

Fall/Winter 2015 Newsletter

Volume 2, Issue 3: October 2015
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DSSP | dedicated to the diagnosis and non-surgical treatment of spine, sports, and musculoskeletal pain and injury.

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TOP DOCS

Physical Medicine and Rehabilitation and Pain Management



From 2007-2015

Spine & Sports Research

Surgery Versus Nonsurgical Treatment of Lumbar Spinal Stenosis (LSS)

A Delitto et al, *Annals of Int Med* (2015)162:465-473.

This randomized trial concluded that surgical decompression yielded similar effects to a PT regimen among patients with LLS who were surgical candidates with respect to relieving symptoms and improving function. Improvement was maintained at the 2-year end point.

Sports-Specialized Intensive Training and the Risk of Injury in Young Athletes

N. Jayanthi et al, *Am J Sports Med* (2015) 43:794-801.

This study reported that injured young athletes were older and spent more hours/week in organized sports. There is an independent risk of injury and serious overuse injury in athletes who specialize in a single sport. There is an increased risk of serious overuse injury for athletes who spend more hours/week in sports versus their age and those who spend more than twice as many hours/week in sports as in free play.

TAKE HOME POINT: DSSP is committed to searching for evidence based medicine on conservative treatments for spine and MSK injuries as well as prevention strategies to avoid injury. Contact us to learn more about what we have to offer.



We Perform

Comprehensive Musculoskeletal Evaluations, Spine Injections Under Fluoroscopy, Joint, Tendon and Bursa Injections, Ultrasound-Guided Injections, Prolotherapy and PRP Therapy, Electrodiagnostic Testing, Individualized Physical Therapy Planning

We Treat

Back and Neck Pain, Herniated Discs Sciatica/Radiculopathy, Spinal Stenosis, Compression Fractures, Sports Injuries, Musculoskeletal Pain, Osteoarthritis, Tendonitis/Bursitis

Desert Spine & Sports Physicians | Phoenix & Mesa

Both locations now offer the full spectrum of non-surgical pain treatments including on-site physical therapy and procedure suites for fluoroscopically-guided spine and joint procedures.

Desert Spine and Sports Physicians is dedicated to the diagnosis and non-surgical treatment of spine, sports, and musculoskeletal pain and injury. As board-certified specialists in Physical Medicine and Rehabilitation (PM&R) with additional board-certification in Pain Management, we specialize not only in relieving pain but also in maximizing function. We are dedicated to improving the quality of lives of all patients across the lifespan with comprehensive, compassionate, and innovative medical care.

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