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## **SPINE TEAM TEXAS OFFERING INNOVATIVE TREATMENT OPTION FOR BACK AND NECK PAIN**

**SOUTHLAKE (April 29, 2008)** – Botox®, a treatment most commonly used for cosmetic purposes, is now being used by **Spine Team Texas** as an alternative, non-surgical way to manage back and neck pain. **Spine Team Texas** is one of the few facilities in the Dallas-Fort Worth Metroplex to offer Botox ® as a remedy for this type of pain. The facility, a premiere provider for back and neck pain, offers this alternative treatment by a physical medicine and rehabilitation physician that has been specially trained to use it.

Dr. Heather Blackburn, who joined **Spine Team Texas** last year, says the procedure has not been widely used in the past, but is gaining momentum and anticipating growth.

“It’s not something we do every single day, but it is definitely a trend in management of neck and back pain,” says Dr. Blackburn. “I believe the practice will become quite a bit more pervasive within the next few years.”

Botox® is used for what doctors call “nonspecific back pain” – pain not due to a specific condition such as cancer or a slipped disk. In other words, the treatment is only used for pain related to an injury impacting the back or neck muscles.

When Botox® is injected into tightened back muscles, it relaxes them, so that patients have improved range of motion and less pain. The effects are not usually permanent, with some patients needing to come in for repeated Botox® treatments every two or three months. In other cases, results can last for years. Side effects are minimal.

“It’s never a first line of treatment,” says Dr. Blackburn, “but it can be a great alternative for a chronic pain patient who’s tried almost everything else.”



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### **About Spine Team Texas**

A premier regional spine center of excellence, Spine Team Texas specializes in back and neck problems ranging from simple back or neck strains to the most complex spine surgery. Through its in-depth knowledge and team atmosphere, Spine Team Texas is dedicated to treating patients conservatively through education, physical therapy, non-surgical treatments, and minimally invasive spine surgery when necessary. The team of physicians specializing in non-surgical spine care, spine-specialized neurosurgeons, spine-focused physical therapists and on-site registered nurses strive to ensure that patients return to everyday activities following treatment. Established in December 2004, Spine Team Texas is headquartered in Southlake, Texas, and has additional offices in Rockwall and Bedford. For more information about Spine Team Texas, visit [www.spineteamtexas.com](http://www.spineteamtexas.com).

### **About Dr. Heather Blackburn**

A skilled physiatrist specializing in women's health issues as they relate to the spine, Dr. Heather A. Blackburn joined Spine Team Texas in 2006 to provide non-surgical back and neck pain relief. Her dedication to women's care spans all generations from the young female athlete to the sufferer from osteoporosis. She also is trained in electromyography and nerve conduction studies. Dr. Blackburn received her medical degree from The University of Texas Medical Branch and her undergraduate degree in biology from Baylor University. She completed her residency in physical medicine and rehabilitation at William Beaumont Hospital, one of the premier spine centers in Michigan.

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