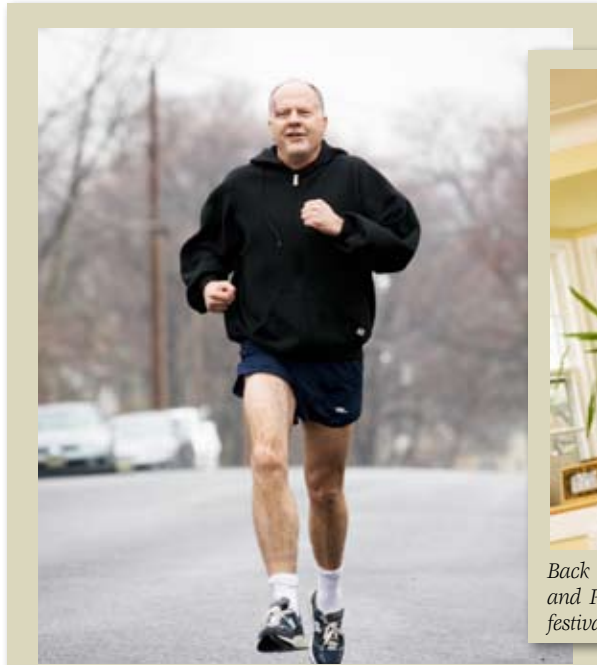


## Runner finds a non-surgical route back to activity

**Bill** first started experiencing back pain symptoms a few years ago. The pain would be sporadic, it would flare up and then a few days later the symptoms would disappear. When Bill started experiencing more consistent back pain symptoms he visited a doctor who referred him to a chiropractor. This allowed him some temporary relief from symptoms.

A few months later, however, Bill once again began to experience episodes of back pain. Bill reflects, "I started to think about how the pain was starting to affect my life and the activities that I could and could not do...I knew something had to be done about the pain." Bill's brother-in-law, an area physician, referred him to Dr. Rand. "He knew of other patients that had positive experiences with Dr. Rand," Bill remembers.

Also, because Dr. Rand was a certified acupuncturist, he felt there were more options to explore before surgery. During his first visit, Dr. Rand, a physical medicine and rehabilitation specialist, performed a physical exam and recommended that Bill undergo physical therapy with Kim Baubles, North Jersey Spine Group's Director of Physical Therapy. "At first I was a little skeptical that therapy would be able to help my back problem, especially because I had



*Today, Bill enjoys an active lifestyle and regular outdoor exercise. He also attends core strengthening classes at his local YMCA.*



*Back to making music, Bill's band "Thieves and Poets" opened up for the BB King Blues festival in 2000.*

already explored chiropractic. But I was surprised with my progress. Kim was able to get me back to doing the things I enjoy without the pain," Bill says.

Today, Bill is stretching seven days a week and attending 'Back to Abs' classes at the YMCA regularly to help increase his core strength. He reflects, "I had been a runner for over 20 years. When I went

to North Jersey Spine Group, I couldn't run more than 50 yards before my back tightened up. Now, I can go out for a two mile run without crippling myself for days afterward." He is also back to enjoying other favorite activities, including playing guitar in his band, "Thieves and Poets", where standing for long periods is also easier now.

**Dov Rand, M.D.** is a board-eligible physical medicine & rehabilitation physician. Dr. Dov Rand specializes in the nonsurgical treatment of neck and back pain. He works closely with spine therapists and surgeons to coordinate care of back and neck patients. Dr. Rand has advanced training and certification in the use of acupuncture to resolve some back and neck pain symptoms nonsurgically. He also uses EMGs to diagnose nerve problems relating to back and neck problems.

He earned his Bachelor of Arts from Rutgers University and attended medical school at Howard University in Washington DC. Dr. Rand completed his internship at St. Barnabas Medical Center and a residency in rehabilitation medicine at the Albert Einstein Medical Center in New York.

Dr. Rand has practiced in the Wayne and West Orange areas of North Jersey area for more than 10 years, seeing a variety of back and neck problems over that time. He is a member of the American Medical Association, the Academy of Physical Medicine and Rehabilitation, and New Jersey Electrodiagnostic Society.



**Dr. Dov Rand**

**NONSURGICAL SPINE CARE:**

Dov Rand, MD, BOARD ELIGIBLE PHYSICAL MEDICINE & REHABILITATION  
 Kimberley Baubles, MSPT, MTC, BSHS, CCI, SPINE SPECIALIZED PHYSICAL THERAPIST

**SPINE SURGEONS:**

David Sundstrom, MD, BOARD CERTIFIED NEUROLOGICAL SURGEON, SPECIALIZING IN SPINE SURGERY  
 Rajnik W. Raab, MD, BOARD ELIGIBLE NEUROLOGICAL SURGEON, SPECIALIZING IN SPINE SURGERY