

# Spring 2016 Newsletter

Volume 3, Issue 1: March 2016  
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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

## Arthur Hatch, DO

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## Naomi Alcock, MS, PA-C

## Spine & Sports Research

*This edition's Spine and Sports research paper was co-authored by our own Susan Sorosky MD who is an experienced yoga practitioner who has also written other papers about the effects of yoga on low back pain.*

**Yoga Therapy for Management of Neck and Low Back Pain** - Plastaras C, Sorosky S et al., J Yoga Phys Ther (2015) Vol 5, Issue 4.

This paper reviews the positive effects of yoga for neck and low back pain by addressing muscular weakness, poor posture, and inadequate flexibility in order to improve biomechanical imbalances contributing to pain. The paper also highlights yoga's focus on mindfulness, breathing, and meditation to facilitate relaxation of both muscle and mind and thus decrease pain perception.



Several studies are reviewed that demonstrate the superior efficacy of yoga in treating neck and back pain when compared to patients receiving standard of care. The authors also offer recommendations for particular yoga postures to address certain spine pathologies.

## 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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### **Naomi Alcock, MS, PA-C**

## **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.”

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## **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.”

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## **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.”

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## **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.”

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## **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.