

Newsletter

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www.desertspineandsports.com



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

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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.

Recovery of Motor Deficit Accompanying Sciatica - G Overvest et al, *Spine Journal* 2014 14: 1817-1824

This study compared recovery of motor deficit in patients receiving early surgery vs. conservative treatment. Of 150 patients with 6-12 weeks of sciatica and moderate (grade 4) or severe (grade 3) motor deficit, strength recovered faster among early surgery patients however difference no longer significant at 26 or 52 weeks. At 1 year, 81% of surgery patients and 80% of conservative patients had complete recovery of motor deficit.

Chondroprotection and the Prevention of Osteoarthritis Progression of the Knee - B Gallagher et al, *Am J Sports Med* 2014: 1-12.

This study performed a systematic review of RCTs for effectiveness of 12 treatments that may possess chondroprotective properties. For patients with OA, use of glucosamine and chondroitin sulfate may protect joint cartilage and delay OA progression. Hyaluronic acid injections showed variable efficacy while NSAIDs and Vitamins E and D showed no effect.

TAKE HOME POINT: DSSP offers non-operative treatments for radiculopathy and osteoarthritis and other spine and musculoskeletal injuries. Contact us to learn more!

TOP DOCS

Physical Medicine and Rehabilitation and Pain Management



From 2007-2014

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.

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