



About Gary Chang, MD

Dr. Gary Chang has 15 years of experience in non-operative interventional diagnostic and therapeutic pain procedures to treat back and neck pain. He is board certified by the American Board of Pain Medicine, the American Academy of Pain Management, and the American Board of Anesthesiology. He has performed over 50,000 fluoroscopic guided interventional spinal procedures to treat neck and back pain. Dr. Chang's extensive experience and breadth of abilities are unparalleled on the central coast. He completed his undergraduate education at Loyola University in Los Angeles. Dr. Chang earned his medical degree at the Medical College of Wisconsin in Milwaukee. He next completed an internship at Harbor General - University of California in Carson where he also completed a residency in Anesthesiology. Dr. Gary Chang is a member of the American Academy of Pain Medicine, the American Academy of Pain Management, the American Society of Regional Anesthesia and Pain Medicine, the American Society of Interventional Pain Physicians, the American Society of Anesthesiologists, the American Pain Society, the California Society of Anesthesiologists and the International Spinal Injection Society.

Today, afternoon walks after years of low back pain.



Judy began experiencing hip and back pain about five years ago. The pain was bearable at first, but as the months and years went by, her pain symptoms not only persisted but worsened. Judy was experiencing severe pain and her normal lifestyle was not possible because of this. She was dropping

out of more and more activities. Judy soon learned she would need surgery to treat her hip and spine conditions. She was suffering from spondylolisthesis and scoliosis. In 2008, Judy had a hip replacement surgery and later that year, she had surgery for her spine conditions.

While both surgeries helped treat her conditions and relieve some pain, she was still experiencing back pain that radiated into her leg. Judy's pain was so severe

and constant that it was difficult to walk or stand for long periods of time.

She visited several doctors but they were not able to offer long term relief for her symptoms. Additional surgery would not help relieve Judy's symptoms and it seemed that pain medication would be her only option for relief.

In May 2009, a friend told her about Dr. Gary Chang at Monterey Spine. Dr. Chang is board-certified by the American Board of Pain Medicine, the American Academy of Pain Management, and the American Board of Anesthesiology. She made an appointment to see Dr. Chang and he reviewed Judy's medical history, performed a physical exam and reviewed her diagnostic films. Judy was suffering from chronic mechanical low back pain. Dr. Chang talked with Judy about her treatment options and suggested they try some epidural injections to help relieve her symptoms. The goal of injection therapy is to help decrease inflammation and/or swelling of tissue in the joint space which may offer the patient reduced pain or symptoms. The injections did not relieve Judy's pain.

Dr. Chang next discussed in detail with Judy another treatment option known as neuromodulation.

She was glad to hear about a non-drug therapy that might help relieve her symptoms.

In September 2009, Judy was implanted with a peripheral nerve stimulator trial system. The stimulator worked and helped relieve her lingering radiating low back pain. In October 2009, a permanent system was implanted.

The neurostimulator gives Judy the relief she needs from pain and requires only occasional adjustments. She is able to control the amount of pulses generated from the stimulator. Judy is happy that pain is no longer a constant in her life. "Dr. Chang answered all of my questions about the nerve stimulator implant. He wanted to make sure I understood the process and made me feel at ease with the procedure," Judy remembers.

And because she has relief from her symptoms, Judy has been able to enter the physical therapy gym at Monterey Spine. The spine specialized physical therapists emphasize exercises that strengthen the back, make it more flexible and resistant to injury. She attends physical therapy twice a week where she learns exercises that help strengthen her core and leg muscles. Today, Judy is able to live a more active lifestyle, she is once again able to stand and walk for longer periods of time.



For patient referrals or consultations on cases, call: 831.648.7200. Educational Web site at www.montereyspine.com

About Monterey Spine

Monterey Spine is a multidisciplinary, regional center of excellence for the treatment of back and neck problems. Monterey Spine acts as a regional spine center serving the Monterey Bay region, including the counties of Monterey, San Benito, Fresno, Santa Cruz and Santa Clara. The spine center includes the expertise of Dr. Sobrab Gollogly, Dr. Dragan Dimitrov, Dr. Gary Chang, and Dr. Laurie Kleinman. This team of specialists are able to care for any type of back or neck problem, from simple back or neck strain all the way to complex spine surgery.

