A multi-disciplinary approach to back & neck pain — all under one roof

For the person with back and neck pain, the journey through treatment can be agonizing. The patient often has to travel to one office for a physician visit, to another office for X-ray, then to another office for therapy, etc. If they are referred to outside specialists for non-surgical treatment options — such as a spinal injection — the patient often has to explain again their symptoms and medical history to a new physician.

All of this fragmentation prolongs the treatment process, creates duplication of effort, increases healthcare costs — and frustrates the person who is already suffering from back or neck pain.

Recognizing that spine care requires a specialized approach, HonorHealth created Spine Group Arizona in a freestanding 8,000 sf building in Scottsdale. Spine Group Arizona includes the expertise of four spine surgeons from Barrow Brain and Spine, along with a Physical Medicine & Rehabilitation MD who is fellowship-trained in interventional spine.

The Spine Group Arizona team emphasizes non-surgical treatment options where appropriate. This can include the use of physical therapy, spinal injections and other therapies. Harvinder Deogun, MD, is board-certified in Physical Medicine and Rehabilitation and fellowship-trained in Interventional Spine and Sports Medicine.

If surgery is necessary, Dr. Frederick Marciano, Dr. Luis Tumialán, Dr. Brian Fitzpatrick, Dr. John Wanebo and Dr. Francisco Ponce from Barrow Brain and Spine specialize in spine surgery. This includes minimally invasive spine surgery which reduces the length of the incision; shortens time in the hospital; and allows for a quicker and less painful recovery. Many patients are able to have their spine surgery in the morning and be home later the same day.

“The problem with spine care is that the back pain sufferer is often bombarded with a lot of information, and sometimes misinformation,” says Dr. Harvinder Deogun. “The patient can also receive recommendations and a treatment plan that is biased to the specialty of the doctor being seen.”

The center has an online spine encyclopedia at SpineGroupArizona.com with pain-relieving exercises, videos about spine procedures, nonsurgical treatment options and symptom charts that show when a person needs to see a spine specialist fast to avoid permanent problems.

The best quality healthcare comes from an educated consumer. As a community service, Spine Group Arizona distributes a free 36-page Home Remedy Book with pain-relieving stretches that help many people relieve pain symptoms at home. A 16-page Back to Life Journal provides additional information on treatment options for back and neck pain.
Artificial Disc Replacement 2016

Some patients at Spine Group Arizona may qualify for the latest advance in spine surgery: the Artificial Disc, according to Dr. Luis Tumialán, spine surgeon. “The latest advance in artificial discs for the neck area is the Mobi-C® artificial disc,” explains Dr. Luis Tumialán, a spine surgeon at Barrow Brain and Spine. “Mobi-C® is the first cervical disc replacement device to receive FDA approval to treat both one-level and two-level cervical disc disease.”

As with all artificial discs, the advantages of the Mobi-C® artificial disc over traditional spine fusion surgery is that the neck maintains normal motion and reduces the stress placed on the other discs in the neck. The goal with motion preservation is to retain the normal rotation of the neck and lessen the need for any future surgery at other levels in the neck. Dr. Tumialán has also used the Prodisc C® implant for the neck.

He notes that the surgeons do not currently offer lumbar artificial disc replacement because of concerns about the body’s weight and the rotational stress that the trunk places on discs in the lumbar artificial disc compared to the cervical area. “Accessing the disc is easier in the neck than in the lumbar area,” adds Dr. Tumialán. “Revision surgery, if necessary, can be more complex in the lumbar area. However, for the person with cervical degenerative disc disease, this new technology provides new hope.”

The spine center, for example, distributes a free 36-page Home Remedy Book on back pain. This book includes stretches that relieve many symptoms at home. The spine center also provides multiple copies to referring physicians for their patients. Those with back and neck pain can also reference an online spine encyclopedia at SpineGroupArizona.com. This content-rich website features symptom charts, medical illustrations, narrated videos, and exercises that relieve back and neck pain.

The Spine Group Arizona team

NON-SURGICAL SPINE CARE

HARVINDER S. DEOGUN, MD
Board-certified Physical Medicine & Rehabilitation
Fellowship-Trained in Interventional Spine & Sports Medicine
Dr. Deogun is board-certified in Physical Medicine and Rehabilitation and fellowship-trained in Interventional Spine and Sports Medicine. He graduated from the University of Nebraska Medical Center in 2007. He completed his residency in Physical Medicine and Rehabilitation at the Kansas University Medical Center and completed a fellowship in Interventional Spine & Sports Medicine. Dr. Deogun enjoys biking, philosophy and music.

NEUROLOGICAL SPINE SURGEONS

BRIAN C. FITZPATRICK, MD
Board-certified neurosurgeon
Chief of Neurosurgery at Barrow Neurological Institute
Dr. Fitzpatrick is a board certified neurological surgeon who specializes in complex and minimally invasive spine surgery. Dr. Brian Fitzpatrick currently serves as Barrow Brain and Spine’s Chief of Neurosurgery, and is a recognized leader in the field of spine, trauma and tumor surgery, and intra-operative navigational devices. He received his Bachelor of Science degree from Cornell University in Ithaca, New York and his medical degree from the State University of New York at Buffalo School of Medicine. He received his post-graduate training at the Millard Fillmore hospital in Buffalo and at Barrow Brain and Spine in Phoenix.

LUI S M. TUMIALÁN, MD
Board-certified neurosurgeon specializing in spine
Professor of Neurosurgery at Barrow Neurological Institute
Dr. Tumialán is married with three sons and one daughter.

JOHN E. WAN EBO, MD
Board-certified, fellowship-trained neurosurgeon
Dr. Wanebo is a board certified neurological surgeon who specializes in complex and minimally invasive spine surgery. He graduated from the U.S. Naval Academy to fly jets, but ended up going to medical school and doing a surgical internship. He then spent more than a year as a General Medical Officer at McMurdo Station in Antarctica. He returned to complete neurosurgery residencies and a neurosurgery fellowship, and spent six years as a neurosurgeon at Naval Medical Centers in Maryland, San Diego and Germany. Dr. Wanebo enjoys spending time with his wife, also a physician, and his three children. His leisure pursuits include skiing, running, golf, scuba diving, mountain biking and travel.

FRANCISCO PONCE, MD
Board-certified, fellowship-trained neurosurgeon
Dr. Ponce is a board certified neurological surgeon who specializes in complex spine surgery, neurostimulation for chronic pain and the surgical treatment of movement disorders. He is the director of the Barrow Center for Neuromodulation. His interests include the application of stereotactic navigation to optimize the accuracy and minimize the trauma of surgical procedures. He received his A.B. degree with honors in physics at Harvard University, and then pursued graduate studies in the development of biocompatible bone substitutes at Oxford University. He obtained his M.D. at the University of Chicago. He completed neurosurgical residency at the Barrow Neurological Institute where he completed a fellowship in complex spine surgery. He received subspecialty training in stereotactic and functional neurosurgery at the University of Toronto. Dr. Ponce is actively involved in clinical research and is widely published in peer-reviewed medical journals. His wife is an attorney for the State of Arizona, and they have three boys.