

# TAKING NECK PAIN TREATMENT TO THE NEXT LEVEL

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



Without effective treatment, neck injuries can cause severe, seemingly 'untreatable' pain and have a debilitating effect on your daily life. That's why we are proud to offer an innovative array of treatments that are known to get results for even the toughest neck pain cases. Our unique approach to treating pain and injury includes:

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 is also the author of *The Neck Pain Handbook*. He will assess your condition and design a treatment plan to alleviate pain and restore strength and function.

Here are just some of the techniques we use to resolve tough neck 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 neck 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



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