



SPINE GROUP ORLANDO

AT CELEBRATION ORTHOPAEDICS

Appointments:
321-939-0222
SpineGroupOrlando.com
2954 Mallory Circle, Suite 101
Celebration, FL 34747



The best quality healthcare comes from an educated consumer. As a community service, Spine Group Orlando distributes a free 36-page Home Remedy Book with pain-relieving stretches that help many people relieve pain symptoms at home. The book also tells when a person cannot use watchful waiting, and when they need to go to the doctor to prevent permanent nerve damage.



The center has an online spine encyclopedia at SpineGroupOrlando.com with pain-relieving exercises, information about spine procedures, nonsurgical treatment options. The spine center provides family physicians and chiropractors patient education tools like the Home Remedy Book and a symptom chart for distribution to their patients.

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WHAT DO YOUR BACK OR NECK SYMPTOMS INDICATE?

Many back or neck problems can improve on their own or with nonsurgical treatment. However, some symptoms represent emergencies and need to be seen immediately by a spine specialist to prevent permanent nerve damage.

PAIN IN THE ARM: Pain that radiates into an arm below the elbow can imply a herniated disc in the neck. But, muscle spasms and pain can also be caused by non-surgical factors. Getting a complete physical exam and a CT scan can help determine the cause of the pain.

NUMBNESS/TINGLING/WEAKNESS IN ARM/HAND: Numbness or tingling in an arm or hand is a warning sign of a nerve root being compressed. If the symptoms are severe, you should see a spine specialist immediately.

PAIN IN THE LEG: Pain that radiates into a leg below the knee can imply a herniated disc in the low back. But, muscle spasms and pain can also be caused by non-surgical factors. Getting a complete physical exam and a CT scan can help determine the cause of the pain.

NUMBNESS/TINGLING/WEAKNESS IN LEG/FOOT: Numbness or tingling in a leg or foot is a warning sign of a nerve root being compressed. If the symptoms are severe, you should see a spine specialist immediately.

THE LOSS OF BOWEL OR BLADDER CONTROL: This is an emergency. If you cannot urinate or control your bowels, you should see a spine specialist immediately in the emergency room. If you experience these symptoms at night on the weekend, see the emergency room. If you notice quickly, the person may lose control over their bowel and bladder permanently.

FOOT DRAG / WEAKNESS IN FOOT: If pain, weakness or numbness extends into the foot without an area of numbness 180 degrees around the foot, it could imply a herniated disc. If you notice this, you should see a spine specialist immediately.

FEVER, CHILLS, SEVERE HEADACHE, NERVOUS, SWEATING, UNUSUAL SENSITIVITY TO LIGHT: These symptoms could be a warning sign of a serious infection. If you have these symptoms, you should see a spine specialist immediately.

PAIN LIMITED TO THE NECK: Pain that can be caused by trauma, injury, the vertebrae from a fall, accident, or medical or surgical causes. See our Home Remedy Book for more information on how to manage this. If you have a neck injury, you should see a spine specialist to determine the cause of the symptoms.

PAIN LIMITED TO THE LOW BACK: Pain that is limited to the low back can often be a result of muscle strain. When you experience this, you should see a spine specialist. Some conditions do not require surgery. See our Home Remedy Book for more information on how to manage this. If you have a low back injury, you should see a spine specialist to determine the cause of the symptoms.

PAIN RADIATING BELOW THE KNEE: When pain radiates below the knee, it could imply a herniated disc. If you notice this, you should see a spine specialist immediately.

Fellowship-trained spine surgeon and physical medicine MD provide a multidisciplinary approach to back & neck pain

Spine Group Orlando delivers convenient, high-quality and efficient care to patients with back and neck pain. Our fellowship-trained physicians can provide personalized operative and nonoperative management for back and neck pain patients.

Patients now benefit from in-house specialized Physical Therapy and Interventional Pain Management. The spine center provides the following benefits for those with back and neck problems:

- No need to search for nonoperative providers in patients' insurance network
- In-network most major insurances including VA, Tricare, Freedom
- Self-pay options
- International Patient Program
- Concierge scheduling for referring physicians
- Cost Efficient, Motion-Sparing and Minimally Invasive Surgery: >50% of surgical patients go home same-day

"By bringing nonsurgical

management in-house, we can better coordinate care to provide our patients the relief they need. Patients can efficiently exhaust nonsurgical treatment options before spine surgery," explains Dr. Maahir Haque, founder of Spine Group Orlando.

Dr. Matthew Willey, a Physical Medicine physician who is trained in interventional spine often finds that spinal injections can relieve spine pain without surgery. "With a 5 minute spinal injection, we are able to deliver pain-relieving medication directly to the area in order to relieve symptoms of radicular pain and weakness — all without the need for surgery," Dr. Willey explains.

The Group has offices in Celebration and Orlando, Florida. Patients from across Florida and around the world have found lasting relief at Spine Group Orlando.



Dr. Willey at Spine Group Orlando is fellowship-trained in spinal injections that can relieve inflammation around a nerve root which can often relieve the symptoms of a herniated disc without surgery.



If surgery is necessary, Dr. Haque uses tubular retractors as small as a ball point pen during minimally invasive surgery, which enables many patients to go home the same day for a more comfortable recovery.



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BACK TO LIFE

WORK-RELATED BACK INJURY

According to the Bureau of Labor Statistics, more than one million workers suffer back injuries each year. Further, one-fourth of all compensation indemnity claims involve back injuries. This costs employers billions of dollars and often causes patients prolonged pain and suffering. Incredibly, 5% of the people with back-pain related disability account for 75% of the costs associated with back pain.

Spine Group Orlando recognizes the complex requirements of managing on-the-job back and neck injuries. While patients with back or neck pain symptoms want to get back to activity, the issues become far more complex when a person has a work-related back or neck injury.

"Treatment of the back pain needs to be efficient when the person has an on-the-job injury," explains Dr. Maahir Haque. "In a sense, treatment of occupational injury is similar to the requirements of an injured athlete. When a baseball shortstop has a shoulder injury, the team wants the player back on the field as fast as possible.

When an employer loses a member of their team because of a back or neck injury, they too want that person back in the workplace as fast as possible, but also not so soon that they injure themselves again. Secondly, if treatment and rehab will take several months, the employer needs to know



that quickly as well because they will need to fill the position temporarily so they don't lose company productivity."

Spine Group Orlando provides independent medical exams related to work-related back or neck injury. The spine center works closely with the injured worker, the employer, the insurance adjuster and the case manager to provide accurate diagnosis of the injury, the most likely cause of it, and the most appropriate treatment for the person.



NON-SURGICAL SPINE CARE

MATTHEW WILLEY, MD

Board-Certified Physical Medicine & Rehabilitation
Fellowship-Trained in Interventional Spine

Dr. Willey is a board-certified specialist in Physical Medicine and Rehabilitation. He is Fellowship-Trained in Interventional Spine. He specializes in helping patients with back pain and neck pain resolve symptoms through nonsurgical treatment options like spinal injections.

Dr. Willey was born and raised in Florida, graduating summa cum laude from the University of Florida with a B.S degree in Biochemistry. After graduation, he continued his medical training at the University of Florida, earning his M.D. degree. He completed his residency in Physical Medicine and Rehabilitation at the University of Birmingham — Alabama where he received specialized training in electrodiagnostics, musculoskeletal medicine, and traumatic brain and spinal cord injuries. Dr. Willey continued his education in Birmingham by completing a PASSOR-accredited fellowship in Interventional Spine and Sports Medicine. He is trained in the latest interventional and minimally invasive techniques to treat spinal and musculoskeletal pain along with ultrasound guided and regenerative interventional techniques. He focuses on accurate diagnosis of painful spine and musculoskeletal conditions and specializes in a variety of interventional and regenerative techniques to treat them. Dr. Willey emphasizes exercise and weight training as an antidote to aging.

Dr. Willey is an accomplished guitarist and during college and medical school played lead and rhythm guitar in several bands. In 2018 and 2019, Orlando Family Magazine named Dr. Willey a Top Physician for Pain Management and Orthopedics.



MINIMALLY INVASIVE SPINE SURGEON

MAAHIR HAQUE, M.D.

Board-Certified Orthopedic Surgeon
Fellowship-Trained in Spine Surgery
Specializing in Minimally Invasive Spine Surgery

Dr. Maahir Haque is a Board Certified Orthopedic Surgeon, who is also Fellowship-Trained in Spine Surgery. He specializes in minimally invasive spine surgery which uses tubular retractors and reduces the length of the incision to enable many patients to go home the same day for a faster and less painful recovery.

Dr. Haque is able to truly tailor a patient's treatment plan to his or her individual needs and goals. He is referred complex spine patients from across the State of Florida and other countries through Spine Group Orlando's international program. Dr. Haque is trained in revision spine surgical procedures, complex reconstructive spinal surgeries and the most advanced motion-preserving procedures including artificial disc replacement. Dr. Haque is actively involved in the national and international spine surgery community. He has published a number of peer-reviewed articles in spine surgical journals, including the leading journal Spine. He has given a number of podium presentations in a variety of meetings including at the prestigious Scoliosis Research Society. A devoted teacher, Dr. Haque was a clinical instructor at Brown University and currently holds a faculty appointment at the University of Central Florida. He continues to lecture in spine surgery topics and to instruct other surgeons in advanced spine surgical techniques.

Dr. Haque is a proud Floridian and is excited to return after many years away from home. He was born and raised in South Florida. He currently resides in the Orlando area with his wife, who is a practicing cardiologist in the community. In his spare time, Dr. Haque loves playing golf and is a true fishing enthusiast, he never misses a chance to take his children fishing.



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