

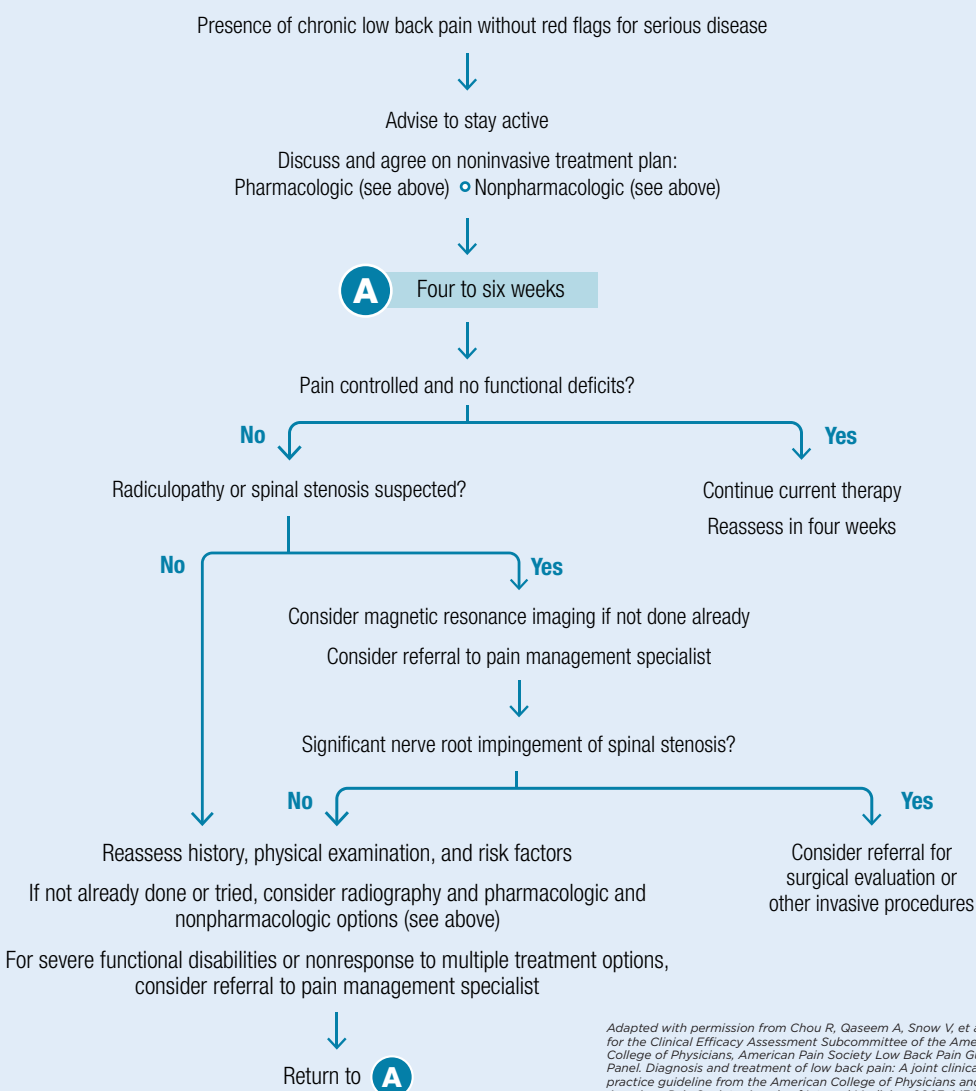
Treatment Algorithm for Patients With Chronic Low Back Pain

Pharmacologic agents:

- › Acetaminophen
- › Topical and oral NSAIDs
- › Gabapentin (Neurontin) or pregabalin (Lyrica)
- › Muscle relaxants / opiates / tramadol (NOTE: All should be used with caution and short term)
- › CBD and/or THC (do not recommend mixing with muscle relaxants / opiates / tramadol)

Nonpharmacologic options:

- › Modalities (acupuncture, dry needling, TENS, massage)
- › Chiropractic or osteopathic manipulation
- › Equipment (home traction with Saunders unit or inversion table, Theragun)
- › Behavior therapy with biofeedback, meditation, prayer
- › Exercise therapy with both resistance training and cardio; focus on strength / posture / flexibility
- › Optimize sleep hygiene
- › Low inflammatory diet (ketogenic / low carb / high protein / intermittent fasting)



Neurosurgery One now offers comprehensive spine management, including diagnostic imaging, EMG, pain management interventional procedures, and minimally invasive surgery.



Neurosurgery One

720.638.7500 | neurosurgeryone.com

Castle Rock • Denver
Lakewood • Littleton
Lone Tree • Parker

Colorado's #1 Neurosurgery Practice

At Neurosurgery One, we use the latest evidence-based practices and advanced technology to provide expert treatment plans best suited to each patient. We offer advanced treatments such as minimally invasive spine surgery, interventional pain procedures, asleep deep brain stimulation, and stereotactic radiosurgery. To see our full range of treatments and conditions, please visit NeurosurgeryOne.com.



Littleton



Angela M. Bohnen, MD, FAANS, specializes in treatment of primary, skull base, and metastatic brain tumors, as well as surgery for spine disorders and deformities.



Abhijeet Gummadavelli, MD, specializes in epilepsy surgery as well as minimally invasive and traditional brain tumor and spine surgeries.



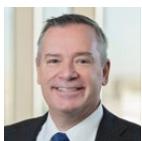
J. Adair Prall, MD, FAANS, is a national expert on trigeminal neuralgia and also specializes in treating complex tumors, vascular malformations, and spinal disorders.



David VanSickle, MD, PhD, FAANS, is one of the country's preeminent surgeons in Asleep DBS surgery. He specializes in functional neurosurgery, while also performing spine and cranial surgery.

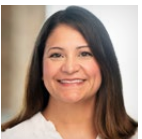


Erasmus G. Morfe, DO, FAAPMR, physiatrist specializing in nonsurgical management of spine and joint pain, including injections, ablation, and neuromodulation.



Jason Peragine, MD, FAAPMR, physiatrist specializing in nonsurgical management of spine and joint pain, including ablation, injections, and spinal cord stimulation trials.

Castle Rock



Beth Gibbons, MD, FAANS, specializes in minimally invasive surgery for spine disorders, as well as both complex and routine neurosurgical procedures.



Lloyd Mobley III, MD, FAANS, specializes in nonsurgical management and minimally invasive surgery for spine disorders, including basivertebral nerve ablation, as well as complex surgery for intracranial conditions.

Denver and Lakewood



Zain Allison, MD, FAANS, specializes in neuro-oncology, craniotomy, vascular surgery, and minimally invasive spine fusion and decompression surgeries.



Joshua M. Beckman, MD, FAANS, specializes in minimally invasive spine surgery, including lateral access to the thoracic and lumbar spine and other emerging advanced spine surgery techniques.

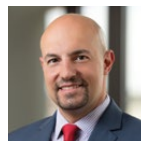


John Hudson, MD, PhD, FAANS, is an expert in neuroendoscopic and other minimally invasive approaches to brain surgery. He also provides treatment for general spinal disorders.
(Dr. Hudson sees patients at Lakewood clinic only.)



Clayton Adams, MD, is board-certified in anesthesiology and pain medicine. He specializes in nonsurgical pain management procedures, including steroid injections and nerve blocks.
(Dr. Adams sees patients at Denver clinic only.)

Parker and Lone Tree



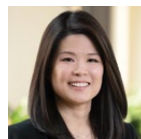
Wissam Asfahani, MD, FAANS, specializes in treating brain and spine disorders using surgical and nonsurgical therapies. He also treats sleep apnea.



Ronald L. Hammers, MD, specializes in motion-preserving spine surgery, cervical disc replacement, brain tumors, trauma, and nerve care.



Tyler T. Woodworth, MD, specializes in nonsurgical spine care, including diagnostic and therapeutic procedures for back and joint pain.



Esther D. Yoon, MD, FAAPMR, is a physiatrist fellowship-trained in nonsurgical spine and musculoskeletal care, including interventional diagnostic and therapeutic procedures.
(Dr. Yoon sees patients at Parker clinic only.)



Neurosurgery One

neurosurgeryone.com

720.638.7500

for referrals and appointments at all locations

Castle Rock 4350 Limelight Ave., Suite 100 | Fax: 720.484.6918

Denver 850 E. Harvard Ave., Suite 305 | Fax: 720.812.5134

Lakewood 12596 W. Bayaud Ave., Suite 100 | Fax: 720.812.5134

Littleton 7780 S. Broadway, Suite 350 | Fax: 720.583.6770

Lone Tree 9980 Park Meadows Dr., Suite 101 | Fax: 720.583.6770

Parker 9403 Crown Crest Blvd., Suite 200 | Fax: 303.269.2829