



Progressive Spine and Orthopaedics in Englewood Now Offers Telemedicine

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Joshua S. Rovner, MD, at Progressive Spine and Orthopaedics - Englewood in New Jersey, has announced that they are now offering telemedicine or virtual consultations in an effort to ensure timely and safe care for their patients. Dr. Rovner has expertise in robotic spine surgery and is board-certified by the American Board of Orthopedic Surgeons to practice in New Jersey and New York. He points out that spinal pain may be so severe that it can limit a person's ability to work, limit the time people can spend with friends and family, and prevent people from living the life they have always wanted.

Dr. Rovner himself says, "When it comes to back pain, conservative treatments are usually the best place to start; however, if conservative treatments fail, spine surgery can often deliver a cure. One of the newest, most effective breakthroughs in spinal surgery is Robotic Spine Surgery, which makes spinal surgery more precise and, therefore, less invasive and safer."

Dr. Rovner wants to point out that those who suffer from pain in the arms, legs, neck, or back may be suffering from a spinal condition. What they do at Progressive Spine and Orthopaedics is determine the root cause of the problem and then develop an effective treatment plan. Thus, during the first consultation, Dr.

Rovner will first assess and determine the underlying reasons for the pain, and then offer a diagnosis of the patient's spinal condition. At present, these can be done through virtual consultations as indicated on their YouTube channel.

There are a number of spinal conditions that the doctors at Progressive Spine and Orthopaedics can help with. These include general back pain, sciatic nerve pain, lumbar disc herniation, cervical disc herniation, lumbar stenosis, spinal fractures, spinal tumors, adult degenerative scoliosis, adolescent idiopathic scoliosis, ankylosing spondylitis, kyphosis, neck pain, myelopathy, rheumatoid arthritis, sacroiliac joint syndrome, spondylosis, spondylolisthesis, and spinal conditions in children.

They are able to perform various kinds of spinal surgery. These include robotic spine surgery, anterior cervical discectomy and fusion, cervical disc replacement, minimally invasive lumbar discectomy, lumbar spinal fusion, revision spine surgery, and laser spine surgery.

They also offer physical therapy and pain management as a way to promote movement and restore function. Physical therapy has been found to be an effective modality for chronic pain treatment, especially the kind of pain that emanates from the spine. As a result, physical therapists are the ones who usually provide the first clinical treatment to patients suffering from back pain and neck pain. It should also be noted that research has shown that physical therapy may be able to offer greater relief for pain resulting from musculoskeletal conditions compared to opioid medication. Furthermore, the longer and more regularly applied movement-based therapy is provided, the more effective it becomes.

While physical therapy does not offer immediate pain relief in the same manner as pain-killing medications, it does not come with harmful side effects and it has a more long-lasting impact.

It should be pointed out that there is a certain degree of trial and error involved in finding the protocol that will work best of the specific condition of a patient. Both active and passive therapy approaches will likely be provided. Also, it should be noted that people respond differently to each particular type of therapy. Passive approaches include manual therapy, electrical stimulation such as TENS, heat/ice packs, cupping, and ultrasound. Active therapies include activities that are movement and exercise based, aerobic conditioning, and pain relieving exercises.

Those who would like to learn more about robotic spine surgery and the other specialties of the doctors at Progressive Spine and Orthopaedics may want to check out their website, or contact them on the telephone or through email. They are open from 8:00 am to 5:00 pm, on Mondays, Tuesdays, Thursdays, and Fridays; from 8:00 am to 8:00 pm on Wednesdays, and from 8:00 am to 2:00 pm on Saturdays. More about the spine

and orthopedics clinic may be gleaned through their GMB listing.

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Joshua S. Rovner, MD

*Dr. Rovner is board-certified by the American Board of Orthopedic Surgeons to practice in New York and New Jersey.
He is an expert at Robotic Spine Surgery which "makes Spinal Surgery safer, more precise and less invasive".*

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