

Non-Surgical Back Pain Treatment Options

Superior access to the best in non-surgical, rehabilitative care

The conservative care experts at NOVO Health provide a variety of techniques for those who suffer from acute, postoperative, or chronic pain conditions involving the spine, joints or nerves.

Our rehabilitation team's integrated approach ensures you'll get the help needed to get back to your life with the least risk and inconvenience.



Bayside Chiropractic, LLC



80% OF ADULTS will
experience **low back pain**

(NIH Low Back Pain Fact Sheet)

*Most episodes of back
and neck pain can be*

**TREATED WITH
CONSERVATIVE CARE**

NON-SURGICAL
treatment options

CHIROPRACTORS

- Bayside
- Neuroscience Group

PHYSIATRISTS

- Neuroscience Group
- NeuroSpine Center

PHYSICAL THERAPISTS

- Advanced Physical Therapy
- Neuroscience Group
- NeuroSpine Center

Surgery is recommended when there is evidence of nerve damage or structural changes to the pain that surgery can correct. Surgical candidates are referred to one of our board-certified surgeons.

Non-Surgical Back Pain Treatment Options



1. Physical Therapy, Occupational Therapy, Recreational Therapy

Physical therapy providers work with each patient to develop programs to strengthen the core muscle groups that support the spine.

2. Chiropractic

Chiropractors provide hands-on spinal manipulation and other alternative treatments for the treatment of back pain.

3. Injections*

Some physiatrists perform epidural, facet and SI joint injections of ligaments, muscles, bursae, and joints.

4. Medications

There are a wide range of medications designed to relieve pain. Your physician will work with you to determine the best approach to overall pain management.

5. Dry Needling

Dry needling can be used for a variety of musculoskeletal problems. The treatment may be used in conjunction with other treatments in the overall pain management plan for each patient.

**Some injections are included in NOVO bundle options*