

PHYSICAL THERAPY SERVICES

One effective treatment for many spine problems is physical therapy. The goals of physical therapy are to restore a patient's strength, flexibility, and most importantly, function.

Our physical therapists evaluate patients and develop individualized treatment plans. Once a treatment plan is developed, the patient can receive treatment at our offices, or we will coordinate physical therapy services close to the patient's home or work. Indiana Spine Group provides physical therapy at our Indianapolis and Carmel offices. Our Carmel location features a state-of-the-art physical therapy gym with equipment selected specifically for treating spinal conditions.

In addition to physical therapy treatment, we also offer educational and therapeutic exercise programs designed to help people with various spinal conditions live a more active lifestyle.

RESEARCH AND DEVELOPMENT

We are committed to the use of proven medical therapies, as well as, the development of innovative treatments and techniques. The goals of our research are to develop minimally invasive surgical techniques and devices, and to identify and develop minimally invasive procedures that improve the clinical outcomes of our patients. Our physicians work with other nationally and internationally recognized spine surgeons and specialists on a variety of medical spine studies including FDA-approved studies. One of these studies, included the implantation of the first artificial cervical (neck) disc in the U.S.

APPOINTMENTS

Indiana Spine Group regularly cares for patients referred from around the Midwest and even across the nation. For our patients' convenience we have multiple office locations, including Indianapolis, Carmel, Kokomo and Anderson.

For appointments in our Indianapolis, Carmel and Anderson offices, please call (317) 228-7000 or toll-free (866) 947-7463. For our Kokomo office, call (765) 236-8700. Our staff will be happy to assist you with appointments, and answer any questions you may have. Additionally, we will coordinate your care with your primary care physician and/or referring physician.

FOR MORE INFORMATION

To learn more about Indiana Spine Group, please call our office at (317) 228-7000 or toll-free (866) 947-7463, or visit www.indianaspinegroup.com.



Spinal Diagnostics & Therapeutics

Kevin E. Macadaeg, M.D. | Jonathan P. Gentile, M.D.
John W. Arbuckle, M.D.

Spine Surgery

Rick C. Sasso, M.D. | Kenneth L. Renkens, M.D., F.A.C.S.
Thomas M. Reilly, M.D., F.A.C.S. | Paul E. Kraemer, M.D.

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2101 Jackson Street, Suite 203 | Anderson, IN 46016
Appointment scheduling for the above offices: (317) 228-7000

307 South Berkley Road | Kokomo, IN 46901
Appointment scheduling for our Kokomo office: (765) 236-8700

www.indianaspinegroup.com



Providing the full spectrum of spine care

ADVANCED SPINAL SOLUTIONS

From the simple to the complex, Indiana Spine Group is a Center of Excellence for comprehensive spine care. We provide a complete continuum of spine care, from diagnosis and a focused nonoperative spine care program to complex spine surgery. Our board-certified spine specialists include orthopaedic spine surgeons, neurosurgical spine surgeons and minimally invasive spine specialists. They are experts in using the most advanced diagnostic and treatment tools available.

From young children to adults and seniors, Indiana Spine Group cares for patients of all ages with a variety of spine and neck disorders and abnormalities. Because we are focused only on the spine, Indiana Spine Group physicians are true specialists.

Our spine-focused, multidisciplinary team makes Indiana Spine Group unique. Patients benefit by having the most comprehensive spine care in one practice. Our team approach means the most highly trained specialists work together and have multiple perspectives at their disposal to determine the best treatment options for patients.

OUR MISSION

Our goal is to provide a full continuum of comprehensive care for patients with spinal disorders and abnormalities. Through our continuing research, educational programs and development of innovative procedures, Indiana Spine Group is a leader in the study and treatment of the spine. We are dedicated to providing the best care to our patients and unsurpassed communication to the medical community.

PHILOSOPHY OF CARE

Compassionate caregivers at Indiana Spine Group understand the challenges facing patients with spinal disorders. We treat each patient as an individual with unique needs, and use a team approach to enable fast and effective diagnosis and treatment recommendations.

We believe in educating the patient as much as possible on his or her condition and the available treatment alternatives. Our physicians and staff are dedicated to providing this information and answering questions, so that patients can take an active part in their own care decisions.

TREATMENT AREAS

Back problems are one of the most common reasons for doctor visits. Many spine problems can be treated using nonoperative minimally invasive alternatives. Other spine problems may be most effectively treated with surgery. Our medical team will carefully assess each patient's case and will work with the patient to develop an individualized care plan.

Indiana Spine Group treats the entire spectrum of spine problems, including complications and spinal cord disorders. Some of the most common problems we treat include:

- Back and neck pain
- Broken back or neck
- Cervical and lumbar problems (including arthritis)
- Compression fractures / osteoporosis
- Degenerative disc disease
- Herniated discs
- Neurosurgical problems of the spine
- Pinched nerves (radiculopathy)
- Sciatica / nerve problems
- Spinal deformities (including scoliosis)
- Spinal stenosis
- Spondylolisthesis / spondylolysis
- Tumors (of spine or spinal cord)
- Trauma

Spinal Diagnostics & Therapeutics

In the past, physicians relied on MRIs or CT scans for diagnosis, but these tests may not reveal everything. Our minimally invasive spine specialists use a variety of precise tests to accurately diagnose the location and cause of symptoms. This allows our medical team to focus on the most effective and efficient treatment plan. Because our nonsurgical and surgical physicians work as a team, they can ensure patients receive the treatment they need, where they need it, and in a timely manner.

Our board-certified minimally invasive spine specialists provide a range of therapeutic procedures, including medical management and nonoperative minimally invasive treatments. These may include specialized injections, such as steroid or epidural injections or nerve blocks. Medications and other complementary therapies may be a part of the recommended treatment plan. Often, minimally invasive treatments will be used to try to alleviate symptoms before surgery is considered.

Spine Surgery

For certain patients and conditions, surgery may be the most effective treatment available. Our board-certified spine surgeons specialize in both neurosurgical and orthopaedic spine surgery. Indiana Spine Group surgeons are leaders in spine surgery, actively developing and refining the newest techniques for traditional and minimally invasive surgery and microsurgery.

OUR PHYSICIAN TEAM

Physicians at Indiana Spine Group are dedicated to spine care, with one focus – our patient's spine. All of our physicians are board certified and fellowship trained in their specialties. They are nationally and internationally recognized for their research and patient care advancements. Additionally, our physicians are faculty members at the Indiana University School of Medicine. Indiana Spine Group physicians develop the latest research and teach the latest techniques to other physicians nationally and internationally.



Sitting left to right – Kenneth Renkens, M.D., F.A.C.S., Rick Sasso, M.D., and Kevin Macadaeg, M.D. Standing left to right – Paul Kraemer, M.D., Jonathan Gentile, M.D., John Arbuckle, M.D., and Thomas Reilly, M.D., F.A.C.S.

MULTIDISCIPLINARY TEAM

In addition to our board-certified physicians, our multidisciplinary team of caregivers includes:

- Nurses
- Nurse Practitioners
- Physical Therapists
- Physician Assistants
- Radiology Technicians
- Research Assistants
- Surgical Assistants

Our administrative team is available to assist you with scheduling an appointment, as well as billing or insurance questions. Whatever your need, our entire staff is dedicated to providing quality care, excellent communication and personal, timely service. We are available 24 hours a day, seven days a week for urgent medical issues.