

Fall 2016 Newsletter



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www.desertspineandsports.com

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Naomi Alcock, MS, PA-C

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

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.

Recurrence of Pain After Usual Nonoperative Care for Symptomatic Lumbar Disc Herniation – P Suri et al PM R 8 (2016) 405.

This study reported 1 and 3 year cumulative recurrence of 23% and 51% for leg pain, and 28% and 70% for LBP. Smoking predicted a greater risk of leg pain recurrence and posterolateral HNP predicted lower risk. Complete resolution of pain and absence of joint problems predicted lower risk of recurrent leg and LBP.

PM&R specialists at DSSP can implement and supervise patients' participation in regular back exercise programs to help reduce recurrent pain after a disc herniation.

Efficacy and Safety of Autologous Blood Products Compared with Corticosteroid Injections in the Treatment of Lateral Epicondylitis (LE) – X Qian et al PM R 8 (2016) 780.

This meta-analysis of ten RCTs compared the efficacy and safety of ABPs (ie PRP) and CS injections in the treatment of LE. CS were more effective for pain relief in short term, but ABPs were more effective for pain in intermediate and long term and function in intermediate term.

Because tendonopathy is not characterized pathophysiologically by inflammation, PRP (offered at DSSP) may be a better choice for pain and function.

TOP DOCS

Physical Medicine and
Rehabilitation and Pain
Management



From 2007-2016

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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Brad Sorosky, MD

“As a physiatrist specializing in musculoskeletal injuries, my philosophy is to listen to and evaluate patients for their specific ailment, develop a diagnosis and provide individual care to meet their needs. I focus not only on taking care of a patient’s pain but rehabilitating beyond and resolution of symptoms to prevent future recurrence and facilitate an active, healthy lifestyle.”

Susan Sorosky, MD

“As a physical medicine and rehabilitation doctor specializing in musculoskeletal rehabilitation, I treat the whole patient, not just their symptoms. My philosophy is to develop individualized and comprehensive treatment programs to facilitate recovery and, furthermore, to prevent reinjury. Ultimately, my goal is to put people back into fully functional lives and get them back into the game.”

Tima Le, DO

“As an osteopathic physiatrist, I believe that structure and function are interrelated. I use my musculoskeletal knowledge and osteopathic skills to diagnose and provide effective individualized treatment programs that include appropriate medications, manual manipulation, physical therapy and/or interventional procedures in order to restore and improve my patient’s function and maximize their quality of life.”

Arthur Hatch, DO

“As a physiatrist, I specialize in treating musculoskeletal injuries and pain. I try to understand the problems my patients are facing from their point of view and develop comprehensive treatment plans to fit their individual needs by utilizing many tools, including, physical therapy, appropriate medications, interventional procedures and regenerative therapies.”

Naomi Alcock, MS, PA-C

“I enjoy working as an extension to the doctors at Desert Spine and Sports Physicians to maintain an effective, team-oriented clinic environment that sustains the focus on quality patient care.” She has a proven track record of success in the medical community and bring a very personable and practical approach to patients’ medical problems.