



Comprehensive Spine & Musculoskeletal Evaluations

Introduction to Spine & Musculoskeletal Evaluations

At Desert Spine and Sports Physicians, we specialize in providing comprehensive spine and musculoskeletal evaluations. These evaluations are crucial for accurately diagnosing the root cause of your pain, allowing us to develop effective, personalized treatment plans. Our expert physicians are Board-Certified in Physical Medicine and Rehabilitation and Fellowship-Trained in Interventional Spine and Musculoskeletal Medicine. Our years of experience combined with cutting-edge diagnostic techniques ensure you receive the highest [quality care in non-surgical pain relief](#) for your spine or musculoskeletal diagnosis.

What to Expect During Your Evaluation

Initial Consultation

Your journey to pain relief begins with a thorough initial consultation. During this visit, you can expect:

- A detailed discussion of your medical history and current symptoms
- A comprehensive spine and musculoskeletal examination to assess your condition
- Open dialogue with our [PM&R specialists](#) to address your concerns and questions

Diagnostic Imaging and Tests

To gain a complete understanding of your condition, we may utilize various diagnostic tools:

- **X-rays:** For visualizing bone structure and alignment
- **MRI (Magnetic Resonance Imaging):** To examine soft tissues, including muscles, tendons, ligaments, discs and nerves
- **CT scans:** For detailed imaging of bones and joints
- **[Electrodiagnostic testing:](#)**
 - **Nerve Conduction Studies:** To test how well signals travel along a nerve and help find the cause of abnormal nerve function
 - **Electromyography (EMG):** To listen to the electrical activity of a muscle and detect abnormal sounds or signals, if present

State-of-the-art imaging technology, together with a complete history and comprehensive physical examination, allows us to pinpoint the exact source of your discomfort, ensuring an accurate diagnosis and targeted treatment plan.

Conditions We Evaluate

Spine Conditions

We evaluate and treat a wide range of spine conditions, including:

- [Back Pain](#) and [Neck Pain](#)
- [Herniated Discs](#)
- [Sciatica/Radiculopathy](#)
- [Spinal Stenosis](#)
- [Compression Fractures](#)
- Degenerative Disc Disease
- [Whiplash](#)

If you're experiencing persistent back pain, neck pain, or radiating pain in your arms or legs, it may indicate a spine condition that requires evaluation.

Musculoskeletal Conditions

Our expertise extends to various musculoskeletal conditions, such as:

- Arthritis
- [Tendonitis/Bursitis](#)
- [Carpal tunnel syndrome](#)
- [Rotator cuff injuries](#)
- [Sports Injuries](#)
- [Musculoskeletal Pain](#)
- [Osteoarthritis](#)
- [Women's Health Issues](#)

Symptoms like joint pain, swelling, stiffness, or limited range of motion may signal a musculoskeletal issue we can address.

Personalized Treatment Plans

Following your comprehensive evaluation, our specialists will develop a personalized treatment plan tailored to your specific condition, lifestyle, and goals. We believe no two patients are alike, and our approach reflects this philosophy, ensuring you receive care that's uniquely suited for you.

Non-Surgical Treatment Options

At Desert Spine and Sports Physicians, we prioritize non-surgical approaches whenever possible. Our non-surgical treatment options include:

- Physical therapy and rehabilitation programs
- Targeted [spine injection therapies](#), such as [epidural steroid injections](#), [radiofrequency ablation](#), sacroiliac joint injections, and [kyphoplasty](#)
- Regenerative medicine treatments, including [platelet-rich plasma \(PRP\) therapy](#)
- Non-opiate medication management
- Lifestyle and ergonomic modifications

These non-invasive treatments often provide significant pain relief and improved function without the need for surgery.

Surgical Treatment Options

While we emphasize non-surgical treatments, we recognize that some conditions may require surgical intervention. In such cases, we work closely to coordinate care with top specialists in the area. We'll guide you through the process, explaining the procedure, expected outcomes, and recovery timeline.

Why Choose Desert Spine & Sports Physicians?

Expertise and Experience

Our [team of board-certified physicians](#) bring decades of combined experience in Physical Medicine and Rehabilitation and Interventional Spine and Musculoskeletal Medicine. We stay at the forefront of medical advancements, utilizing the latest diagnostic and treatment technologies to provide you with superior care.

Patient-Centered Care

At Desert Spine and Sports Physicians, you're more than just a patient — you're a partner in your own healing journey. We pride ourselves on delivering compassionate, personalized care that addresses not just your symptoms but your overall well-being. Our commitment to improving patient outcomes is reflected in the countless success stories and positive testimonials from those we've helped regain their quality of life.

Schedule Your Evaluation

Take the first step towards a pain-free life. Contact us today to schedule your comprehensive spine or musculoskeletal evaluation.

- **How to Book an Appointment:**

- Please call **(602) 840-0681** to book an appointment with one of our skilled practitioners.
- You can also [request an appointment](#) online.

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