



Orthopaedic & Spine Center Releases Guide to Conservative Treatment

New resource explores non-surgical options for those suffering from hip, knee, and spine problems.

NEWPORT NEWS, VA, USA, March 31, 2015 /EINPresswire.com/ -- The physicians at Orthopaedic & Spine Center have put together an information guide – Surgery Isn't Always the Answer. The resource discusses conservative treatment options for those who suffer from hip, knee, and spine pain. The guide also shares information on the benefits of early diagnosis and minimally-invasive surgical treatments.

Even with all of today's medical and technological advances, the idea of surgery can be daunting. There are a vast number of treatment options to be considered. Understanding the different treatments available are crucial, but is not required by insurance companies. Seeking conservative treatment prior to surgery is typically required by insurance companies.

The guide explores non-surgical routes that can help relieve pain; such as [physical therapy](#), nerve block injections, and oral medication. Small lifestyle changes can be made, in addition to other treatment to reduce discomfort. (On a daily basis.)

"Every patient is different, as is their pain and their needs," said Dr. Raj Sureja, senior Interventional Pain Management specialist at Orthopaedic & Spine Center. "We are eager to share this valuable information with our patients and help decide what method of treatment is best for them."

2 to 8 percent of patients at OSC decide on surgery while others take a conservative approach. Read through Surgery Isn't Always the Answer and learn about non-surgical treatment options and minimally-invasive procedures from the knowledgeable physicians at Orthopaedic & Spine Center.

About Orthopaedic & Spine Center:

Orthopaedic & Spine Center (<http://www.osc-ortho.com>), located in Newport News, Virginia, is a full-service state-of-the-art orthopedic practice with 32 patient exam rooms, three x-ray suites, a Lunar DPX Bone Densitometer Room, a 12T Open Magnetic Resonance Imaging (MRI) Center and Physical Therapy Center on campus. OSC physicians have full staff privileges at Riverside Regional Medical Center and Mary Immaculate Hospitals, and active clinical staff privileges at Peninsula Surgery Center.

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