvd. South, Suite 201.