



ADVANCED
SPINE AND PAIN

SUMMER 2025

ASAP *PRECAP*

ADVANCED SPINE AND PAIN NEWS

ENJOY *the*
SUMMER
with fewer aches and pains

is SPINAL CORD
STIMULATION
right for you?

what to expect if you need

KYPHOPLASTY



is SPINAL CORD STIMULATION right for you?



**ARE YOU A GOOD
SCS CANDIDATE?**

Complete a quick one-minute survey to determine your eligibility.



Finding a treatment that works to relieve your pain can take time and sometimes lead to frustration. One option that works well for some conditions that aren't responding to other treatments is spinal cord stimulation.

This is a treatment that involves inserting electrodes into your back that deliver electrical pulses to nerves along your spinal column. It works by interfering with your body's ability to send pain signals to your brain.

Because it involves minor surgery, spinal cord stimulation is obviously not the first choice for pain patients. If your pain can be relieved by something less invasive, like physical therapy, ice, rest or over-the-counter medications, you don't need it.

But it can be an option for patients who haven't found relief for:

Failed back surgery syndrome
Complex regional pain syndrome
Chronic low back and leg pain
Peripheral nerve pain
Phantom limb pain

If spinal cord stimulation seems like a good choice for you, you'll first have a trial implant of an electrode to test whether it works to relieve your pain and determine how strong the pulse needs to be for pain relief. If the results are positive, you can go ahead with a more permanent implant.

The electrode that is implanted in your back will be connected to a stimulator that is also implanted under the skin. After surgery, you'll be able to control the stimulator—and the strength of the electrical pulses—with an external wireless programmer, so you can adjust the "dosage" as needed.

Spinal cord stimulation is a minimally invasive, outpatient procedure that should only leave a small incision. You'll need to keep the incision area clean and dry until it's healed.

As with any medical procedure, there are risks with spinal cord stimulation. Some of the most common are wires moving out of place, failed connections, and broken equipment. The good news is that if you develop problems, the procedure is reversible.

One other drawback is that with some types of implants, you won't be able to have magnetic resonance imaging (MRI) tests. The advantages of spinal cord stimulation may outweigh the disadvantages. For some patients, it may mean they are able to reduce or eliminate their need for strong opioid medications. And over the long run, it may be less expensive with fewer side effects than taking medications.

ENJOY^{the} SUMMER

with fewer aches and pains

Summer in Arizona brings its own unique set of challenges—soaring temperatures, intense sun, and dry desert air. For those living with chronic pain, arthritis, or recovering from an injury, the heat can make daily discomfort even harder to manage.

At Advanced Spine and Pain, we want to help you make the most of the season by giving you a few simple strategies to minimize pain flare-ups and enjoy summer safely.

Stay Active—but Stay Smart

While it's tempting to avoid movement when you're in pain, gentle activity can keep your joints mobile and your muscles strong.

- Try low-impact indoor options like swimming, water aerobics, or stretching in an air-conditioned space
- Listen to your body—avoid overexertion and take breaks when needed
- Don't forget proper footwear and posture support, especially if walking on hot, uneven surfaces

Protect Your Skin and Your Joints

Sun exposure can not only damage skin—it can worsen inflammation and fatigue, especially in patients with autoimmune or joint conditions.

- Use broad-spectrum SPF 30 or higher daily
- Wear light, breathable clothing and a hat when outside
- Cooling sleeves or wraps can also help protect sensitive joints

Don't Ignore New or Worsening Pain

If your pain seems to be getting worse—or flares up with the heat—it might be time to check in with your care team. Conditions like sciatica, arthritis, spinal stenosis, and other chronic issues can worsen with weather changes.

At Advanced Spine and Pain, we offer minimally invasive treatments and personalized care plans to help you feel your best, no matter the season.

Let This Be Your Most Comfortable Summer Yet

Whether you're planning a weekend getaway, spending time with family, or simply want to move through daily life with less discomfort, small changes can make a big difference. Staying hydrated, protecting your joints, and knowing your limits can all help reduce flare-ups and support your well-being in the Arizona heat.

But you don't have to manage pain alone. At Advanced Spine and Pain, our experienced providers are here to offer personalized treatment options—from injections and advanced procedures to physical therapy referrals and medication management.

**Call us at 480.573.0130. or visit
www.asappaindocs.com.**

start planning!

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If you're suffering from a painful spinal compression fracture, you may need a procedure called kyphoplasty to help relieve your pain. Kyphoplasty is generally used for people with osteoporosis (low bone density) or patients whose bones are weakened by cancer. Patients usually get the best results if they have the procedure within a couple of months of the time the fracture is diagnosed.

If you need to have kyphoplasty, here's what you can expect:

- 1) Before the day of the procedure, you will have blood tests and imaging tests (x-rays, CT scans, or MRIs) to give us detailed information about your general health and your spine.
- 2) During the procedure, you will be under conscious sedation, which means you will be given medication to make you very relaxed but you will be awake.
- 3) The surgeon will insert a hollow needle into your skin. The medical team will use fluoroscopy, a type of x-ray, to be sure the needle is positioned correctly.
- 4) Then, using the hollow needle, they will insert a balloon into the space to be treated and inflate it to make room for the bone cement.
- 5) The balloon will be removed and cement injected into the space.
- 6) Next, the needle will be removed and the injection site bandaged. You won't need any stitches.

The good news is that relief from the pain of the fracture is almost immediate, and the recovery period is brief. You may be up and walking within an hour of the procedure. Although you'll be a little sore, within a few days you should feel better and be able to get back to your normal activities.

Talk to your Advanced Spine and Pain doctor about whether kyphoplasty is the right choice for you.



Advanced Spine and Pain is pleased to welcome **Dr. Marc Eckhauser** to our team of world-class physicians.

Dr. Eckhauser is a highly experienced vascular surgeon with a distinguished career spanning academic surgery, vascular program development, and patient care.

Dr. Eckhauser will be seeing patients at our vascular clinic and performing advanced procedures to treat vascular disease. We are honored to have him join the ASAP team.

Call Advanced Spine and Pain to schedule an appointment at 480.573.0130.

what to expect
if you need

KYPHO- PLASTY



Call your nearest Advanced Spine and Pain location to schedule an appointment.

Call or text 480.573.0130

Anthem

3655 W. Anthem Way #129
Anthem, Az 85086

Mesa

4566 E. Inverness Ave., #205
Mesa, Az 85206

Avondale (Coming Soon)

1690 N. 95th Ave.
Phoenix, Az 85037

Peoria - Bell Rd.

9949 W. Bell Rd., #100
Sun City, Az 85351

Biltmore

7201 N. Dreamy Draw Dr., #100
Phoenix, Az 85020

Surprise

15571 N. Reems Rd., Bldg. D
Surprise, Az 85374

Deer Valley

2525 W. Greenway Rd., #125
Phoenix, Az 85023

ASAP /Banner Central ASC

3525 N. Central Ave.
Phoenix, Az 85012

Gilbert

2563 S. Val Vista Dr., Ste. 101
Gilbert, Az 85295

ASAP Surgery Center - North

2525 W. Greenway Rd., Ste. 100
Phoenix, Az 85023

Goodyear

13555 W. McDowell Rd., #207
Goodyear, Az 85395

ASAP Surgery Center - Premier

2563 S. Val Vista Dr., Ste. 101
Gilbert, Az 85295

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