

6 STEPS TO A BETTER BACK

When back and neck pain interrupts your life, the Avera Spine Center is your destination with a team offering patient-focused care. Take the first step for relief from back and neck pain.

STEP 1

The spine navigator visits with you and gathers your current symptoms and health history.

Call the spine navigator at **605-322-8805**.

STEP 2

STEP 3

You then meet with a specialist to discuss your back/neck problem and discuss treatment.

Nonsurgical methods, such as physical therapy, medications and injections, are possible treatment options.

STEP 4

Follow-up care will determine if current methods are helping you. If not, an evaluation with a surgeon may be scheduled.

STEP 5

If surgery is determined to be necessary, a spine care coordinator will guide you through pre- and post-operative education, surgery and the recovery process.

STEP 6

Avera 
Brain and Spine Institute

Avera.org/spine