

Spring 2017 Newsletter

Volume 4, Issue 1: March 2017
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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

Board Certified in Physical Medicine and Rehabilitation

Naomi Alcock, MS, PA-C

Allison Shannon, MS, PA-C

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.

Objective measurement of free-living physical activity in lumbar spinal stenosis (LSS): are physical activity guidelines being met? – J Norden et al, Spine Journal 17 (2017) 26-33.

This study confirms that people with symptomatic LSS (neurogenic claudication, walking limitations) are extremely sedentary and only 4% meet guidelines of 150 minutes of moderate vigorous (MV) physical activity per week. In addition, in this LSS sample, 99.6% of nonsedentary time was spent in light activity whereas less than 1% of time was spent in MV activity. This sedentary behavior is associated with functional decline, obesity, cardiac disease and diabetes. From an exercise prescription perspective these results suggest that reducing sedentary time and increasing time spent in light activity may be appropriate as initial goals, transitioning to moderate activity when appropriate.

PEARL. We find that making a recommendation to LSS patients to engage in recumbent biking or incline walking in 10 minute increments with a goal of 30 minutes daily, five times weekly is a realistic way of achieving physical activity guidelines.

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

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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.