

Quincy Spine Center



For Appointments & Referrals: 617.773.6300
www.QuincySpineCenter.com

Quincy Spine Center | 300 Congress St. Suite 304 | Quincy, MA 02169 | 617-773-6300 | www.QuincySpineCenter.com



"Back and neck pain sufferers can consume a great deal of time for the primary care physician. Our spine center brings nonsurgical spine care and spine therapists together under one roof to diagnose and provide treatment options for spine patients. We strive to be a resource for the primary care physician."

— Dr. Richard Mazzaferro
Quincy Spine Center

Quincy Spine Center provides injection therapy, nonsurgical options for back & neck pain

What makes Quincy Spine Center different is its nonsurgical approach to back pain and neck pain. For the convenience of the back and neck pain sufferer, we have located in one building a board-certified physical medicine specialist with expertise in spinal injections; an internal injection suite for pain-relieving spinal injections; a team of affiliated physical therapists and an exercise gym.

Our treatment philosophy is to exhaust nonsurgical treatment options for those with back and neck pain so they can avoid spine surgery. If we determine that spine surgery is appropriate, we have close relationships with fellowship-trained spine surgeons who use a minimally invasive spine surgery approach. We are a regional resource for chiropractors and family practice physicians from across the Quincy region, and those back pain sufferers who live in South Boston, South Shore Braintree, Milton, Dedham Brockton and across Southeastern Massachusetts.

"If we determine that spine surgery is appropriate, we have close relationships with fellowship-trained spine surgeons who use a minimally invasive approach," explains Dr. Richard Mazzaferro, a board-certified specialist in Physical Medicine and Rehabilitation with more than 10 years experience in spine.

Dr. Mazzaferro is proficient in the use of lumbar and cervical interventional pain procedures for spine care. He trained at Harvard Medical School's Department of Physical Medicine and Rehabilitation

and is currently a Clinical Instructor at Tufts University School of Medicine. Dr. Mazzaferro then returned to active duty in the Army until 2006.

From 2002-2006 he served as Chief of the Interventional Spine Pain Management Service at the Eisenhower Army Medical Center in Augusta, Georgia. In 2006, he received the United States Army's prestigious Meritorious Service Medal for his work at the Eisenhower Army Medical Center. Dr. Mazzaferro was promoted to Lt. Colonel and completed his reserve duty obligations in February 2013.

Subsequent to his medical career in the military, Dr. Mazzaferro created Quincy Spine Center because he recognized that back and neck pain required a specialized approach.

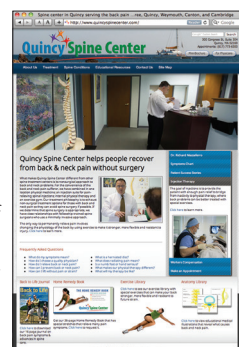
By combining physical medicine, injection therapy, and also spine therapy under one roof, Quincy Spine Center is typically able to determine the cause of back and neck pain and provide nonsurgical treatment options that can help the patient avoid an unnecessary spine surgery.

"Our long term goal with Quincy Spine Center is to continually improve how we care for back and neck problems," explains Dr. Mazzaferro. "We view ourselves as a complementary resource for family practice physicians and chiropractors who provide a lot of the primary care for those with back or neck pain."

We take the time to educate patients so they understand the cause of their back or neck problem

and how best to relieve symptoms. We can many times help those with radiating pain or numbness in a leg or arm avoid a spine surgery by reducing the pressure of an inflamed nerve root through a pain-relieving spinal injection.

We can also be especially helpful to worker's compensation patients who have injured themselves on the job, as we provide an unbiased assessment of their problem, and help them return to activity and their job."



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How spinal injections provide a non-surgical treatment alternative for back or neck pain patients

Managed care and employers are disturbed by treatment variation in spine surgery rates nationwide. Some parts of the nation range from 1 spine surgery per thousand population to 9 spine surgeries per thousand.

Too many times patients will go to surgeon-only practices, and the result can be an immediate prescription of surgery — even though there are no red flag symptoms like weakness/numbness in a leg or arm, or loss of control of bowel or bladder.

Patients with radiating pain in an arm or leg can also be sped along too quickly to surgery when many of these symptoms can be resolved with a single spinal injection.

Unfortunately, patients never learn that there are viable nonsurgical treatment options that can

make many back or neck pain symptoms disappear without the need for surgery. Consequently, across the nation, more health insurance companies have encouraged, or even required, the use of physical medicine to exhaust nonsurgical treatment options in advance of spine surgery.

At Quincy Spine Center's internal injection suite, medication is injected around the nerve root which reduces inflammation and pain. Many times this spinal injection can relieve symptoms so the patient can progress to the physical therapist who will make the back or neck more flexible and resistant to future strain.

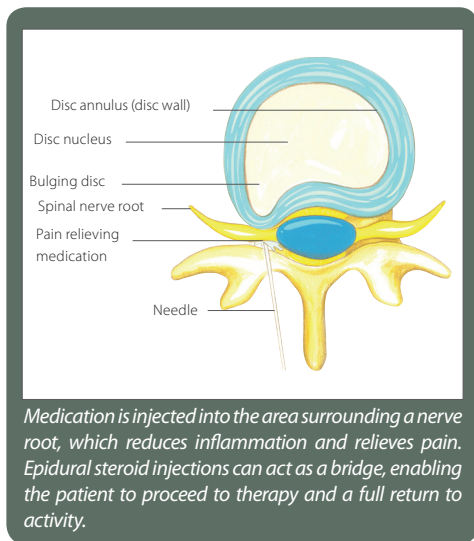
In summary, spinal injections serve two purposes: diagnostic and therapeutic. If the symptoms improve, then the patient can be bridged

into spine therapy and then back to activity.

However, if the symptoms don't improve, the injection provides important diagnostic information to the spine surgeon who will then consult with the patient on their surgical options.

When patients have exhausted nonsurgical treatment options, Quincy Spine Center quickly refers the patient to affiliated fellowship-trained spine surgeons who use minimally invasive spine surgery techniques.

In our opinion, the solution to the problem of back and neck pain isn't a single specialty silo approach, but rather a multidisciplinary approach that combines spine surgeons with physical medicine and spine therapists so the patient receives the best possible care.



When patients need to see a spine specialist, and when watchful waiting cannot be used

Many back and neck pain symptoms can self-resolve. However, some problems represent emergency symptoms and need to be seen by a spine specialist to prevent permanent neurological damage. Here's a symptom chart for those with back or neck pain. While "watchful waiting" can be used for pain that radiates into a leg or arm, that is NOT the case with weakness or numbness into a foot or hand, or loss of control of bowel/bladder. Also any symptom that does not improve over three days is a signal to seek medical attention.

Have you experienced any...

- loss of control of bowel or bladder?
- numbness or tingling in an arm or leg?
- difficulty moving an arm or leg?
- SEVERE trauma, fall or car accident?
- Neck pain WITH severe headache, nausea, bright lights bother your eyes?

YES

- Loss of bowel/bladder control is an EMERGENCY symptom. You need to see a spine surgeon or go to an Emergency Room within 24 hours, or the symptom could become permanent.
- Numbness, pain or tingling into a leg or arm, especially when it extends below a knee or elbow, could imply a disc problem, and should be seen by a spine specialist within 2 days.
- Any traumatic fall or car accident could have fractured bones in your spine, or herniated a disc. You should see a spine specialist promptly who may perform X-rays to assess you.
- Neck pain with headache/nausea is an EMERGENCY symptom. See a doctor in 24 hours.

NO

Did the pain come on after lifting, or after aggressive exercise or sports activity?

YES

- Lifting or sports activities can strain muscles, ligaments & tendons, causing painful spasms. Extreme pain can require a spine specialist. Home remedies include anti-inflammatories like Advil/Nuprin, rest, ice and some simple stretching exercises. However, if symptoms don't improve over 3 days, you need to be assessed by a spine specialist.

NO

Is the pain mostly in your low back, AND accompanied by a FEVER, or making you sick?

NO

- Back or neck pain that doesn't radiate pain or numbness into a leg or arm can be caused by a variety of problems, including a strain of the muscles or ligaments in the back or neck.
- Home remedies include anti-inflammatories like aspirin, Advil or Nuprin, rest, ice and some simple back/neck exercises. Don't do any exercise that causes an increase in pain.
- Remember: Those who self diagnose themselves and self treat themselves do so at their own risk. Back and neck pain can arise from a variety of causes and may require a spine specialist to perform diagnostic tests to identify your problem and the best treatment. A spine specialized therapist can also create a home exercise program customized for you.

YES

Pain in the low back, along with a fever, could be a kidney infection. You should see a spine specialist immediately.