

Integrated Spine Program





Integrated Spine Program overview

Introduction

Nearly 80 percent¹ of people face a painful back or neck problem at some point in their lives. That's why we offer the latest advances in spine care at Northwestern Medicine.

From care for common injuries to complex spine surgery, we blend innovation and skill to help restore movement and improve quality of life for our patients.

Physician team

The Northwestern Medicine Integrated Spine Program team is made up of highly experienced physicians who specialize in the differential diagnosis of spine disorders, as well as other musculoskeletal complaints that mimic spine conditions. The Integrated Spine Program team is comprised of both surgical specialists and conservative specialists.

The surgical specialists are physician experts at complex surgical interventions as well as minimally invasive procedures. The conservative specialists include highly skilled providers in physical medicine and rehabilitation, chiropractic, and advanced practice nursing.

Keeping the patient's needs as the first priority, the Integrated Spine Program specialists work together to ensure that the patient receives the best care available to ensure the best outcome.

About the program

When patients call 630.933.BACK (2225), they will be referred to the most appropriate physician for their care, based on their individual symptoms. The spine specialists work together to offer a comprehensive management plan to help patients overcome spine problems and enjoy life. Providers have the option of referring to a specific provider or to the Integrated Spine Program.

As a leader in spine care in the Chicago western suburbs, the Northwestern Medicine Integrated Spine Program provides comprehensive services and world-class patient care. The multi-specialty, physician-led team provides care at multiple physician office locations in the western suburbs, in addition to Northwestern Medicine Central DuPage Hospital, Northwestern Medicine Delnor Hospital and Northwestern Medicine Kishwaukee Hospital.

About the hospitals

Central DuPage Hospital's orthopaedic program is nationally ranked by *U.S. News and World Report*. Central DuPage Hospital was also named one of the nation's 100 Top Hospitals® in 2015 by Truven Health Analytics, one of 94 hospitals to be named a 2014 Top Hospital by The LeapFrog Group, and again earned Magnet® recognition for nursing excellence in 2015. Delnor Hospital was the first nonacademic hospital in Illinois to earn Magnet® recognition in 2004 and achieved redesignation in both 2008 and 2013.



¹ Advisory Board

Integrated Spine Program team

The Integrated Spine Program team is made up of highly experienced physicians who specialize in the differential diagnosis of spine disorders, as well as other musculoskeletal complaints that mimic spine conditions. The surgical team works collaboratively with Physical Medicine and Rehabilitation physicians in a multidisciplinary model that includes nurses, physical therapists, occupational therapists, and chiropractors.

The Physical Medicine and Rehabilitation team members are specialists who offer nonsurgical management of musculoskeletal and spine conditions including muscle, spine, joint and other musculoskeletal complaints. Chiropractic services are also available.

Conditions

| | |
|-----------------------------------|--------------------|
| Acute and chronic spine pain | Sciatica |
| Arthritis | Scoliosis |
| Degenerative disc disease | Spinal arthritis |
| Disc herniation | Spinal fracture |
| Failed back syndrome | Spinal infection |
| Myofascial pain | Spinal stenosis |
| Nerve and spinal cord compression | Spinal tumor |
| Overuse injury | Spinal trauma |
| Sacroiliac joint dysfunction | Spinal cord injury |
| | Spondylolisthesis |
| | Sports injury |
| | Stenosis |

Tests

| | |
|---|----------------------------------|
| Bone scan | Magnetic resonance imaging (MRI) |
| CT scan | |
| DEXA scan | Myelography/Myelogram |
| Electromyography and nerve conduction (EMG/NCV) | |

Non-Surgical Treatments

| | |
|-------------------|-------------------------------------|
| Acupuncture | Massage therapy |
| Aquatherapy | Pain management |
| Chiropractic | Physiatry |
| Injection therapy | Physical therapy and rehabilitation |

Surgical Treatments

| | |
|--|------------------------------|
| Artificial disc replacement | Minimally invasive surgery |
| Complex/revision spine surgery | Reconstructive spine surgery |
| Decompression/Laminectomy of cervical and lumbar spine | Spinal fusion |
| | Spinal tumor resection |
| Micro discectomy | |



Andrew G. Chenelle, MD
Medical school: University of Chicago Pritzker School of Medicine
Residency: University of Virginia
Board certified: American Board of Neurological Surgery



Sheri Dewan, MD
Medical school: Chicago Medical School
Residency: Brown University



David W. Flatt, DC
Medical school: Logan University, Logan College of Chiropractic
Board certified: American Board of Chiropractic Orthopedics - Chiropractor, National Board of Chiropractic Examinations - Chiropractor



Beth B. Froese, MD
Medical school: East Carolina University School of Medicine
Residency: Loyola University Medical School
Board certified: Physical Medicine and Rehabilitation, Sports Medicine



Laura L. Guzman, APN, CNP, CNRN
Master's degree: DePaul University
Board certified: Nurse Practitioner and Neuroscience Nurse



Stephen E. Heim, MD
Medical school: Northwestern University Medical School
Residency: Northwestern Memorial Hospital
Fellowship: Northwestern University
Board certified: American Board of Orthopaedic Surgery



Jerome L. Kolavo, MD
Medical school: University of Illinois College of Medicine
Residency: Northwestern Memorial Hospital
Fellowship: Rush-Presbyterian-St. Luke's Medical Center
Board certified: Orthopaedic Surgery, Spine Surgery



Peter Lee, MD

Medical school: Robert Wood Johnson Medical School
Residency: Northwestern University McGaw Medical Center
Fellowship: Northwestern University McGaw Medical Center



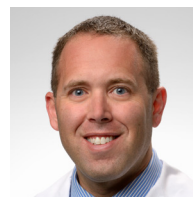
Taras W. Masnyk, MD, PhD

Medical school: Johns Hopkins School of Medicine
Residency: University of Chicago
Board certified: American Board of Neurological Surgery



Vinita Mathew, MD

Medical school: University of Otago, New Zealand
Residency: Washington University School of Medicine, St. Louis
Board certified: Physical Medicine and Rehabilitation



Steven E. Mayer, MD

Medical school: Indiana University School of Medicine
Residency: University of Wisconsin Hospital and Clinics
Board certified: Physical Medicine and Rehabilitation, Sports Medicine



Mary T. Norek, MD

Medical school: University of Illinois College of Medicine
Residency: St. Francis Medical Center/Mercy Hospital
Board certified: Physical Medicine and Rehabilitation



Brian D. Steinke, MD

Medical school: University of Illinois at Chicago College of Medicine
Residency: Loyola University Medical Center
Fellowship: San Francisco Spine Institute
Board certified: American Board of Orthopaedic Surgery

Integrated Spine Program provider locations

The Integrated Spine Program provides care at multiple convenient locations throughout the western suburbs. To learn more or to speak to a spine specialist, call 630.933.BACK (2225).

Bartlett

820 Route 59
Bartlett, IL 60103

Carol Stream

515 Thornhill Drive
Carol Stream, IL 60188

DeKalb

5 Kish Hospital Drive, Suite 204
DeKalb, IL 60115

Geneva

Northwestern Medicine
Delnor Hospital
300 Randall Road
Geneva, IL 60134

351 Delnor Drive
Geneva, IL 60134

Glen Ellyn

885 Roosevelt Road
Glen Ellyn, IL 60137

Naperville

101 East 75th Street
Naperville, IL 60565

St. Charles (Chiropractic Care)

2900 Foxfield Road, Suite 307
St. Charles, IL 60174-5799

Warrenville

27650 Ferry Road
Warrenville, IL 60555

4405 Weaver Parkway
Warrenville, IL 60555-3269

Winfield

Northwestern Medicine
Central DuPage Hospital
25 North Winfield Road
Winfield, IL 60190

25 North Winfield Road, Suite 424
Winfield, IL 60190-1295



Northwestern Medicine Rehabilitation Services locations

Aurora

2635 Church Road, Suite 103
T 630.933.6400
F 630.938.6401

Bartlett

820 Route 59, Suite 320
T 630.213.7573
F 630.213.6835

Bloomington

245 South Gary Avenue, Suite 101
T 630.315.8710
F 630.315.8725

(Located within LifeTime Fitness)

455 Scott Drive, 2nd Floor
T 630.681.6300
F 630.681.6310

Carol Stream

515 Thornhill Drive
T 630.407.0980
F 630.407.0981

Glen Ellyn

(Located within HealthTrack
Fitness Center)

875 Roosevelt Road
T 630.469.7858
F 630.469.0098

885 Roosevelt Road, Suite 300
T 630.866.2040
F 630.866.2045

Geneva

Delnor Health and Fitness Center
296 Randall Road
T 630.938.6400
F 630.938.6401

Genoa

599 Pearson Drive
T 815.784.2100
F 815.784.2110

Hampshire

895 South State Street, Suite 203
T 847.683.4358
F 847.683.3580

Lisle

1019 School Street
T 630.933.1500
F 630.933.1550

Naperville

636 Raymond Drive, Suite 305
T 630.922.2300
F 630.922.2301

101 East 75th Street, Suite 100

T 630.922.5330
F 630.922.5339

Oakbrook Terrace

Marianjoy at Oakbrook Terrace
17W682 Butterfield Road
T 630.909.6500
F 630.268.1595

Sandwich

1 East County Line Road
T 815.786.8550
F 815.786.9729

South Elgin

552 Randall Road
T 630.938.6400
F 630.938.6401

St. Charles

2900 Foxfield Road, Suite 205
T 630.938.6400
F 630.938.6401

Sugar Grove

414 Division Drive
T 630.938.6400
F 630.938.6401

Sycamore

2111 Midlands Court
T 815.748.8900
F 815.758.0717

Warrenville

27650 Ferry Road
T 630.225.2466
F 630.225.2490

Wheaton

Marianjoy Rehabilitation Hospital
Outpatient
26W171 Roosevelt Rd
T 630.909.7150
F 630.909.7151

7 Blanchard Circle,
Suite LLA (Lower Level)
T 630.462.3661
F 630.682.1285

Winfield

25 North Winfield Road,
Suites 506 and 430
T 630.933.1500
F 630.933.1550

TTY for the hearing impaired
630.933.4833.

