



Do I need my doctor to refer me to your office?  
**No, we take “self-referrals”.** You may call to make an appointment. We will ask you what insurance you have so we may verify if your insurance requires a referral.

Should I see you prior to having an operation on my back?  
**Yes.** In some instances surgery can be avoided by interventions we can provide. We also can perform diagnostic procedures that better clarify the type of surgery you need.

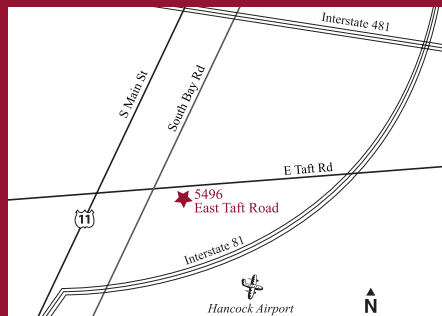
I have already had surgery, but I still have pain. Can you help?  
**Yes.** Many of the therapies and techniques we offer are potentially helpful for people who have had surgery.

Do I have to be a patient with your practice to take advantage of the massage therapy?  
**No, you may call our office and schedule a massage session without having to have been seen by one of our physicians.**

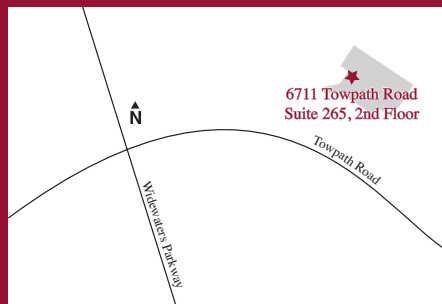
Would the therapies you offer take the place of my need for surgery?  
**Depending on your diagnosis, a treatment plan can be tailored so that it may correct your problem without surgery.**

## New York Spine & Wellness Center

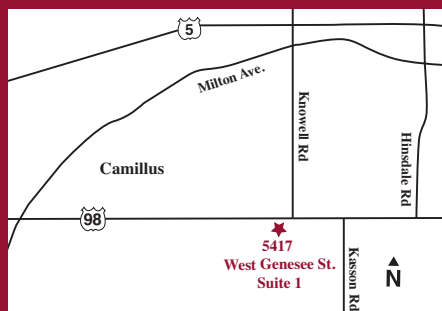
North Syracuse Location  
 5496 East Taft Road, North Syracuse, NY 13212  
 315-552-6700



East Syracuse  
 6711 Towpath Rd., Suite 265, 2nd Floor, E. Syracuse, NY 13057  
 315-703-3480



Camillus Location  
 5417 West Genesee St., Suite 1, Camillus, NY 13031  
 315-432-4900



**Please visit our website for more detailed information:**  
[www.nyspineandwellness.com](http://www.nyspineandwellness.com)

*It is the policy of NYSWC not to discriminate on the basis of race, color, national origin, sex, age or disability. NYSWC has adopted an internal grievance procedure providing for prompt and equitable resolution of complaints alleging any action prohibited by Section 1557 of the Affordable Care Act (42 U.S.C. § 18116).*

## New York Spine & Wellness Center

**Your first choice for spine care.**



**Your only choice for comprehensive pain management.**

**...Our results can change your life!**

Robert L. Tiso, M.D.  
 Joseph A. Catania, M.D.  
 Riná C. Davis, M.D.  
 Eric A. Tallarico, M.D.  
 Mary C. Trusilo, M.D.  
 Raymond J. Alcuri, M.D.  
 Jason Lok, M.D.  
 Ryan D. McConn, M.D.  
 Brendan T. McGinn, M.D.  
 Adrienne M. O'Quinn, M.D.

## The Physicians of New York Spine & Wellness Center



Robert L. Tiso, M.D.



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New York Spine and Wellness Center is the region's premier pain center offering state-of-the-art interventional pain management and medical treatment by board certified pain medicine specialists.

### OUR GOALS FOR OUR PATIENTS:

- Improved Quality of Life
- Eliminate Pain, When Possible
- Decreased Frequency and Intensity of Pain
- Increased Ability to Cope with Pain
- Increased Function and Work Capacity
- Improved Sense of Well-being



### WE PROVIDE A WIDE VARIETY OF ADVANCED DIAGNOSTIC TESTING:

- Diagnostic Injections
- Laboratory Services

Our Electrodiagnostic Laboratories are accredited by AANEM and offer the following:

- Nerve Conduction Studies
- Electromyography



### WE PERFORM THE FOLLOWING INTERVENTIONAL PROCEDURES:

- Facet Injection
- Myobloc Injection
- Nerve Root Injection
- Trigger Point Injection
- Radiofrequency
- Spinal Cord Stimulator Trials
- Myofascial Release
- SI Joint Injection
- Sympathetic Block
- Genicular Block
- Basivertebral Nerve Radiofrequency Ablation
- Celiac Plexus Block
- Epidural Steroid Injection
- Inter-spinal Spacer Implant (ISSI)
- Minimally Invasive Lumbar Decompression (MILD)
- Lysis of Adhesions
- Cryoanalgesia

Our Center provides a multidisciplinary approach to the treatment of acute and chronic pain syndromes. The medical team consists of board certified physicians, chiropractors, nurse practitioners, physician assistants, nurses, medical assistants, licensed massage therapists, and licensed mental health professionals.

With the combined expertise of our medical staff, along with medications, injections, physical and behavioral therapies, we are able to tailor a pain management plan that is suited to your unique pain problem.

### AT YOUR INITIAL VISIT OUR PROVIDER WILL:

- Review your health history
- Offer treatment recommendations
- Order additional diagnostic studies if needed
- **You will not receive a procedure at this visit.**



The medical team at New York Spine and Wellness Center is dedicated to treating your acute and chronic pain conditions with emphasis on aggressive non-operative spine care.

### INTEGRATIVE THERAPIES WE OFFER:

- Chiropractic
- Lifestyle Health and Wellness
- Physical Therapy
- Massage
- Weight Loss and Smoking Cessation
- Behavioral Health Services



### IS THERE A DIFFERENCE BETWEEN ACUTE AND CHRONIC PAIN?

Acute pain is of short, limited duration and is usually the result of an injury, surgery or medical illness. Acute pain often resolves itself during the healing process.

Chronic pain continues for longer periods of time, sometimes even after the original injury has healed. Treatment for acute and chronic pain are often quite different.

The experience of living with chronic pain can be overwhelming. It often causes stress and sleep disruptions and it can jeopardize interpersonal relationships. It can even lead to organic depression.

Whether you are experiencing acute or chronic pain, our medical team will formulate a treatment plan designed specifically for you, with emphasis on comprehensive wellness.