



Spine Care

Our spine specialists are renowned for treating a wide range of diseases and conditions of the cervical, thoracic, and lumbar spine. We treat patients of all ages, including children and adolescents.

OUR TEAM

Our specialists are nationally and internationally recognized for their leadership in both clinical care and research efforts in spine surgery. Our spine service receives patient inquiries and referrals from around the world and have one of the best-known clinical practices in the United States for the surgical management of adult and pediatric spinal deformities, spinal tumors, and complex degenerative conditions.

Through basic science and clinical research, our spine specialists have contributed enormously to the understanding of spinal disorders. We are one of the few centers in the United States to receive both governmental and non-governmental grant funding to conduct high-level research.

TREATMENT APPROACH

Nonoperative Care

Our spine specialists begin with a conservative, nonoperative approach to treating spinal injuries and conditions, with a primary goal of restoring function and limiting pain. We provide comprehensive services at numerous locations across the St. Louis area, and most general spine problems are managed in an outpatient setting. Our spine specialists work in close collaboration with our physical medicine and rehabilitation specialists to develop a custom treatment plan based on the needs of each individual patient. Conservative management may include physical and occupational therapy, medications, injections and other nonoperative treatment modalities.

Surgical Care

When nonoperative treatment is unsuccessful in providing relief from symptoms, our spine specialists explore surgical management as an option. Surgical treatment is tailored to each individual patient and may vary in scope depending on the condition, the patient's health, and their expectations.

Nationally Recognized



Patients travel from around the nation to see our renowned spine specialists.

When appropriate, we offer many minimally invasive surgical options such as a microdecompression or spine fusion. Minimally invasive surgery typically provides patients a quicker recovery because of less tissue disruption and a smaller incision, among other benefits.

In some circumstances, traditional spine surgery may be recommended for the patient. Our spine surgeons are renowned experts in complex spine procedures for pediatric and adult spinal deformities, degenerative conditions affecting the spine, spinal tumors, and traumatic spinal injuries. By working together with a team of expert anesthesiologists, operating room personnel, and an electrophysiologist to monitor spinal cord function, we are able to perform surgery in a safe and efficient manner.

If surgery is required, the postoperative care is focused on optimizing the patient's recovery. Rehabilitation begins in the hospital and continues on an outpatient basis after the patient is discharged with the goal of restoring the patient's quality of life. By working in collaboration with physical and occupational therapists, physical medicine and rehabilitation specialists, and the patient, we strive to obtain the best results possible.

COMMONLY TREATED CONDITIONS

- Cervical and lumbar disc herniation
- Cervical and lumbar stenosis
- Complex spinal disorders
- Degenerative disease or arthritic conditions of the spine
- Kyphosis
- Pediatric and adult spinal deformities
- Scoliosis
- Spinal trauma/fractures
- Spinal tumors
- Spondylolisthesis

SPECIALIZED SERVICES

Complex Spinal Deformity Reconstruction

We provide nationally and internationally recognized surgical treatment of complex spinal deformity. These complex surgeries include laminectomies, laminectomies with spinal fusions, spinal osteotomies from simple Smith-Petersen osteotomies to complex three-column osteotomies that include pedicle subtraction osteotomies and vertebral column resection. Complex reconstruction is done for severe deformities and also revision cases in patients who have had multiple failed procedures require these complex reconstructions. These procedures are highly technical and require surgical expertise that is not found in many centers in the United States. The care of the complex spine patient also requires a highly specialized spine team of nurses, therapists, and operating room personnel for a safe and efficient surgery.

Spine Center

Acute back and neck pain can be evaluated and treated at the Washington University and Barnes-Jewish Orthopedic Spine Center. Members of a multidisciplinary team work together to coordinate the best care for each patient, offering both nonsurgical and surgical solutions. The Spine Center also offers on-site imaging, physical therapy, manual medicine, massage therapy, and acupuncture.

Spinal Tumor Center

The Washington University Orthopedics Spinal Tumors Center provides comprehensive, specialized care to patients with tumors of the spine, including metastatic spinal tumors and benign and malignant primary spinal tumors. Although many metastatic spinal tumors can be treated with radiation therapy and chemotherapy, some metastatic spinal tumors require surgical treatment. Surgery can range from a minimally invasive procedure to complex reconstruction depending on the severity of cancer involvement. Benign primary spinal tumors also frequently require surgical intervention, and can sometimes be treated nonoperatively; however the vast majority of malignant primary spinal tumors require surgical treatment.

RESEARCH AND CLINICAL TRIALS

We are nationally recognized for orthopedic research and premier clinical care. Our research program is consistently a top-funded orthopaedic program in the United States by the National Institutes of Health.¹ For information on current research and clinical trials available, please visit ortho.wustl.edu.

Source: ¹ Blue Ridge Institute for Medical Research
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Schedule an appointment:

 (314) 514-3500

 ortho.wustl.edu/Spine



Orthopedics