



Areas We Treat: Comprehensive Spine and Musculoskeletal Care

Personalized Care for Every Part of Your Body

True healing goes beyond symptom management. Therefore, as experts in Physical Medicine and Rehabilitation (PM&R) and Interventional Spine and Musculoskeletal Medicine, we harness the power of personalized, [non-surgical treatments](#) that address the **root cause** of your discomfort.

Comprehensive, Tailored Treatment Plans

Whether you're recovering from a sports injury, managing chronic pain, or facing a degenerative condition, our expert team uses [advanced diagnostic tools](#) and cutting-edge, regenerative therapies to deliver precise, effective care.

From head to toe, we provide targeted diagnoses and personalized treatment options to help you feel better, move better, and get back to doing what you love.

Common Areas We Treat

Our specialists are skilled in treating many common problem areas. These include:

- **Back**

- Herniated discs, [radiculopathy \(sciatica\)](#), [spinal stenosis](#), facet arthritis, and degenerative disc disease.

- **Neck**

- Herniated discs, radiculopathy (pinched nerve), facet arthritis, degenerative disc disease, and whiplash.

- **SI Joint**

- Sacroiliac joint dysfunction and arthritis-related pain.

- **Hip**

- Gluteal tendonitis/[bursitis](#), arthritis, and labral tears.

- **Knee**

- [Arthritis](#), ligament injuries, [meniscus tears](#), and tendonitis.

- **Foot & Ankle**

- Plantar fasciitis, tendonitis, sprains, arthritis, and tarsal tunnel.

- **Shoulder**
 - [Rotator cuff tendonitis and tears](#), arthritis, labral tears, and frozen shoulder.
- **Elbow**
 - Tennis elbow, golfer's elbow, and arthritis.
- **Wrist & Hand**
 - [Carpal tunnel syndrome](#), tendonitis, arthritis, and trigger finger.

Advanced Treatments for Each Area

No matter where your condition is, our specialists are trained in some of the most advanced and comprehensive regenerative therapies available. We will work together to find the treatment that is right for you.

Innovative Non-Surgical Options

Some of our advanced non-surgical options include [PRP Therapy](#) (Platelet-Rich Plasma), [BMAC](#) (Bone Marrow Aspirate Concentrate), and precision-guided injections using [fluoroscopy](#) and ultrasound to ensure optimal accuracy and effectiveness.

Focus on Long-Term Relief

Long-term relief and re-injury prevention is also at the crux of what we offer. Therefore, we work with a range of specialists to help you manage your condition with targeted physical therapy and exercise programs, including:

- Strengthening, flexibility, and sport-specific exercises
- Comprehensive return-to-sport protocols for athletes
- Transition to wellness exercises such as [yoga and Pilates](#)
- Guidance on relative rest and low-impact activities, such as aquatic therapy

We recognize that each patient's experience is unique, and what might work for one person may not work for another. For this reason, our team will work closely with you to find the most effective treatment approach for your specific case.

Why Choose Desert Spine and Sports Physicians?

The specialists at Desert Spine and Sports Physicians bring together a wealth of expertise in Physical Medicine and Rehabilitation and Interventional Spine and Musculoskeletal Medicine.

Our [board-certified and fellowship-trained physicians](#) continually update their skills with the latest advancements in non-surgical treatments for spine and musculoskeletal conditions.

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