

# HIGHLY EFFECTIVE TREATMENT FOR CHALLENGING LOW BACK PAIN

Even if other therapies haven't helped you,  
at East Coast Spine, Joint and Sports Medicine, we're certain that we can.



We are proud to offer an innovative array of treatments that are known to get results for tough low back pain, including pain that radiates down the leg (sciatica).

1. Relief of acute pain through minimally invasive medical treatments
2. Effective, hands-on rehabilitation to restore function and enhance long-term health

Our Medical Director, Alex Visco, MD, is a board certified physician specializing in minimally invasive pain management techniques. He will thoroughly assess your condition and design a customized treatment plan that alleviates pain and restores strength and function. *As a result, many patients leave the practice better than they were before they were injured.*

## Here are just some of the techniques we use to resolve tough back pain

**Pain management for essential relief** - Dr. Visco administers these minimally invasive outpatient therapies with extreme precision and care. They include:

- **Epidural steroid injections** – Reduces swelling for a reduction in pain, tingling, numbness and other symptoms.
- **Facet joint injections** – Significantly reduces back pain caused by inflammation in the facet joints within the spine.
- **Nerve blocks** – Blocks pain signals and provides essential relief so that healing of the affected area can begin.

**Physical Therapy for restored function** - Our rehab services are headed by a team of highly experienced therapists who work closely with each patient to restore essential strength, flexibility and function.

**Proven effective Chiropractic care** - Dr. Michael Kelly provides ultra-gentle, low force chiropractic adjustments that effectively correct dysfunction in the spinal column. He uses his extensive experience and unique expertise to get patients back on their feet quickly.



Take the first step towards  
lasting low back pain relief.  
Call today: 201-533-9200

739 Bloomfield Street, Suite 1 • Hoboken  
[www.EastCoastSpine.com](http://www.EastCoastSpine.com)

*One block west of Washington Street, on the south side of 8th Street*

**EAST COAST**  
SPINE, JOINT AND SPORTS MEDICINE  
Innovative, non-surgical solutions for tough pain problems

Accessible by bus and light rail • On-site parking available • Flexible hours to fit your busy schedule