

Pain relieving injections bridge patient back to activity

Sabata began experiencing back pain symptoms early in 2008. At first the pain was mild and sporadic, but it soon intensified and she began experiencing numbness into her leg. “The pain felt like pins and needles and it wasn’t going away,” Sabata remembers. The symptoms Sabata was experiencing were now interfering with her everyday lifestyle, as she could no longer bend down without hurting.

She made an appointment to visit another doctor. He examined her and ordered an MRI. Results from the MRI revealed that she was suffering from a herniated disc.

The doctor then referred Sabata to North Jersey Spine Group. She brought her MRI with her to the first appointment at NJSG, which was with Dr. Rajnik Raab, a spine surgeon. Dr. Raab felt that Sabata might be able to recover without spine surgery. Dr. Raab had Sabata consult with Dr. Dov Rand at NJSG, a physical medicine and rehabilitation physician, specializing in the non-surgical treatment of spine problems. Dr. Rand performed an EMG. He prescribed a spinal injection to reduce



inflammation around the nerve root. It worked. Her symptoms improved nonsurgically.

Sabata then progressed to physical therapy at North Jersey Spine Group with Kim Baubles, director of physical

therapy. Kim showed her how to do stretching and strengthening exercises which can help the back become stronger and less prone to further strain.

Today, Sabata is back to her normal, everyday activities and free of back pain - all without spine surgery.

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
 KIMBERLY 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