

Caring for your Spine

Finding A Doctor

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Most individuals who suffer from chronic back pain see numerous doctors. The primary reason for changing doctors is the persistence of pain despite a course of treatment. Unfortunately, the lack of expected results is often based on an unrealistic understanding of the condition. In some cases, individuals give up hope because they have become psychologically and physically worn down by their pain. Because the pain is unaffected by short-term care, they surrender to the problem and the pain.

It is important to find a spine specialist that understands the problem in addition to creating a doctor-patient relationship. Open communication between a physician and their patient is particularly important when dealing with back problems, a subject that can be quite complex and a condition quite challenging.

Do not expect your insurance company to provide all of the answers. An individual with chronic back problems must become a student of the subject, always willing to learn and discuss findings and options with his or her attending physician or individual members of their spine care team. Once your primary physician knows that you are willing to travel or go to greater lengths to obtain answers, they are more likely to help you investigate other treatment options. You must make it your responsibility to choose a physician or physicians who have a great deal of experience and expertise in spine care. Consult knowledgeable sources; go to specialty organizations and societies to obtain information about available therapies and procedures.