



## UPMC Program for Spine Health

Back pain is a common medical condition that happens to many people. For most, it is a minor problem that can last a few days, and then goes away. For other people, back pain does not go away, affecting many parts of their life. It can also be hard to treat. Patients with ongoing back pain have many options for care, but not all work for everyone.

### Our Goal

The goal of the UPMC Program for Spine Health is to find what treatments work best for you. Our team works together to improve all areas of your health and well-being. We focus on helping you do the things you have not been able to because of your back pain. We will help you get the skills you need to do more and use what you've learned to stay active and healthy.

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We want to help you skip unneeded imaging, medicines, tests and surgeries. We will work with you to set goals to improve your quality of life by decreasing pain and increasing your ability to move.

## How We Will Help You

Once your doctor refers you to the UPMC Program for Spine Health, our nurse coordinator will contact you, ask you some questions, and create a care plan just for you. Most patients will first see a “primary spine provider,” who is a physical therapist with special experience in spine care. Other specialists may be needed as well. This could be a doctor who is an expert in treating back problems without surgery, a behavioral health therapist to help you with your pain, or a diet expert who will help you with your food choices. Other specialists will be offered through UPMC if needed. We will give you the tools you need to help you manage your pain and build a healthier life.

## The UPMC Program for Spine Health is located at:

**UPMC Outpatient Center Hampton**

3<sup>rd</sup> Floor, Suite 3100

4490 Mount Royal Blvd.

Allison Park, PA 15101

To reach the UPMC Program for Spine Health, please call **412-219-0390**.