

# Spring 2015 Newsletter

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[www.desertspineandsports.com](http://www.desertspineandsports.com)



DSSP | dedicated to the diagnosis and non-surgical treatment of spine, sports, and musculoskeletal pain and injury.

## Brad Sorosky, MD

Board Certified in Physical Medicine and Rehabilitation and Pain Management

## Susan Sorosky, MD

Board Certified in Physical Medicine and Rehabilitation and Pain Management

## Tima Le, DO

Board Certified in Physical Medicine and Rehabilitation

## Naomi Alcock, MS, PA-C

## Spine & Sports Research

DSSP holds a monthly journal club to review the latest research in spine and musculoskeletal care. If you would like to attend, please email us at [info@desertspineandsports.com](mailto:info@desertspineandsports.com).

### Treatment of Spinal Synovial Cysts

M Bydon, *World Neurosurgery* (2013) 79:375.

This literature review of 51 studies studied nonsurgical and surgical treatments for spinal facet cysts, a cause of back pain and radiculopathy. In patients with severe pain without weakness, percutaneous cyst aspiration +/-epidural steroid injection has a success rate of 50%. This study highlights the role of interventional spine medicine for these patients.



### Adhesive Capsulitis: A Review of Current Treatment

A Neviasser, *Am J Sports Med* (2010)38:2346.

Treatment of adhesive capsulitis is controversial however physical therapy, NSAIDs and steroid injections can be effective. In patients within the first 2 stages, intra-articular steroids can lead to more rapid pain reduction and improved ROM. More recent studies have also supported the role of intra-articular injections in this early inflammatory period.

**TAKE HOME POINT:** DSSP is committed to searching for evidence based medicine on conservative treatments for spine and MSK injuries. We specialized in individualized PT planning and do perform the injections studied above. Contact us to learn more about what we have to offer.

## TOP DOCS

Physical Medicine and Rehabilitation and Pain Management



From 2007-2015

## We Perform

Comprehensive Musculoskeletal Evaluations, Spine Injections Under Fluoroscopy, Joint, Tendon and Bursa Injections, Ultrasound-Guided Injections 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.

Phone: (602) 840-0681  
Fax: (602) 957-1570

Phoenix: 3700 N. 24th Street, Suite 210, Phoenix, AZ 85016  
Mesa: 6636 E. Baseline Road, Suite 101, Mesa, AZ 85206