



# The Spine Center

at Beth Israel Deaconess Medical Center

Where specialists collaborate  
to deliver complete nonsurgical  
and surgical care for the spine.



Neurosurgery   Orthopaedics   Physiatry   Neurology   Pain Management   Physical Therapy   Radiology

## What our patients are saying:

*"If I needed this surgery again and my neurosurgeon was in China, I would go there."*

*"After dealing with my pain for so many years, I finally felt like I was in good hands."*

*"I was relieved to learn that I didn't need surgery."*

*"The surgeon told me I needed a neurological workup, not spine surgery. He was right."*

*"My neurosurgeon gave me my hand and legs back."*

*"The surgeon changed his schedule to see me right away."*

*"If I had to rate the care from 1 to 10, I'd give it a 10+."*

*"I called him my favorite doctor."*

*"I'm back to doing everything."*

*"Having the surgery was the best decision I ever made."*

*"The next day [after surgery] I took a walk and had no pain. And I haven't had a twinge of pain since."*



Read more detailed accounts on the website at [bidmc.org/spinecenter](http://bidmc.org/spinecenter)

Contact us: PATIENTS 617-667-8900 PHYSICIANS: 877-MD-BIDMC (877-632-4362)

Join BIDMC on Facebook and Twitter.



## Dear patient or provider:

Finding the right care for back or neck problems can be challenging for patients and even their primary care doctors...especially when coordination and collaboration between specialists is needed.

In response to this, our center takes an innovative approach: We team the right specialists, remove traditional barriers between fields, and collaborate shoulder to shoulder. We streamline patients' paths to the right specialists and treatments. We do all this in order to deliver the right care at the right time in a convenient location.

Thanks to our vision, and overwhelming positive response from our patients and referring colleagues, we are growing – including new locations, new staff, new services such as radiofrequency treatments, and new partnerships with physical therapy and pain management.

Please take a minute to learn more about our center, and please consider us when seeking care or consultation for a spine condition.

## Wishing you the best of health!

**MICHAEL W. GROFF, MD, FACS**

*Co-Director, Spine Center at Beth Israel Deaconess, Neurological Surgeon*

**KEVIN J. MCGUIRE, MD, MS**

*Co-Director, Spine Center at Beth Israel Deaconess, Orthopaedic Spine Surgeon*

**JOHN C. KEEL, MD**

*Medical Director, Spine Center at Beth Israel Deaconess, Physiatrist*

## The Right Care at the Right Time



**HIGH-CALIBER EXPERTISE:** Our team, which includes board-certified specialists, has the advanced training and experience to deliver comprehensive, leading-edge care for the full range of spinal disorders. All Spine Center physicians are fellowship-trained, and on the faculty of Harvard Medical School.

**THE RIGHT SPECIALTY INPUT:** We are the only spine center in Boston co-directed by a neurosurgeon and orthopaedic surgeon – two specialties that often compete elsewhere – with a physiatrist as medical director. The team of seven physicians, a physician assistant and nurse practitioner encompasses expertise in these specialties and pain management. We collaborate with colleagues in neurology, physical therapy and radiology.

**COORDINATED CARE:** From the first phone call, we will get you on the right track. We will schedule everything you need for a complete evaluation, usually in one visit and one location, and guide you to the right specialist and the right care.

**NONSURGICAL OPTIONS FOR MOST PATIENTS.** While we offer the highest level of surgical expertise, most patients receive a recommendation for nonsurgical approaches such as physical therapy or injections.

**CONVENIENT LOCATIONS:** We offer care in Boston, Needham and Lexington.

**TIMELY CARE:** We have added specialists to keep pace with demand, so that patients can be seen on a timely basis.

**A FOCUS ON EDUCATION:** During your visit, and when you browse our website, we provide information to help you understand the complexities of spine conditions.



NEUROSURGERY

ORTHOPAEDICS



## The Right Services

**EVALUATION:** Complete musculoskeletal evaluation; comprehensive radiology imaging including MRI, CT scans, bone scans, X-rays and PET scans; EMG/nerve conduction studies; neurology evaluation; evaluation for inflammatory arthritis; discography

**PAIN MANAGEMENT:** Injections (epidural injections, nerve root blocks, facet injections, dorsal rhizotomy, sacroiliac injections), pain specialist consultation, spinal cord stimulators, radiofrequency ablation

**PHYSICAL THERAPY:** Manual therapy, strengthening, range-of-motion and core exercises, aqua therapy

**SURGERY:** All modern spine surgery techniques including minimally invasive approaches and new technologies. Please see website for further details.

*For your convenience, the Spine Center at Beth Israel Deaconess can coordinate off-site services including physical and occupational therapy, massage therapy, chiropractic care and acupuncture.*

### CONDITIONS TREATED:

- Degenerative disease (conditions caused by aging): lumbar and spinal stenosis, degenerative disc disease, herniated disc, osteoporosis and fragility/compression fractures of the spine, spondylolisthesis
- Myelopathy (central spinal cord compression) of the cervical and thoracic spine
- Radiculopathy (problems with a spinal nerve root) of the cervical, thoracic or lumbar spine
- Arthritis of the spine
- Tumors of the spine and spinal cord
- Spinal deformities such as scoliosis and kyphosis
- Spine trauma and spinal cord injuries
- Acute or chronic back and neck pain

PHYSIATRY

NEUROLOGY

PAIN MANAGEMENT

PHYSICAL THERAPY

RADIOLOGY

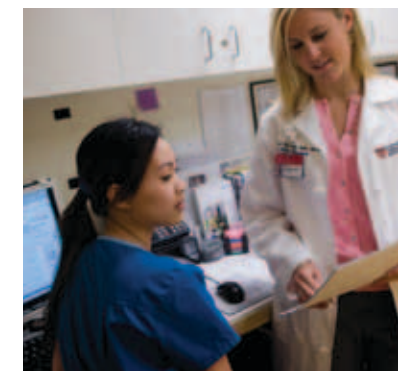
## The Right Specialist for You

Our Spine Center includes all of the specialty expertise needed to care for spine conditions. The vast majority of patients with neck or back pain do not need surgery – instead, the right path is evaluation by a physiatrist or pain management specialist, who can provide care including pain medication advice, pain management procedures, or a physical therapy prescription.

We will help direct you to a specialist by asking you or your doctor some questions. If you answer yes to any of the following, then a surgeon may be an appropriate provider, if you are willing to consider surgery for your condition.

- Do you have significant/severe leg or arm pain?
- Do you have weakness and/or tingling and numbness in your arms, hands, legs or feet?
- Have you previously had surgery on your neck or back?
- Have you previously been diagnosed with a spinal tumor or fracture?

If you schedule an appointment with one of our surgeons, it may be helpful to have an MRI in advance. Please consult with your primary care physician.



## The Right Team

Our team includes board-certified, fellowship-trained specialists, each of whom is on the faculty of Harvard Medical School.



**MICHAEL W. GROFF, MD, FACS**

Neurological Surgeon  
Co-Director, Spine Center at Beth Israel Deaconess



**KEVIN J. MCGUIRE, MD, MS**

Orthopaedic Spine Surgeon  
Co-Director, Spine Center at Beth Israel Deaconess



**JOHN C. KEEL, MD**

Physiatrist  
Medical Director, Spine Center at Beth Israel Deaconess



**MUSA MORIS ANER, MD**

Anesthesiologist



**STEFAN C. MUZIN, MD**

Physiatrist



**EFSTATHIOS (STEVE) PAPAVALASSILOU, MD**

Neurological surgeon



**ANDREW P. WHITE, MD**

Orthopaedic Spine Surgeon



**EMILY A. DeVASHER, NP**

Nurse Practitioner, Orthopaedics



**PAMELA E. O. MCCOLL, PA-C**

Physician Assistant, Neurosurgery





## Contact Us:

**PATIENTS:** To book an appointment at any of our sites, please call 617-667-8900.

**PHYSICIANS:** To make a referral or contact one of our specialists, please call our Doctor-to-Doctor Line at 877-MD-BIDMC (877-632-4362). You can also email [spinecenter@bidmc.harvard.edu](mailto:spinecenter@bidmc.harvard.edu) for immediate attention and response from the practice management team.

## Our Locations

### Spine Center at Beth Israel Deaconess Medical Center

Shapiro Clinical Center, Second Floor  
(Adjacent to Outpatient Rehabilitation Services)  
330 Brookline Avenue, Boston, MA 02215

### Beth Israel Deaconess Hospital – Needham

Medical Specialty Suite  
148 Chestnut Street, Needham, MA 02492

### Beth Israel Deaconess HealthCare – Lexington

482 Bedford Street, Lexington, MA 02420



## Patient Education

Spine conditions can be complex. Information can help. The Spine Center is a leader in patient education, whether it is an informative packet for patients preparing for surgery or the information on our website. At [bidmc.org/spinecenter](http://bidmc.org/spinecenter) you will find videos, fact sheets and articles developed and reviewed by our specialists.

[bidmc.org/spinecenter](http://bidmc.org/spinecenter)



Beth Israel Deaconess Medical Center is designated as a Blue Distinction Center for Spine Surgery<sup>SM</sup>

*Designation as Blue Distinction Centers means these facilities' overall experience and aggregate data met objective criteria established in collaboration with expert clinicians' and leading professional organizations' recommendations. Individual outcomes may vary. To find out which services are covered under your policy at any facilities, please call your local Blue Cross and/or Blue Shield Plan.*