

ASKING THE RIGHT QUESTIONS

Making an Educated Decision About How to Treat Back Pain



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FIRST EDITION

BPC BACK PAIN
CENTERS
OF AMERICA

Bringing Patients &
Providers Together



“The first wealth is health.”

– Ralph Waldo Emerson

Back Pain Centers of America (BPC) is the nation’s largest network connecting patients seeking surgical consultations for back and neck pain with orthopedic specialty spine centers. In our continuing effort to improve the patient experience, we have created this Spine E-Book as a tool to be used in the decision-making process that is part of every orthopedic consultation. These questions will proactively spark thoughts about your health that are most important to you and serve as a guide during your initial consultation with your orthopedic spine physician.



Protect your best asset – your health – by thoughtfully preparing for your consultation. At Back Pain Centers of America, our physicians want to collaborate with you to customize a treatment plan to get you back to doing the activities you love.

Choose the questions you wish to ask your spine specialist by placing a check in the box affiliated with your selected question. Print this form and use it as a guide at your appointment. Space is provided to jot notes as questions are discussed.

Are you a board-certified surgeon trained in spine surgery?

At Back Pain Centers of America, our physicians within the network are board-certified, spine surgeons who are highly regarded among their peers and have the advanced training and experience that you can trust.

Will the procedure be performed in a hospital or as outpatient surgery?

Back Pain Centers of America's network physicians recognize the benefits of outpatient procedures, especially lower infection rates, and will make this decision based upon your unique health requirements. Both options are available and your safety is our primary concern. Due to advanced technologies, most of our procedures are performed in an outpatient setting.

Is there a minimally-invasive procedure that can address my problem?

The board-certified spine surgeons within the Back Pain Centers of America's network are highly trained in minimally-invasive procedures and will decide with you if you are a candidate. Lasers are used in some of our spine procedures when required.

What size incision is made?

As medical surgical technologies advance, opportunities for smaller incisions that heal quicker are possible and are regularly utilized by the spine specialists making up the Back Pain Centers of America's network. Depending upon the procedure, these vary from 1/8" to 1" in most cases, and up to 4-6" in the rare case of a multi-level T-lift. Most procedures take great care not to cut muscle which leads to a faster recovery time and less wear and tear on the body.

Do most patients improve after spine surgery?

The physicians in the Back Pain Centers of America network address the underlying problem causing your pain and lack of mobility through spinal surgery, helping patients achieve the best possibility of returning to normal daily activities. Call us, and our physicians can take a look at your unique situation and provide you with a detailed healthcare plan and prognosis.

What is the expected length of my recovery time and what limitations will I have during that time?

At Back Pain Centers of America, our spine surgeons collaborate with you to create a treatment plan that minimizes your recovery time and gets you back to doing the things you love. In most cases, you will walk out of the facility on the same day. Many of our patients are back to minimal normal daily activity in 2-3 weeks, and are fully recovered within 6 weeks. These estimates vary by patient and procedure.

What kind of pain relief will I need during the recovery time and what is the best way to manage that pain relief?

At Back Pain Centers of America, our network physicians are not engaged in prescribing narcotics for pain. Because each spine surgeon addresses the underlying cause of pain and injury, your pain management may be limited to the recovery time, enabling you to get back to activities you enjoy.

Write your own question here and email to info@backpaincenters.com.