

After months of fragmented care, patient finds relief at spine center

Dorothy was like many back pain sufferers, bouncing from one back doctor to another. Her journey ended with Dr. David Sundstrom at North Jersey Spine Group.

Dorothy began experiencing back pain symptoms early in 2007, and while the pain was tolerable at first, she soon realized that her pain was worsening, not getting better. Dorothy first made an appointment with her primary care physician and he suggested that she try back exercises to help relieve the pain and strengthen the back, she performed the exercises, but her pain symptoms persisted.

She was next referred to another clinic where she had an MRI performed. The results from the MRI revealed that she had a degenerative disc. The doctor suggested that she attend physical therapy at a local PT gym. She went to see the physical therapist for about six weeks. While the therapy offered some temporary relief, she felt it was only a bandaid for her pain.

In search of other options to help relieve her back pain symptoms, Dorothy visited a chiropractor a few times for decompression treatments. This offered her little relief. After trying chiropractic care, she then looked to pain management options and had three epidural steroid injections over a course of six weeks

to help relieve pain symptoms. While the injections did help some, Dorothy was still experiencing extreme back spasms at the end of the day along with numbness down her left

Spine Group. Dorothy made an appointment to see Dr. Sundstrom and took her MRI with her to the appointment. Based on the results of the MRI and the serious symptoms

she was experiencing, Dr. Sundstrom performed a lumbar decompression, fusion and stabilization surgery.

Dorothy's recovery from surgery went well, "Dr. Sundstrom was a good surgeon and I was a good patient; it's important to follow the instructions and procedures for post surgical care," she reflects. Before her surgery, her everyday activities were very

limited, "Walking was limited for me; I couldn't walk my dog and lifting groceries was difficult," Dorothy remarks.

Today, Dorothy is pain free and back to her normal activities, including taking her dog for walks. She attended physical therapy with Kim Baubles, the Director of Physical Therapy at North Jersey Spine Group, for about six weeks where she learned stretching and strengthening exercises. Dorothy still regularly performs the stretches & exercises she learned in PT with Kim.



leg and into her foot. (Pain or numbness that extends into the leg and foot, also known as foot drop, is a

warning symptom and should be seen by a spine specialist within 48 hours.)

While talking with a friend, she learned about North Jersey Spine Group and Dr. David Sundstrom, a neurological spine surgeon. Her friend's husband was a patient of North Jersey

David Sundstrom, M.D. is a board-certified neurological surgeon who specializes in the treatment of back and neck pain, including the use of spine surgery. He treats a variety of back and neck problems, ranging from simple disc problems to complex spine surgeries requiring the most advanced instrumentation. Dr. Sundstrom has practiced in the North Jersey region for more than 16 years. Dr. Sundstrom grew up in the North Jersey area. He graduated Magna Cum Laude from Tufts University in Massachusetts with a Bachelor of Science in biology. He then completed medical school at the Albert Einstein College of Medicine in New York. He did an internship in general surgery and a residency in neurological surgery at the Montefiore Medical Center in New York. During this time, Dr. Sundstrom was named Chief Resident at Montefiore Medical Center.

Dr. Raab and Dr. Sundstrom have teamed together for more than four years and have worked with hospitals in Bergen, Morris and Passaic counties. Dr. Sundstrom is a member of the American Medical Association and the Bergen County Medical Society.



Dr. David Sundstrom

NONSURGICAL SPINE CARE:
 DOV RAND, MD, BOARD ELIGIBLE PHYSICAL MEDICINE & REHABILITATION
 KIMBERLY BAUBLES, MSPT, MTC, BSBS, CCI, SPINE SPECIALIZED PHYSICAL THERAPIST

SPINE SURGEONS:
 DAVID SUNDRAM, MD, BOARD CERTIFIED NEUROLOGICAL SURGEON, SPECIALIZING IN SPINE SURGERY
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