



Non-Operative Spinal Treatments

- Back pain can be a result of age-related changes, a recent or prior injury, or poor posture. Most common causes may include arthritis, spinal stenosis (a narrowing of the spinal canal), disc bulging/herniation, musculoskeletal decompensation, or unexplained in the case of myofascial pain syndrome. When back pain is not responsive to conservative treatment, your doctor may recommend the addition of other nonsurgical treatments to manage your pain.
- At Motion is Medicine, Dr. Clearfield offers a variety of tailor-made treatments that can be performed to help your back and/or neck pain recover and heal.

- **Conservative Treatments**

- [Physical Therapy and Exercise](#)

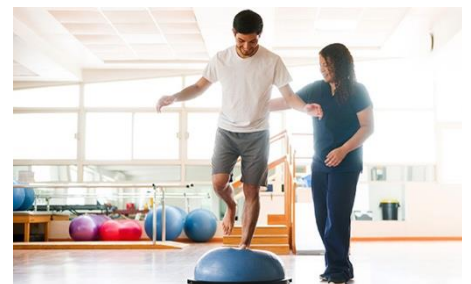
- Strengthening your back and core muscles lowers the stress on your spine and decreases your risk of injury.
 - Stretching and flexibility helps make movement effective.
 - Aerobic training increases your ability to complete hard exercises, improves blood flow, and helps you maintain a healthy weight.
 - Posture retraining and balance exercises prevent injury.
 - Avoid activities that make your pain worse.

- [Lifestyle Management](#)

- Pain can affect your emotional and psychological health, neurocognitive relaxation strategies in mindfulness, meditation, tai chi, or yoga, may help keep your mind from focusing on pain.
 - Controlling stress in other areas of your life like diet, exercise, sleep, and pressure from work can help you cope with your pain.

- [Nutrition](#)

- Avoid inflammatory foods, especially highly processed foods, and refined sugars.
 - Eat healthy fruits and vegetables with whole grains to promote healing.
 - Maintain a healthy weight to lessen the stress and pressure on your spine.
 - Avoid nicotine/tobacco use which can worsen pain or delay healing.





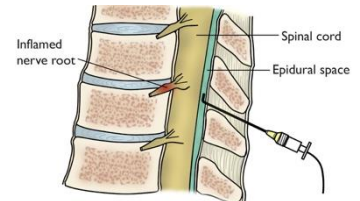
- **Alternative Treatments**

- [Osteopathic Manipulative Treatment \(OMT\)](#) is a manual (hands-on) therapy that osteopathic physicians (D.O.) obtain in their training to diagnose musculoskeletal dysfunctions of the body and treat mechanical pain due to structural imbalance of bones, joints, and muscles.
- [Physical Therapy and Rehabilitation](#) can also include treatments from physical therapists and athletic trainers like cupping, cryotherapy, dry needling, transcutaneous electrical nerve stimulation (TENS/E-stim), instrument-assisted soft-tissue mobilization (IASTM).
- Acupuncture/acupressure is a treatment that uses thin needles or pressure to address pain.



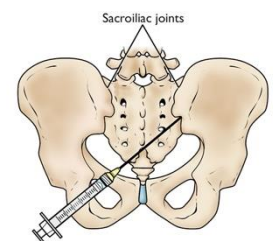
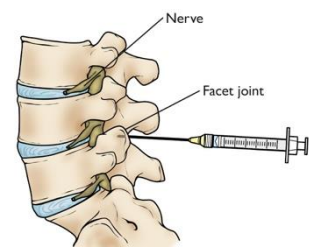
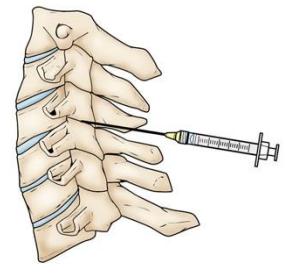
- **Pharmacologic Treatment / Prescription Medications**

- Drugs can help control severe pain in the short-term, but most drugs have side effects and interactions that are undesirable.
 - Analgesics and Anti-inflammatory drugs
 - Muscle relaxants and other medications



- **Injection-based treatments**

- Nerve blocks temporarily relieve pain by injecting an anesthetic drug to numb the specific nerves or nerve roots that are causing pain, allowing you to rehab the area.
 - [Retrolaminar Cervical Nerve Block \(RCNB\)](#)
 - [Thoracic Paravertebral Nerve Block \(TPNB\)](#)
 - [Intercostal Nerve Block](#)
- [Caudal Epidural Steroid Injections \(ESI\)](#) are injections of anti-inflammatory steroids in the epidural space to bathe the spinal cord and help reduce inflammation and control pain. ESIs are often combined with an anesthetic drug to temporarily provide pain relief.
- [Cervical, thoracic, lumbar facet injections](#) focus on the area where each vertebra connects to the next, and can be a cause of local and/or referred pain.
- [Sacroiliac \(SI\) joint injections](#) target the articulation between your hip bones and the end of the spine called the sacrum.
- [Costovertebral joint/Rib injections](#) target the space between your ribs and your spine.





DANIEL A. CLEARFIELD, DO, MS, FAOASM
SPORTS MEDICINE & NON-OPERATIVE ORTHOPEDICS
OSTEOPATHIC MANIPULATIVE MEDICINE
REGENERATIVE MEDICINE
CONCUSSION MANAGEMENT
(817) 900-3539
WWW.MOTIONISMEDICINEDFW.COM

- **[Regenerative Medicine Treatments](#)** help stimulate or accelerate the body's natural healing response. Regenerative Orthopedic Medicine (ROM) uses shockwaves or injections to stimulate growth factors to help repair tissue, stabilize joints, and reduce or eliminate pain.

- **[Extracorporeal Shockwave Therapy](#)** uses pulsatile shockwaves to stimulate the natural healing process by causing the release of growth factors to the injured site.
- **[Prolotherapy](#)** is injection of a dextrose solution which will trigger a response to signal repair of damaged tissue.
- **[Platelet-Rich Plasma \(PRP\)](#)** injections use a solution of platelets that release growth factors to stimulate healing. The injection solution is made by concentrating your plasma (a component of your blood) and inject it into the injured area.
- **[Alpha-2-Macroglobulin \(A2M\)](#)** is a protein that can be taken from your blood and injected to prevent the breakdown of proteins and cartilage in your joints.
- **[Platelet Releasate](#)** injections are comprised of inflammatory and vasoactive substances which activate your platelets and repair damaged tissue.
- Cell Therapy uses **[Micro-fragmented Adipose Tissue \(MFAT\)](#)** or **[Bone Marrow Aspirate \(BMA\)](#)** taken directly from your body and injected into affected areas for tissue repair. These special cells can act in cell signaling to recruit, trigger, and initiate cellular healing and prevent further degeneration of tendons, ligaments, cartilage, and joints.



- For more information, please visit:
 - **[Motion is Medicine - Spinal Procedures](#)**
 - **[John Hopkins Medicine - Seven Ways to Treat Chronic Back Pain without Surgery](#)**
 - **[American Academy of Orthopedic Surgeons - Spinal Injections](#)**
 - **[Penn Medicine - Spinal Injections](#)**



Document created by Priscilla Kha, OMSIV; January 2023