

Spine center emphasizes nonsurgical treatment options for back & neck pain

It's estimated that 4 out of 5 adults will have an attack of back pain at some point in their lives. One of every three on-the-job injuries is related to back or neck strain.

The good news is that many people can get back to activity without surgery, according to Dr. Mark Downey, a specialist in back and neck pain and founder of SpineGroup Alabama.

In 2018, Dr. Downey founded SpineGroup Alabama as a specialized spine center approach for back and neck pain. The new spine center facility, which opened in early 2019, includes space for physician offices, X-ray, an internal injection suite and spine therapy. It is located at 10 Old Montgomery Highway in Homewood, an affluent suburb of Birmingham.

"Our goal is to exhaust nonsurgical treatment options in advance of spine surgery," Dr. Downey explains. "If surgery is necessary, we can refer to affiliated spine surgeons who emphasize a minimally invasive approach to shorten the length of the incision, lessen time in the hospital and speed return to activity with a less painful recovery."

SpineGroup Alabama combines under one roof a spine MD who is board-certified in Physical Medicine & Rehabilitation and fellowship-trained in non-surgical treatment options for back and neck problems; two injection suites; and an internal spine therapy

department and exercise gym.

Dr. Downey notes that employers, health insurance companies and patients now understand that there are effective nonsurgical treatment options for back and neck pain. These insurance companies and adn employers like the concept of a multi-disciplinary approach combining several diagnostic and treatment services under one roof for the convenience of the back and neck pain patient.

SpineGroup Alabama is the only spine center in the State of Alabama to be included in SpineCenterNetwork.com, the only national listing of multi-disciplinary



The new spine center facility includes X-ray, spine therapy and an internal injection suite so back and neck patients don't have to drive around town to multiple locations, from a physician office, to an ambulatory surgery center and therapy office. The internal injection suite eliminates all the red tape associated with a hospital facility or ASC. Patients can have their pain-relieving injection in 10 minutes and go home 30 minutes later.



spine centers emphasize a multi-disciplinary approach and patient education.

“Many times herniated disc symptoms like numbness or weakness in a hand or foot can be relieved in our spine center in only 10 minutes and the patient goes home 30 minutes later,” explains Dr. Downey. “Our internal injection suite removes the hassle and red tape of having to be admitted to a surgery center or hospital outpatient center, which can consume a half day. Also by staying out of the hospital environment there is less exposure to other problems.”

Dr. Downey is proficient in the use of lumbar and cervical interventional pain

procedures. “We take the time to educate patients so they understand the cause of their back or neck problem and how to relieve symptoms,” says Dr. Downey.



The spine center includes a Physical Medicine MD, X-ray, an internal injection suite and spine therapy — all under one roof.



PHYSICIAN BIO

Mark J. Downey, MD

Board-certified Physical Medicine & Rehabilitation • Trained in Interventional Spine
Specializing in non-surgical treatment options for back and neck problems.



As a physiatrist, Dr. Downey specializes in diagnosis and non-surgical treatment of pain-related spinal disorders. He is board certified in Physical Medicine and Rehabilitation (PM&R) since 2007 and uses his comprehensive spine and musculoskeletal training to determine the appropriate line of treatment for a variety of spinal conditions. Specializing in interventional spine, he is able to offer fluoroscopic spinal injection procedures to eliminate spine-related pain and restore normal activities and function.

Dr. Mark Downey is a native of Anniston, Alabama. He has been in practice in Birmingham, Alabama for over 25 years and has performed more than 35,000 spinal procedures to help patients recover from back and neck pain and get back to activity.

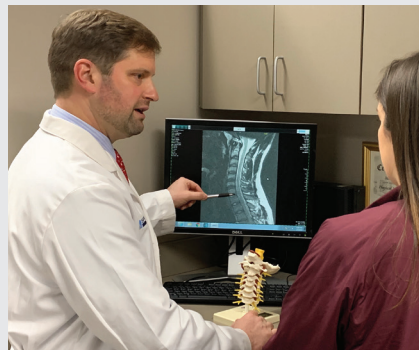
Dr. Downey is a graduate of Samford University in Birmingham. He received his medical degree from the University of South Alabama College of Medicine and completed his residency in Physical Medicine and Rehabilitation (PM&R) at UAB. Following his residency training, he completed additional training in interventional spine procedures making him proficient in cervical, thoracic and lumbar injections.

His practice serves as a referral center for general and complex non-surgical

spinal problems in the State of Alabama. He maintains one of the busiest spine practices in Alabama receiving referrals from other family practice physicians and chiropractors across Alabama. Spine surgeons from around the Alabama also refer patients to Spine Group Alabama to explore non-surgical treatment options, as well as those who failed to realize symptom relief after spine surgery.

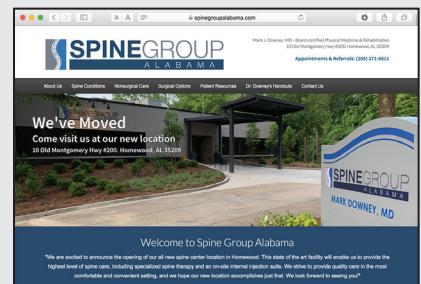
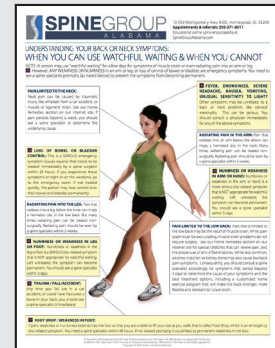
Over the past 10 years, he has become a primary referral source for thoracic and lumbar compression fractures, performing over 200 kyphoplasty procedures in his in-office surgical suite.

Dr. Downey and his wife live in Vestavia Hills with their three young boys. He enjoys golf, exercise, wake-boarding, and outdoor activities with his family. He spends much of his free time coaching baseball and basketball with his sons.



PATIENT EDUCATION TOOLS

SpineGroup Alabama provides several Patient Education Tools on back and neck pain for primary care physicians. Physicians can request 20 free copies of the 36-page Home Remedy Book and Symptom Chart for their patients by calling 205-271-6511 or by e-mailing a request to SpineGroupAlabama@gmail.com. The spine center also has an online encyclopedia on spine at SpineGroupAlabama.com.



Appointments & Referrals:
205-271-6511

10 Old Montgomery Hwy #200,
Homewood, AL 35209