

# Hope

for those  
*Suffering from*  
*Neck or Back Pain*

**Experience Matters, come see the experts at the Texas Back Institute**

BY ANNA CHARLES

Are you one of the millions of Americans who suffer from neck and back pain that keeps you from living life to the fullest? Have you been reluctant to seek specialized medical care, or are you spending time, energy, and money on alternative treatments that only provide temporary relief? Now is the time to let the healing begin! Thanks to the multidisciplinary team at the Texas Back Institute, back pain relief is in sight. The Texas Back Institute's team of medical experts, along with a compassionate support staff, offers a full range of leading-edge non-surgical and minimally invasive surgical treatments. Their ultimate goal is all about helping you—treating your neck and back pain so you can get back to life and enjoy the things you love doing most.

## **TREATMENT & CARE YOU CAN TRUST**

Patients of the Texas Back Institute rest easy knowing they will receive the best of care. Texas Back Institute has earned the reputation as the “go to” place in the DFW Metroplex for the treatment of back and neck pain for a variety of reasons. With a medical team comprised of board-certified orthopedic spine surgeons, physicians, internists, physiatrists, pain specialists, exercise physiologists, and physical therapists, every patient is treated for their individual issues with a customized, comprehensive plan developed to meet their unique needs.




In addition to providing personalized care, Texas Back Institute's team of specialists is always up-to-date on latest medical advances in the treatment of back and neck pain. Texas Back Institute leads and participates in numerous FDA clinical trials, and their patients benefit. Texas Back Institute's world-renowned fellowship program has given advanced training to spine surgeons from all over the globe for the last 25 years.

## BACK PAIN RELIEF WITHOUT SURGERY

If you're concerned that going to Texas Back Institute means you will have surgery, don't be. Texas Back Institute's "surgery as a last option" approach to back pain has been the cornerstone of their care philosophy for more than two decades. Its physicians and providers use the most advanced diagnostic testing available, supplemented by world-renowned in-house research efforts, to better identify potential causes of your back and neck pain, and thus reduce the need for surgery. In fact, nine out of 10 Texas Back Institute TBI patients recover without ever requiring surgery.

When surgery is indicated, the spine surgeons at the Texas Back Institute have pioneered several revolutionary surgical procedures, and are leaders in minimally invasive surgical treatment options for back and neck pain. They perform everything from the most common outpatient procedures, to the most complex cases. Many of their patients are surgeons themselves!

It's time to let the healing begin. Call the Texas Back Institute today and schedule an appointment. You can trust the specialists at the Texas Back Institute to provide world-class back and neck care with a personal touch.

Texas Back Institute has multiple locations throughout the metroplex for your convenience. Visit [TexasBack.com](http://TexasBack.com) for a complete list of locations. 

## Texas Back Institute specializes in:

- Physical Therapy
- Medication
- Patient Education
- Home Exercise Program
- Acute Pain Management
- Chronic Pain Management
- Psychological Support
- Injection Therapies
- Minimally Invasive Surgical Treatments
- Cervical Fusion
- Lumbar Fusion
- Fusion Alternatives
- Spinal Deformity Reconstruction
- Facet & Sacroiliac Joint Rhizotomy
- Vertebral Fracture Repair

## Texas Back Institute – Now Open in Flower Mound

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972-956-8181  
1-800-247-BACK (2225)  
[TexasBack.com](http://TexasBack.com)

## Ask the Doctor at Texas Back Institute (TBI)

### *When should I see a physician for my back pain?*

TBI: An easy rule to follow is that if in doubt, see a doctor. If your back pain is getting worse over time, does not feel better with rest and over-the-counter pain remedies, and/or involves neurological symptoms, seek an evaluation from a fellowship-trained spine physician.

### *If I see a spine surgeon, doesn't this mean that I will be told I need to have surgery?*

TBI: One of the most common myths about spine surgeons is that you will automatically be told you need surgery. Spine surgeons are trained in both non-operative and operative methods. Data indicates that

around 90 percent of patients will recover without surgery, and most patients who come to us for help never have spinal surgery.

### *What is a common misconception about having spine surgery?*

TBI: It is a myth that back surgery doesn't help people. While it's true that surgery is not appropriate in every situation, there are many problems that surgery is extremely successful at treating. If surgery is done well and for the right reason, it can be a positive, life-transforming experience.

*Do you have a question for a Texas Back Institute doctor? Just scan the QR code, follow the directions, and one of their spine surgeons will answer your question.*

