

THE RIGHT PATH TO PAIN RELIEF

1 Patient Education

CoastalSpine wants you to be well-informed about what may be causing your back or neck pain. We have a medical advice nurse who can answer general questions, and send you a FREE 36-page Home Remedy Book.



We have an on-line encyclopedia at coastalspine.com that has home exercises, instructions on how to use home remedies, what symptoms mean and when to see a doctor. In some cases, we may help you to relieve your back pain symptoms on your own. Many times, however, back or neck pain doesn't go away by itself, and it's a good idea to have a specialist examine you to determine what may be causing your pain symptoms.

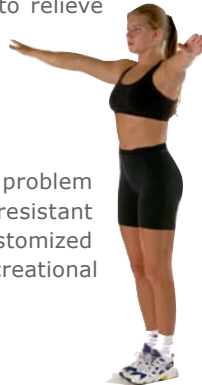
2 Physician Visit

As a regional Center of Excellence, CoastalSpine receives the most complex cases of back and neck pain across South Jersey. Chances are, we've seen your problem before—many times. As a first step, the doctor will take a medical history and examine you. He will ask you questions about your symptoms that will help determine what may be causing your back or neck pain. He may move a leg or arm to determine where your pain may be coming from.

In some cases, you may need a diagnostic test, either an X-ray or an MRI, both of which are completely painless. Depending upon the result, your next step may be with the manual therapist, or you may need a pain-relieving injection first. The purpose of an injection is to relieve excruciating back or neck pain so the person can move along to the next step in the recovery process.

3 Return to activity

Ultimately, the only way to permanently treat your back problem is to make your back stronger, more flexible and more resistant to injury. The therapist will provide special exercises customized for your back. Our goal is to help you return to your recreational and work activities.



4 If surgery is necessary

CoastalSpine physicians are able to treat herniated discs, spinal fractures, vertebrae problems, spinal tumors and other types of spinal deformity like scoliosis. CoastalSpine physicians are fellowship-trained, the highest level of training available. Surgeons who specialize in just spine surgery, perform a larger number of these surgeries which improves the outcome. CoastalSpine formally opened in March 2004 in a freestanding 11,000 sf building in Mt. Laurel.



Main office:

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www.coastalspine.com

Satellite office:

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239 Hurffville Crosskeys Road
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Sewell, NJ 08080
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Kam Momi, MD

Board-Certified, fellowship-trained spine surgeon

Dr. Momi is a board-certified orthopedic surgeon, fellowship-trained in spine surgery. At CoastalSpine, Dr. Momi focuses 100 percent in the care of back and neck pain. Dr. Momi completed a fellowship in spine surgery at the New England Baptist Hospital in Boston. Dr. Momi received his Bachelor of Science from Pennsylvania State University, where he earned a place on the dean's list every semester. Dr. Momi proceeded to earn his medical degree at Thomas Jefferson Medical College in Philadelphia. He completed an internship in surgery at Beth Israel Medical Center in New York City and a residency in orthopedics at New Jersey Medical School.

Mark Testaiuti, MD

Board-Certified, spine neurosurgeon

Dr. Testaiuti is a board-certified neurosurgeon at CoastalSpine who specializes in spine care and complex spine surgery. After earning a degree in biology from State University of New York (SUNY) in Stony Brook, New York, Dr. Testaiuti received his medical degree at Hahnemann University School of Medicine in Philadelphia, where he received honors in anatomy and neurosurgery. Dr. Testaiuti proceeded to complete an internship in surgery and a residency in neurosurgery at Montefiore Medical Center in Bronx, New York, during which time he was nominated as chief resident. He is presently involved in ongoing investigations that include artificial disc and motion preservation technology, and the use of stem cells for spinal fusion surgery.

Larry Deutsch, MD

Board-Certified, fellowship-trained spine surgeon

Dr. Deutsch served as head of the Interdisciplinary Spine Service at Cooper University Hospital for ten years. He taught residents and fellows as an assistant professor of surgery at Cooper, an adjunct instructor of orthopedic surgery at Thomas Jefferson University's Jefferson Medical College, Robert Wood Johnson School of Medicine and the University of Pennsylvania School of Medicine. Dr. Deutsch was the European consultant for pediatric and Orthopedic spine surgery at Landstuhl Army Regional Medical Center in Germany. After earning a Bachelor of Science from the University of New York at Albany, Dr. Deutsch earned his medical degree from Upstate Medical School in Syracuse NY. Dr. Deutsch completed an internship in general surgery at Upstate Medical Center in Syracuse. He completed residency and fellowship training at Columbia Presbyterian Medical Center and New York Orthopedic Hospital. He is a member of the American Academy of Orthopedic Surgeons and the North American Spine Society. Dr. Deutsch specializes in pediatric and adult spine surgery.

Scott Jarman, MD

Board-Certified, Physical Medicine & Rehabilitation Fellowship-trained in spine • Medical Director

Dr. Jarman is a specialist in physical medicine and rehabilitation, which focuses on nonsurgical care of back and neck problems. He is fellowship-trained in spine, which provides proficiency in the interventional use of injections for therapeutic and diagnostic purposes. Dr. Jarman completed a spine fellowship at Johns Hopkins University Hospital in Baltimore. At CoastalSpine, he performs spinal injections and EMGs for diagnostic purposes to help patients recover from back and neck pain without surgery. Dr. Jarman received his Bachelor of Science at Boston College. After receiving his medical degree, Dr. Jarman completed his internship at Frankford Hospital and his residency at Temple University/Moss Rehab Hospitals in physical medicine and rehabilitation.

Seth Scholl, DO

Board-Certified, Physical Medicine & Rehabilitation

Dr. Scholl is a specialist in physical medicine and rehabilitation and deals solely with the nonsurgical treatment of neck and back pain. At CoastalSpine, Dr. Scholl specializes in helping many patients find relief of back and neck pain symptoms through nonsurgical treatments. Dr. Scholl is the director of the electrodiagnostic laboratory at CoastalSpine. He is proficient in performing EMGs that are done to help diagnose a "pinched" nerve in the spine. He is also well-trained in trigger point injections, which can relieve muscle-related pain. Dr. Scholl maintains his affiliation with Temple University and has been granted the title of associate professor through the rehabilitation department.

Michael J. Paul, DO

Board-Certified, Physical Medicine & Rehabilitation Specialty-trained in spine

Dr. Paul is a specialist in physical medicine and rehabilitation and deals solely with the nonsurgical treatment of neck and back pain. He earned a graduate degree in Biomedical Sciences at the Philadelphia College of Osteopathic Medicine. Dr. Paul received his Doctor of Osteopathic Medicine in 2001 and completed an Internal Medicine Internship at the Philadelphia College of Osteopathic Medicine in 2002. Dr. Paul completed his residency at Temple University Hospital where he served as Chief Resident. Dr. Paul is specialty-trained in spine, which provides proficiency in the interventional use of injections for therapeutic and diagnostic purposes. Currently he is a member of the International Spine Intervention Society (ISIS), the American Society of Interventional Pain Physicians (ASIPP), and the American Academy of Physical Medicine.