

# Independence Back Institute



Independence Back Institute  
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[www.independenceback.com](http://www.independenceback.com)

Live life to the fullest, pain free. Choose Independence.

## Laura Ivey, PA joins the team at Independence Back

We are pleased to announce that Laura Ivey, PA has joined our team at Independence Back Institute. Laura worked at our practice as a college student while attending UNC Wilmington. Since then, Laura has gone on to graduate with a Physician Assistant degree from the Medical University of South Carolina in August 2011. We are happy to have her working with us again, now as a provider.

Erica Christenson, PA, will now be working with Dr. Liguori at the Rehabilitation Hospital at New Hanover Regional Hospital.

### At Independence Back Institute, We Specializing In Treating:

Back pain	Sports injury	Workplace injury
Stroke rehabilitation	Spinal cord injury	Chronic pain
Neck pain	Musculoskeletal pain	Arthritis pain
Joint Pain	Radiculopathy	Fibromyalgia
Disabling conditions	Diabetic Neuropathy	Nerve pain

→ Please call us with any questions or if you would like to schedule an appointment.

## Happy Holidays

The entire staff at the Independence Back Institute would like to **THANK all the providers and patients** we see throughout the year. It is a pleasure working with each and every one of you. We would also like to wish everyone a very **Happy Holiday and Happy New Year!** We look forward to seeing you in 2012 and continuing to work with you.

## Happy New Year



**Adaptive Water Sports Day:** Annual event that gives persons with disabilities an opportunity to take part in water sports in a safe environment. Independence Back was a proud sponsor of this wonderful event. (Sept 2011)

- *New Provider joins team at IBI*
- *Why visit a Rehab Physician?*
- *Happy Holidays!*

*Have you seen our  
NEW website?*

[www.independenceback.com](http://www.independenceback.com)

*Follow us on Facebook  
& Twitter*



### Medical Providers

John Liguori, MD

Ben Wall, MD

Peter Gemelli, MD

Ken Barrow, PAC

Erica Christenson, PAC

Laura Ivey, PA

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**Website:**

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**SERVICES PROVIDED:**

- ✓ Pain Management
- ✓ Extensive Back & Neck Pain Care
- ✓ Fluoroscopic Guided Injections: Cervical & Lumbar
- ✓ Epidural, SI & Facet Joint Injections
- ✓ EMG/Nerve Conduction Studies
- ✓ Spinal Cord Stimulator Trials
- ✓ Acute & Chronic Injury Management
- ✓ Workers Compensation
- ✓ Prolotherapy
- ✓ Radiofrequency Lesioning
- ✓ Botox for Pain

**At the Independence Back Institute, our providers are Physical Medicine & Rehabilitation Physicians. Here is an article that might be helpful so that you can understand exactly what our providers offer to patients.**

## Why Visit A Rehabilitation Physician?

*Source: American Academy of Physical Medicine and Rehabilitation*

Rehabilitation physicians are nerve, muscle, and bone experts who treat injuries or illnesses that affect how you move. By taking the whole body into account, they are able to accurately pinpoint problems and enhance performance - **without surgery**. Consider seeing a rehabilitation physician if:

- You had an accident or you have an injury or chronic condition that has left you with pain or limited function
- You're contemplating or recovering from surgery
- You have an illness or treatment for an illness that has diminished your energy or ability to move easily
- You're recovering from the effects of a stroke or other problems related to nerve damage
- You have chronic pain from arthritis, a repetitive stress injury, or back problems
- Excess weight makes it difficult to exercise or has caused health problems
- You think you're too old to exercise
- Life changes such as childbirth or menopause have created new challenges to your physical function

**Getting started:** A rehabilitation physician will thoroughly assess your condition, needs, and expectations and rule out any serious medical illnesses to develop a treatment plan. A clear understanding of your condition and limitations will help you and your rehabilitation physician to develop a treatment plan suited to your unique needs.

**Tailoring your plan:** You need the right type of exercise to effectively overcome fitness obstacles. A runner may have gained weight after being sidelined by a knee injury. A rehabilitation physician can prescribe tailored, low-impact activities that burn calories without aggravating the injury, simultaneously prescribing physical therapy and use of a brace to strengthen and support the knee. Another patient may be suffering from chronic neck pain. The rehabilitation physician might prescribe medication, stretching, and massage for short-term pain relief, as well as strengthening exercises to prevent future pain. If surgery is a necessity, rehabilitation physicians work with patients and their surgeons before and after surgery. By directing your treatment team and collaborating with other health care professionals, a rehabilitation physician is able to specially design a treatment program tailored to you.

**Understanding and identifying your goals:** Do you want to strengthen an injured muscle, find relief from chronic pain, or walk up the stairs without being winded? A rehabilitation physician can work with you to determine realistic short- and long-term goals. Along the way, he or she will help you to find relief from pain, achieve successes in rehabilitation or exercise programs, overcome your setbacks, and reassess your goals if necessary.

**What exactly is "Musculoskeletal?"** It includes spine, manual medicine, sports, occupational medicine, electrodiagnostics, osteoporosis, scoliosis, arthritis and stenosis.

- Spine (Neck & Back)
- Forearm, Wrist & Hand
- Shoulder
- Hip/Pelvis
- Upper Limb
- Knee
- Elbow
- Lower Leg, Ankle & Foot