



A multidisciplinary approach to spine care

SpineAbilene takes a team approach to spine care. It includes the expertise of nonsurgical care specialists for the management of back and neck pain including physical medicine & rehabilitation physicians and physical therapists—all specialized in spine. In addition, the clinic has consulting spine surgeons who are fellowship-trained in spine. SpineAbilene also offers numerous satellite clinics in the surrounding Big Country to help serve patients and their needs.

As a multidisciplinary spine center, SpineAbilene provides physician assessment and treatment of back and neck problems, physical therapy, an injection suite, X-ray and MRI diagnostic capabilities all under one roof. This improves coordination of care and provides great convenience to the patient, who does not have to travel to a variety of sites for diagnostic procedures and therapy. Included in the facility is a 1500 square ft Ambulatory Surgical Center certified by the Texas Department of Health, for the full array of spinal injections, all performed under fluoroscopy. Spinal injections can assist in the diagnosis and treatment of persisting and recalcitrant spinal pain and improve function as well as rehabilitation.

We have a licensed physical therapist and physical therapy assistant. The program emphasizes rapid progression to functional activities starting with symptom control through the strengthening and conditioning phase. SpineAbilene also incorporates a Work Injury Response Program to help improve your company's bottom line by providing services to save on healthcare costs while still providing your employees with quality care and coordination, we can design an occupational health program specific to your company's needs.

SpineAbilene also uses written clinical protocols to improve care and reduce treatment variation — the essence of true quality management. This enables us to make sure the right thing is done at the right time, every time. In addition, this makes sure that every nonsurgical option has been explored — such as therapy and injections — before spine surgery is considered. While others talk about quality, we measure outcomes with patient severity data at intake and functional status post treatment. Lastly, we audit patient satisfaction so we can continually improve, because that's what quality is all about.



**Edward J Brandecker,
M.D., Diplomate, ABPM&R***

*Board Certified in Physical
Medicine & Rehabilitation*
Board Certified in Pain Medicine*
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Medicine & Rehabilitation*

Dr. Brandecker is board-certified in Physical Medicine and Rehabilitation as well as Pain Medicine by the American Board of Physical Medicine and Rehabilitation. Dr. Brandecker received his medical degree from Georgetown University in Washington, D.C in 1984. He completed a four-year residency in Physical Medicine and Rehabilitation at the Johns Hopkins Hospital and the Sinai Hospital of Baltimore. He also served as a medical director of several rehabilitation programs in Baltimore, working closely with spine surgeons.



**Roberta M Kalafut,
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Dr. Kalafut is board-certified in Physical Medicine and Rehabilitation as well as Pain Medicine by the American Board of Physical Medicine and Rehabilitation. Dr. Kalafut received her medical degree from Ohio University College of Osteopathic Medicine in Athens, Ohio in 1984. She completed a four-year residency in Physical Medicine and Rehabilitation at the Johns Hopkins Hospital and the Sinai Hospital of Baltimore. Dr. Kalafut worked closely with spine surgeons in Baltimore and Virginia in developing nonsurgical treatment protocols for back and neck pain.



**Richard D. Trifilo, MD, MPH,
DABFM*, DABPM****

*Board Certified in Occupational
Medicine & Aerospace Medicine**
Board Certified in Family
Medicine**

Dr. Trifilo is board certified in Occupational Medicine and Aerospace Medicine by the American Board of Preventive Medicine. He is also board certified in Family Medicine by the American Board of Family Medicine. Dr. Trifilo has joined the SpineAbilene Occupational Medicine staff in 2006 after completion of a twenty-six year career in the United States Air Force. Since 1998, Dr. Trifilo has held a series of command positions at the squadron and group level within Air Mobility Command, Pacific Air Forces Command, and Air Combat Command; additionally completing a Master of Strategic Studies degree in 2000.

A spine center encompassing all the components of a Center of Excellence for spine care:
 Non-surgical physical medicine | spine-specialized therapy | spine diagnostics
 spinal injection therapy | on-site ambulatory surgical center | occupational health & medicine
 fellowship-trained spine surgeons | clinical research | clinical outcome report cards

PMR and Spine Therapy under one roof

A physical medicine and rehabilitation (PMR) doctor or physiatrist, specializes in the nonsurgical management of back and neck pain. A physiatrist provides techniques and treatments that allow back and neck pain sufferers to return to activity without surgery. This can include injections that serve two purposes: relief of pain as well as providing additional diagnostic information about the back or neck pain generator. Injection therapy bridges the patient into SpineAbilene's internal therapy gym where patients learn customized stretches and exercises that relieve pain and prevent recurrence of strain. The key is emphasizing return to activity. Our therapists have advanced, hands-on skills that can help relieve your

pain and get your tissues and spinal again. Instead of a single school of thought, you get the benefit of being treated by a specialist with a variety of skills who can choose the ones that best match your particular problem.



injured muscles, structures moving



Occupational Health and Medicine

SpineAbilene can design an occupational health program specific to your company's needs. Our focus is to improve your company's bottom line by providing services to save on healthcare costs while still providing your employees with quality care and coordination. Here are just a few examples of our capabilities:



Occupational Health Pre- & Post-Offer Corporate Services

- Pre-Employment Non-DOT Rapid Urine Drug Screenings
- Breath Alcohol Testing (SA Vendor Service Available 24 / 7)
- Post-Offer Physician Examinations & Physical Demands Assessment
- **Occupational Employee Health Maintenance & Preventative Programs**
- Respiratory Examinations & Health Wellness Employee Examination
- DOT Federal Mandated Exams
- Periodic Health Assessments / Biological Monitoring

Occupational Injury and Management

- Diagnosis and Treatment of Work-Related Illness and Minor Injury
- Acceptance of Both Subscriber and Non-Subscriber Insurance
- 24-Hour Injury Assistance for Employers, Employees and Case Managers

Artificial Disc Surgery

Unlike fusion surgery that locks spinal vertebrae, which can in turn damage adjacent discs above and below the fusion site, artificial disc replacement is designed to retain motion by replicating the function of a normal, healthy disc. Most artificial disc designs have plates that attach to the vertebrae and a rotational component that fits between these fixation plates. These components are typically designed to withstand stress and rotational forces over long periods of time.

ARTIFICIAL DISC OPTIONS FOR OUR PATIENTS



CHARITE disc for lumbar discs, was the first to receive FDA approval in 2004. In use in Europe for more than 10 years.



PRESTIGE DISC for cervical discs, manufactured by Medtronic, FDA approved.



Because of the weight of the body and the rotational stress that the trunk places on discs in the lumbar area, more stress is placed on artificial discs in the lumbar area vs. the cervical area. Another advantage of cervical artificial disc surgery is that the neck area is more accessible in surgery than the front of the lumbar spine, and there is less risk related to artificial disc surgery in the neck area.

Satellite Locations

Abilene Main Office

1888 Antilley Road, Abilene, TX 79606

Brownwood

109 South Park Drive, Brownwood, TX 76801

Stamford

1601 Columbia St, Stamford, TX 79552

Sweetwater

201 E Arizona, Sweetwater, TX 79556

Online spine encyclopedia at SpineAbilene.com

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