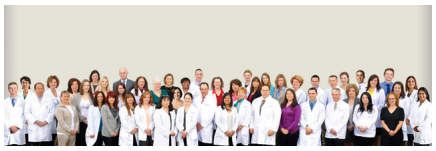

The Capital Region Special Surgery Team.

Slingerlands, New York March 26, 2014

Health News

(PRLEAP.COM) Back problems are the most frequent complaints made to the neurosurgeons at Capital Region Special Surgery. This is not unusual, nearly 65 million Americans report a recent episode of back pain. Some 16 million adults - 8 % of all adults - experience persistent or chronic back pain, and as a result are limited in certain everyday activities. The financial cost of back pain are staggering. According to the U.S. Bureau of Labor Statistics, there were 4.2 million nonfatal occupational injuries and illnesses reported by private and 63 percent of injuries to the trunk involved the spine.

Workers' compensation systems cover 127 million U.S. workers. The estimated annual cost for all occupational injuries and deaths is $128 billion to $155 billion, and the estimated annual cost for back pain is $20 billion to $50 billion. Lumbar injuries result in approximately 149 million lost work days per year. The annual productivity losses resulting from lost work days are estimated to be $28 billion.

While there is much discussion over the costs of healthcare, indemnity costs (costs associated with lost work time and litigation) increased by 39 percent, in addition, patients covered by workers' compensation plans tend to have more costly Emergency Room visits.

Clearly, the costs associated with back pain need to be contained and **Capital Region Special Surgery (CRSS)** located in New York's Capital Region has developed a program that addresses this epidemic with proven methods to lower the costs of back pain.

According to experts rapid access with a specialist that can quickly initiate treatment plan that includes an accurate diagnosis, counseling and physical therapy markedly reduces a patient's loss of work time. Physicians who treat back pain should encourage employers to provide regular and supportive contact with their employees. Doctors should also stress the importance of returning to work, reassuring the patient that low back pain is common, and usually improves with time.

"At CRSS patients are seen within 48 hours of requesting an appointment. After it has been determined that there is no serious spine conditions present (such as fractures, tumors or nerve damage) patients are treated conservatively for example, specialized physical therapy which employs the McKenzie program – a modality specifically designed to treat and manage spine-related pain and injuries," said Edward H. Scheid, Jr. MD – a neurosurgeon boarded by the American Academy of Neurological Surgery.

A certified social worker is present on sight to help patients deal with the emotional side of back pain, be it fear of reinjuring oneself to assistance with quitting smoking (which is a major issue in causing spine disease as well as healing after surgery).

Patient also have access to a board-certified pain management physicians who can tailor a program for pain reduction/elimination with careful monitoring of opioid medications if they are indicated.

Finally, for the patients that require surgery, our neurosurgery team works in concert with our board certified neurologists, pain specialists, physicians assistants, physical therapist and social worker to develop an aftercare programs to facilitate a faster recovery.

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