



How We Treat Spine and Musculoskeletal Conditions at Desert Spine and Sports Physicians

At Desert Spine and Sports Physicians, our approach is rooted in the belief that true healing goes beyond symptom management. As experts in Physical Medicine and Rehabilitation (PM&R) and Interventional Spine and Musculoskeletal Medicine, we harness the power of innovative, non-surgical treatments to address the root cause of your discomfort, relieving your pain and restoring your function.

We don't just treat conditions—we treat individuals, working with you to develop treatment and prevention plans tailored to your needs.

Spine Conditions We Treat

Spine pain is a common problem that can lead to significant functional limitations, affecting every aspect of a patient's life, from walking and sleeping to even simply moving. Our specialists at Desert Spine and Sports Physicians have expertise in the accurate diagnosis and treatment of a wide variety of spine-related issues. Common diagnoses we see include:

Back and Neck Pain

[Back pain](#) and [neck pain](#) are among the most common complaints we treat. These conditions can arise from various causes, including muscle strain, poor posture, and underlying spinal issues such as degenerative disc disease, arthritis, and more.

Herniated Discs

A [herniated disc](#) occurs when the soft inner core of a spinal disc protrudes through the tough outer layer. This can lead to back and neck pain, and when the spinal nerve is affected, there can also be radiculopathy (see below) or pain in the leg or arm.

Radiculopathy (Sciatica)

[Radiculopathy](#) refers to pain that radiates along the path of a spinal nerve into the leg or arm, due to compression or irritation of the nerve root. In addition to pain, there may also be numbness, tingling, and weakness in the limb. Note: the term "sciatica" is often used interchangeably with radiculopathy that affects the buttock or leg.

Facet Arthritis

This degenerative condition affects the spine's [facet joints](#), which are the paired joints on each side of the spine from the neck to the lower back. In the lower back, the most common symptom of arthritis is dull, aching pain that worsens with inactivity or long periods of standing, while in the neck, arthritis pain often increases with neck movement.

Spinal Stenosis

[Spinal stenosis](#) is a narrowing of the spinal canal often associated with degenerative changes in the discs and joints, which can put pressure on nerves, causing leg or arm pain, numbness, tingling, and weakness. [Lumbar spinal stenosis](#) can also cause leg pain, heaviness, and weakness when walking, which is called neurogenic claudication.

Sacroiliac Joint Pain

[Sacroiliac \(SI\) joint pain](#) can result from arthritis or dysfunction (too little or too much motion) and affects the joints that connect the spine to the pelvis on each side of the lower back. SI joint pain can be a significant source of lower back discomfort in both younger and older individuals as well as during pregnancy.

Compression Fractures

[Compression fractures](#) are breaks in the vertebrae that can cause severe pain and functional limitation. This condition is commonly related to [osteoporosis](#), which is characterized by decreased bone density, and can also be caused by trauma such as falls.

Understanding Musculoskeletal Pain & Injury

Musculoskeletal pain affects the body's movement system, including joints, tendons, ligaments, bursas, muscle, and other connective tissues. Our team at Desert Spine and Sports Physicians uses advanced diagnostic techniques to differentiate between these conditions and develop targeted treatment plans. Conditions we treat include:

Osteoarthritis

[Osteoarthritis](#) is a degenerative joint disease that occurs when the protective cartilage that cushions the ends of bones wears down and thins over time. It commonly [affects joints in the knees](#), hips, shoulders, and spine. Symptoms include joint pain, stiffness, and decreased range of motion, which can significantly impact daily activities.

Tendonitis, Ligament Strains and Bursitis

Pain or injury commonly involves tendons (which connect muscle to bones), ligaments (which connect bones at joints), and bursas (small, fluid-filled sacs that cushion musculoskeletal structures). [Tendonitis, ligament strains, and bursitis](#) can cause localized pain, swelling, and limited mobility. Understanding what causes these diagnoses is crucial for effective treatment and prevention of recurrence.

Sports Injuries

We treat a wide range of [sports-related injuries](#) that affect athletes and weekend warriors from all age groups. We focus on early diagnosis and personalized treatment to ensure a safe return to athletic activities. Common diagnoses include:

- Sprains and strains
- Stress fractures
- Orthopedic injuries (e.g., rotator cuff, meniscus, and labral tears)

Musculoskeletal Pain

[Musculoskeletal pain](#) can also involve muscle and other connective tissue. Common diagnoses include myofascial pain, repetitive use disorders, and fibromyalgia. Causes can include trauma, wear and tear from daily activities, postural strain, poor body mechanics, repetitive movements, overuse, and prolonged immobilization. We offer comprehensive strategies to reduce pain and improve function for patients with various types of musculoskeletal pain.

Pregnancy-Related Pain

We treat [pregnancy and postpartum-related pain](#) with specialized care that addresses the physiological and hormonal factors that can influence [women's aches and pains](#) as well as their musculoskeletal health.

Our Comprehensive Approach to Treatment

We take a multidisciplinary approach to managing spine and musculoskeletal pain, ensuring you get the care you need from diagnosis to treatment and management. Here's how we approach your care, and what you can expect from the experienced team at Desert Spine and Sports Physicians:

Thorough Evaluation and Diagnosis

Our advanced diagnostic approach for spine and musculoskeletal pain includes:

- Comprehensive evaluation, including medical history and spine and musculoskeletal examinations
- Accurate diagnosis with:
 - Advanced imaging (e.g., MRI, CT) - ordering and interpretation
 - [Electrodiagnostic studies \(EMG\)](#) for nerve and muscle complaints (e.g., carpal tunnel syndrome, ulnar neuropathy, neuropathy)
 - Targeted diagnostic procedures when necessary

Personalized Treatment Plans

Each patient is unique, and we craft treatment plans that align with your diagnosis and recovery goals. Treatment options for spine and musculoskeletal conditions can include:

- Customized physical therapy and [exercise programs](#)
- Interventional procedures
 - [Fluoroscopically-guided injections](#) and [ultrasound-guided procedures](#)
 - Interventional spine procedures such as [epidural steroid injections](#), facet joint interventions including [radiofrequency ablation \(RFA\)](#), [sacroiliac joint injections](#), [kyphoplasty](#), and [spinal cord stimulation](#)
 - Regenerative therapies such as [Platelet-Rich Plasma \(PRP\)](#) therapy and [Prolotherapy](#) for arthritis, tendonitis, and various musculoskeletal conditions
 - [Viscosupplementation for joint lubrication](#) in knee osteoarthritis
- Non-opiate medication management
- Back braces and other orthotics
- Lifestyle modifications to improve symptoms and prevent recurrence
- Collaboration with neuromuscular massage therapists
- Referrals to trusted surgeons and other specialists (when indicated)

Focus on Prevention and Recurrence

Our goal is not only to improve your pain and function but also to prevent the recurrence of pain and injury by addressing the underlying cause of each diagnosis. Our physicians provide education on proper body mechanics, ergonomics, and activity modification to prevent the recurrence of these conditions.

Rehabilitation and Recovery

We also work with a range of specialists to help you manage your condition with targeted physical therapy and exercise programs, including:

- Strengthening, flexibility, and sport-specific exercises
- Guidance on relative rest and low-impact activities, such as [aquatic therapy](#)
- Comprehensive return-to-sport protocols for athletes
- Transition to wellness exercises such as [yoga](#) and Pilates

Each patient's experience is unique, and what works for one person may not work for another. Our team works closely with you to find the most effective treatment approach for your specific case.

Why Choose Desert Spine and Sports Physicians?

The specialists at Desert Spine and Sports Physicians bring together a wealth of expertise in Physical Medicine and Rehabilitation and Interventional Spine and Musculoskeletal Medicine. Our Board-certified and Fellowship-trained physicians continually update their skills with the latest advancements in [non-surgical treatments for spine and musculoskeletal conditions](#).

Additional Reading

- [Exploring Electrodiagnostic Testing: A Key to Diagnosing Nerve and Muscle Disorders](#)
- [Guide to Getting and Recovering from Spinal Injections: What to Expect and Post-Care](#)
- [Platelet-Rich Plasma \(PRP\) Therapy Explained: Your Comprehensive FAQ Guide](#)

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