

# Spine Care

We provide trusted, nationally-recognized care for a wide range of diseases and conditions of the cervical, thoracic, and lumbar spine. We treat patients of all ages, including children and adolescents.

Washington University Orthopedics is nationally and internationally recognized as a leader in spine care and research. Our orthopedic 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 private grants to conduct high-level research.

As 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, patients travel from around the world to be treated by our specialists.



## TREATMENT APPROACH

### Nonoperative Care

Your treatment begins with a conservative, nonoperative approach to treating spinal injuries and conditions, with a goal of restoring function and reducing pain. 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, your physician may ask you to consider surgery. Surgical treatment is personalized for each patient. When appropriate, we offer minimally invasive surgical options such as a microdecompression or spine fusion. Minimally invasive surgery may provide a quicker recovery because less tissue is disrupted and a smaller incision is made.

In some circumstances, traditional spine surgery may be recommended. Our spine surgeons are trusted experts in complex spine procedures for pediatric and adult spinal deformities, degenerative conditions affecting the spine, spinal tumors, and traumatic spinal injuries.

### Rehabilitation

If surgery is required, we provide the tools, resources and postoperative care so each patient has a successful recovery. Rehabilitation begins in the hospital and after the patient is discharged. Our goal is to restore your quality of life, and we work with physical, occupational and rehabilitation therapists to help you achieve 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

## RESEARCH AND CLINICAL TRIALS

Our research program is one of the largest in the country, and is consistently a top-funded orthopaedic program in the United States by the National Institutes of Health.<sup>1</sup> For information on current research and clinical trials available, please visit [ortho.wustl.edu](https://ortho.wustl.edu).

## SCHEDULE AN APPOINTMENT:

**(314) 514-3500 | [ortho.wustl.edu/Spine](https://ortho.wustl.edu/Spine)**



## Meet Our Team



Jacob Buchowski, MD, MS  
Co-Chief of Service



Brian Neuman, MD  
Co-Chief of Service



Keith Bridwell, MD



Matthew Goodwin, MD, PhD



Munish Gupta, MD



Brian Kelly, MD



Scott Luhmann, MD



Nicholas Pallotta, MD, MS

### SPECIALIZED SERVICES

#### Complex Spinal Deformity Reconstruction

We provide internationally-recognized surgical treatment of complex spinal deformities. The procedures and techniques used by WashU Ortho specialists 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. We work with specially-trained physical, occupational and rehabilitation therapists to help you achieve the best results possible and restore your quality life.

#### Spine Center

The Washington University and Barnes-Jewish Spine Center evaluates and treats acute back and neck pain. Members of a multi-disciplinary team work together to coordinate the best care for each patient, offering both nonsurgical and surgical solutions.

The Spine Center conveniently offers:

- On-site imaging
- Physical therapy
- Manual medicine
- Massage therapy
- Acupuncture

#### Spinal Tumor Center

Our Spinal Tumor Center provides specialized, comprehensive, care to patients with tumors of the spine, including:

- Metastatic spinal tumors
- 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. Benign primary spinal tumors also frequently require surgical intervention.

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