

# World-Class Spine Care Close to Home

Whether you're a weekend warrior who has sprained your back from overdoing it, or you were born with a complex spine condition, the Penn Highlands Brain and Spine Center can help you get world-class care — right at home. With five clinics throughout Northwestern/Central and Southwestern Pennsylvania, our spine specialists can evaluate you, order imaging tests, and provide nonsurgical treatment without requiring you to drive very far. And, if you need surgery, you can get it at Penn Highlands DuBois and Penn Highlands Mon Valley, with all your pre- and post-surgery care provided in the clinic closest to you.

Here are a few good reasons for considering Penn Highlands if you have back or neck pain, or a spine condition:

- Diagnosis and treatment provided by a world-class neurosurgery team.
- Nonsurgical treatment for most spine problems.
- Non-opioid pain relief procedures.
- Six clinics throughout Pennsylvania.
- Surgery center specially designed for spine procedures, including specially trained nurses, surgical technicians, and rehabilitation.

**We can see most patients within a week! Call today to make an appointment: 814-503-4433.**



## Expert Spine Care at Penn Highlands Healthcare

### PENN HIGHLANDS NEUROSURGERY

Penn Highlands Healthcare neurosurgeons see patients throughout the region, including:

#### DuBois

123 Hospital Avenue, Ground Level

#### Greensburg

542 Rugh Street, Suite 2000

#### Huntingdon

820 Bryan Street, Suite 1

#### Monongahela

100 Stoops Drive, Suite 200

#### Uniontown

404 West Main Street

Most patients can be seen within one week. To schedule an appointment at any location, **please call 814-503-4433.**

[www.phhealthcare.org/spinecare](http://www.phhealthcare.org/spinecare)

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# Expert Spine Surgery

*Penn Highlands Healthcare*

Find Relief For Your Back And Neck Pain





Leading.  
Innovating.  
Advancing.

## Get Back Your Life

Get expert diagnosis and treatment for your back and neck pain.

Nearly one in five Americans visits a physician every year due to back or neck pain. Correctly naming the problem causing the pain is the first step in getting the right treatment.

At Penn Highlands Brain and Spine Center, we are experts at diagnosing spine problems and offering the right treatment to relieve your pain and restore your quality of life.

We diagnose and treat all types of spine conditions, including:

- Degenerative disc disease, herniated discs, bulging discs, and slipped discs (spondylolisthesis).
- Fractures.
- Infections.
- SI joint dysfunction.
- Structural Issues, including spinal stenosis (narrowing of the spinal column) and scoliosis (curvature of the spine).
- Tumors (benign and malignant).

### NONSURGICAL TREATMENT TO RELIEVE PAIN

Only one in 15 patients with back or neck pain will benefit from surgery. The other 14, however, often need care that will relieve pain so that they can continue to work and enjoy their life. Penn Highlands Brain and Spine Center offers many types of nonsurgical procedures to relieve pain, avoiding the need for opioids or other pain medications. Pain procedures include:

- Injections and nerve blocks: Injections of steroids into the spine or surrounding area can relieve pain in many patients for months, often allowing

them to take other measures such as physical therapy or weight loss to bring more permanent relief. Before making an injection, we use topical anesthetics and guide the injection with X-ray or ultrasound to ensure precision.

- Ablation: Radiofrequency ablation, also called rhizotomy, is a minimally invasive procedure that uses heat to destroy nerve endings that are transmitting pain signals to the brain. This procedure is most commonly used to treat chronic pain caused by arthritis in the spine. Up to 80 percent of patients experience reduced or no pain for upward of two years after this procedure.
- Spinal cord stimulation: This implanted device blocks pain signals from reaching the brain by sending mild electrical pulses to the spinal cord. Spinal cord stimulation is often used to control the worst cases of pain. It also is used to relieve pain in patients with diabetic neuropathy.

### EXPERT SURGERY AT PENN HIGHLANDS BRAIN AND SPINE CENTER

If you need surgery, there's no need to change doctors or drive a long distance for care with the Penn Highlands Brain and Spine Center in DuBois and Monongahela. Common spine procedures performed thousands of times by our expert neurosurgeons include:

- Cervical and lumbar discectomy.
- Spine fusion.
- Lumbar spine decompression.
- Laminectomy.
- Kyphoplasty.
- SI joint fusion.
- Vertebroplasty.

We offer many minimally invasive spine surgeries that can be performed through tiny incisions, getting you back on your feet fast!