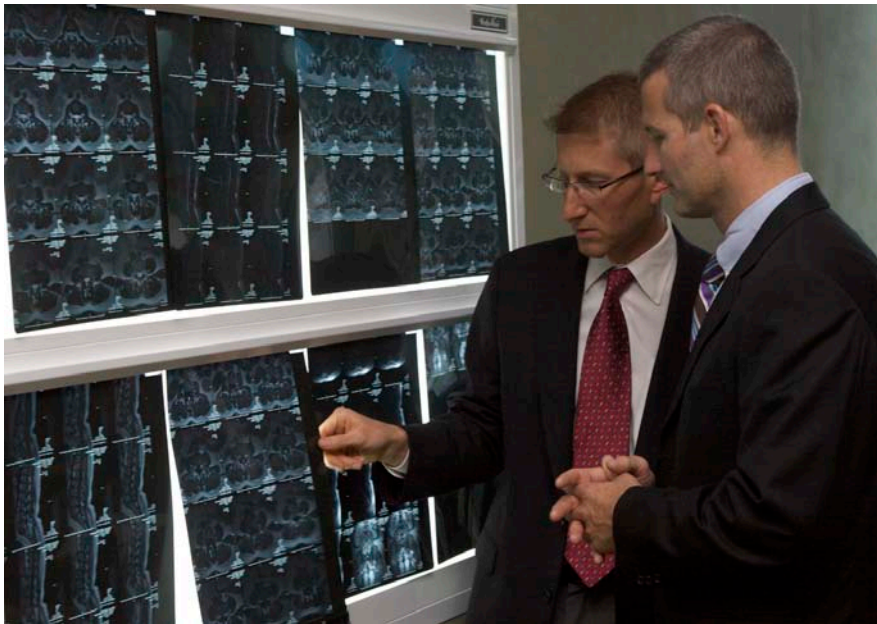




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montereyspine.com



Optimal spine care is achieved by having spine surgeons, PMR, diagnostics & therapy under one roof.

Monterey Spine is a regional resource for back and neck pain based in Northern California. The center includes specialists in physical medicine and pain management along with a fellowship-trained ortho spine surgeon and a spine specialized neurosurgeon so patients can have their evaluation and treatment in one place. This spine center approach improves communication and eliminates delays in care and the need for multiple referrals. Monterey Spine is a multidisciplinary, regional center of excellence for the treatment of back and neck problems. The center includes the expertise of Dr. Sohrab Gollogly, a fellowship trained orthopedic spine surgeon, Dr. Dragan Dimitrov, a neurosurgeon who specializes in spine surgery, Dr. Gary Chang a board certified pain management physician who specializes in non-operative interventional procedures and Dr. Laurie Ann Kleinman, a board certified physical medicine physician. This team of spine specialists are able to care for any type of back or neck problem, from the simple back or neck strain all the way to the most complex spine surgery.

What makes Monterey Spine different from other treatment centers is its nonsurgical approach to back and neck problems. Most spine treatment centers are directed by surgeons who favor the use of spine surgery. At Monterey Spine, however, the team of specialists take all factors into consideration before mapping out a treatment plan. These physicians have advanced training in the treatment of back and neck pain and are successful in helping people return to activity – without surgery. The spine center provides all the necessary diagnostic testing and treatment in one place, eliminating the need for multiple referrals, delayed care and overall confusion. Sometimes surgery is the best treatment, especially for those suffering from herniated discs, spinal fractures, spinal deformity and spinal tumor. In certain cases, red flag symptoms such as foot drop, severe weakness or loss of bowel or bladder control require immediate surgery to prevent these deficits from becoming permanent.

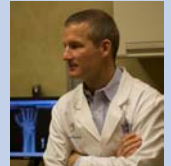
When surgery is necessary, the optimal result comes from having spine surgeons who do a high volume of spine surgery. The spine surgeons at Monterey Spine are also proficient in minimally invasive techniques and instrumentation. This expertise in minimally invasive surgery enables many patients to have their spine surgery and be home later the same day.

PROVIDER BIOGRAPHIES

Sohrab Gollogly, MD

*Board-Certified Orthopedic Surgeon
Fellowship-trained Spine Surgeon*

Dr. Gollogly is a fellowship-trained orthopedic surgeon who practices in Monterey, California. In 2004, Dr. Gollogly completed a fellowship in pediatric spine surgery at San Diego Children's Hospital after a fellowship in spine surgery at Centre Des Massues in Lyon, France. Dr. Gollogly earned his medical degree from the University of Washington School of Medicine and proceeded to do an internship and residency in orthopedic surgery at the University of Utah. He completed his undergraduate education in biology at Reed College in Portland, Oregon. Dr. Gollogly has appointments at the Community Hospital of Monterey Peninsula.



Dragan Dimitrov, MD

Board-Certified Neurosurgeon

Dr. Dragan Dimitrov is a neurosurgeon with extensive experience and specialization in spine surgery. Dr. Dimitrov received his undergraduate degree at Duke University where he was on the dean's list and graduated cum laude. He received his medical degree from New York University School of Medicine and completed a residency in neurosurgery at Duke University in North Carolina. In 2001 and 2002, he was honored with awards from the American Association of Neurological Surgeons related to research in the field of neurosurgery. He is on staff at Community Hospital of the Monterey Peninsula and Salinas Valley Memorial Hospital.



Gary J. Chang, MD, DABPM

Board-Certified Pain Management & Anesthesiology

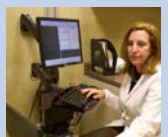
Dr. Gary Chang has 15 years of experience in non-operative interventional diagnostic and therapeutic pain procedures to treat back and neck pain. He is board certified by the American Board of Pain Medicine, the American Academy of Pain Management, and the American Board of Anesthesiology. He has performed over 50,000 fluoroscopic guided interventional spinal procedures to treat neck and back pain. He has been involved in a variety of publications, lectures and presentations throughout his professional career. Dr. Gary Chang joined the musculoskeletal care team at Monterey Spine in 2007 and Salinas Valley Memorial Hospital.



Laurie Ann Kleinman, MD

Board-Certified Physical Medicine

Laurie Ann Kleinman M.D. is board certified in Physical Medicine and Rehabilitation. She has over 18 years of experience treating patients with musculoskeletal and neuromuscular disorders. Dr. Kleinman uses conventional diagnostic modalities, prescription medications, patient education, and physical therapy. In addition, Dr. Kleinman also practices acupuncture and Eastern Medicine. Dr. Kleinman's special interest is treating patients with body, mind, and spirit imbalances. Dr. Laurie Kleinman feels blessed to have been able to take time from her medical practice to raise her three children who are her greatest joy.



A spine center encompassing all the components of a Center of Excellence for spine care:
 non-surgical physical medicine | fellowship-trained orthopedic spine surgeon
 spine-specialized therapy | spine diagnostics | spinal injection therapy | neurosurgery
 minimally invasive spine surgery | interventional pain management | artificial disc replacement

Artificial Disc Surgery

Unlike fusion surgery that locks spinal vertebrae, which can in turn damage adjacent discs above and below the fusion site, artificial disc replacement is designed to retain motion by replicating the function of a normal, healthy disc. Most artificial disc designs have plates that attach to the vertebrae and a rotational component that fits between these fixation plates. These components are typically designed to withstand stress and rotational forces over long periods of time.

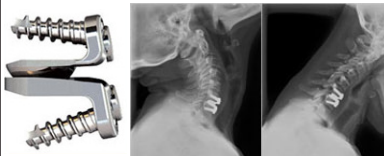
Because of the weight of the body and the rotational stress that the trunk places on discs in the low back (lumbar) area, more stress is placed on artificial discs in the lumbar area than in the neck (cervical) area, which only supports the weight of the head. A second issue relates to the ease of the artificial disc surgery and any necessary revision surgery to replace a worn out artificial disc. Because the surgeon must access the front of the spine, an incision is made in the abdomen for lumbar discs and in the front of the neck for cervical discs. Generally speaking, many spine surgeons believe access to the cervical discs can be easier than the lumbar discs.

The spine surgeons at Monterey Spine can advise if artificial disc surgery is appropriate for a patient.

FDA APPROVED ARTIFICIAL DISC OPTIONS



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Minimally Invasive Surgery

Monterey Spine uses state of the art minimally invasive techniques and instrumentation to help patients recover in a shorter period of time and allow for a quicker return home.

In minimally invasive spine surgery, a smaller incision is made, sometimes only a half-inch in length. The surgeon inserts special surgical instruments through these tiny incisions to access the damaged disc in the spine. Entry and repair to the damaged disc or vertebrae is achieved without harming nearby muscles and tissues when using minimally invasive techniques.

Minimally invasive spine surgery requires extensive training and experience to master use of the tools, but there is tremendous benefit for the patient. "The incision is shorter, which means you aren't cutting through as much muscle and tissue to get access to the damaged area of the spine," explains Dr. Gollogly.

Unlike many other spine care providers, the patients who undergo minimally invasive surgery at Monterey Spine can often have their surgery on an outpatient basis.



PMR and Spine Therapy under one roof

A physical medicine and rehabilitation (PMR) doctor or physiatrist, specializes in the nonsurgical management of back and neck pain. A physiatrist provides techniques and treatments that allow back and neck pain sufferers to return to activity without surgery.

This can include injections that serve

two purposes: relief of pain as well as providing additional diagnostic information about the back or neck pain generator. Injection therapy bridges the patient into Monterey Spine's internal therapy gym where patients learn customized stretches and exercises that relieve pain and prevent recurrence of strain.



Home Remedy Book

Monterey Spine wants the patient to be well-informed about the causes of back and neck pain. Once an individual encounters back or neck pain, he or she is four times as likely to experience it again. This is why prevention is essential to long-term recovery. As a community service, we mail out a free, 36-page Home Remedy Book that has helped thousands of people with symptom relief. Contact us at 831-648-7200 and we will send you a copy.

