

Get Back and Beyond

We are committed to getting you back into action and want to educate you on the best back care practices before, during and after you have back issues. We provide education for the community and to our patients throughout the year and during your treatment. Visit centura.org for upcoming community events.



You Don't Have to Live with Back Pain



Let us help you today!

Call 719-571-8550

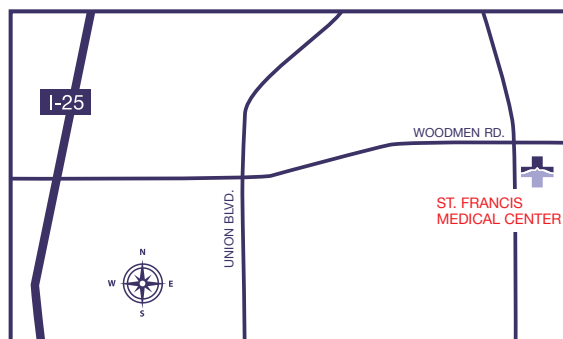


Centura Spine Care



Penrose-St. Francis Health Services

Sisters Grove Pavilion
6011 E. Woodmen Rd., Ste. 360
Colorado Springs, CO 80923
centuraorthopedics.org



We are part of Centura Health, the region's leading health care network.

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Centura Spine Care



Penrose-St. Francis Health Services

If a sore or injured back is keeping you from doing the things you love, it's time to call Centura Spine Care.

Thorough Evaluation, Comprehensive Treatment, Conservative Management

Centura Spine Care brings together pain management specialists, spine surgeons, physical therapists, a nurse practitioner, psychologists and a personal nurse navigator to evaluate your condition and recommend a comprehensive, conservative, treatment program designed to get you back on your feet. We practice conservative management – an approach to treating back pain, neck pain and related spinal conditions utilizing non-surgical treatment options first. These options may include physical therapy, medication and injections. If non-surgical options are not improving your condition, then surgical options may be recommended.

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Our experts take a multidisciplinary approach to treat all conditions related to your spine including:

- Neck and back pain
- Spinal degenerative disorders
- Herniated/Slipped discs
- Muscle spasms/Strains
- Arm/Leg numbness
- Scoliosis/Deformities
- Sciatica/Leg pain
- Stenosis



What to Expect

Centura Spine Care wants to make your experience with us as seamless and convenient as possible. Under our care, you will work with a personal nurse navigator who will coordinate your care and act as a liaison with your medical team, making sure you have what you need to get better. Our goal is to work with you as a team to reduce your pain, increase your motion and improve your quality of life, so that you may resume activities of work and play with family and friends. This is what you can expect when you give us a call:

- The nurse navigator will ask you a series of health questions including information on any previous treatments you have received for your back issues.
- Based on your responses, the nurse navigator will schedule an appointment for you with our care provider who will complete a thorough exam including any necessary diagnostic tests such as imaging (X-ray/MRI/CT).
- After an assessment of your health history and exam results, your care provider will sit down with you to review your results and discuss your options. Our first recommendation will be the least invasive treatment option to alleviate your pain.
- You and your care provider will select a treatment plan that's right for you and will monitor progress and options to ensure we get you where you want to be.

Whether you have been referred by a medical provider or come to us on your own, we will engage in a thoughtful discussion about your pain and lifestyle demands. We will address any questions or concerns you have and will keep in contact with your referring physician. If you don't have a primary care physician, we can refer you to one. Overall, our care providers and staff will provide the level of care we would want for our own families.