Integrated Spine Program overview

Introduction
Nearly 80 percent 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.
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
- Arthritis
- Degenerative disc disease
- Disc herniation
- Failed back syndrome
- Myofascial pain
- Nerve and spinal cord compression
- Overuse injury
- Sacroiliac joint dysfunction

Non-Surgical Treatments

- Acupuncture
- Aquatherapy
- Chiropractic
- Injection therapy

- Massage therapy
- Pain management
- Physical therapy and rehabilitation

Surgical Treatments

- Artificial disc replacement
- Complex/revision spine surgery
- Decompression/ Laminectomy of cervical and lumbar spine
- Micro discectomy

- Minimally invasive surgery
- Reconstructive spine surgery
- Spinal fusion
- Spinal tumor resection

Tests

- Bone scan
- CT scan
- DEXA scan
- Electromyography and nerve conduction (EMG/NCV)

- Magnetic resonance imaging (MRI)
- Myelography/Myelogram
Integrated Spine Program

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
Dehor Hospital
300 Randall Road
Geneva, IL 60134
351 Dehor 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 Integrated Spine Program

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, Sports Medicine

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
Northwestern Medicine Rehabilitation Services locations

Aurora
2635 Church Road, Suite 103
T 630.933.6400
F 630.933.6401

Bartlett
820 Route 59, Suite 320
T 630.231.7573
F 630.213.6935

Bloomingdale
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
17668 West 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
26W170 Roosevelt Rd
T 630.909.7150
F 630.909.7151
7 Blanchard Circle,
Suites LLA (Lower Level)
T 630.462.3661
F 630.682.1285

TTY for the hearing impaired
630.933.4833.