



**The Berkshire
Independent
Hospital** Back Pain
& Spinal Care
2022



**The Berkshire
Independent Hospital**

Part of Ramsay Health Care

Are you experiencing **back pain or sciatica?**

More than four out of five of us will suffer from back pain at some point in our lives and every year one out of five of us will consult a GP about it.

Typically, back pain is concentrated in the lower back and experienced through stiffness, muscle spasms and reduced motion. Some people are more likely to develop back pain because their lifestyle puts a particular strain on their back. For other people, it may be related to age.

A considerable amount of back pain is described as non-specific (not diagnosed as due to a particular condition) and may settle down over a period of time - your GP will be able to advise you whether this is likely to be the case - with recommendations being to try over-the-counter painkillers, hot and cold compresses and potentially reducing your physical activities.

However for up to one in ten people suffering from back pain, it can persist and be much more troublesome, making it harder for them to live a normal life doing the sports and activities they enjoy.

In many cases, much can be done to relieve symptoms of back pain and The Berkshire Independent Hospital offers a broad range of expertise to give sufferers the best possible chance of recovery.



The Berkshire Independent Hospital

approach to back and spinal care

The Berkshire Independent Hospital offers a wide range of treatments for back problems from inflammatory back pain, osteoporosis prevention and care, fracture management, pain management through to complex spinal surgery.

We have specialist consultants with access to advanced hi-tech equipment to accurately diagnose the most likely cause of your symptoms and recommend the best form of treatment for you.

- We welcome NHS (via e-Rs), Private Insured and Self-Pay patients.
- The Berkshire Independent Hospital in Berkshire provides clinical expertise backed up by investment in state-of-the-art surgical equipment
- Our multidisciplinary approach delivers long-term improved patients' outcomes. Our Spinal Surgeons, Rheumatologist and Physiotherapy department work together to deliver safe and best-in-class treatments
- This state-of-the-art diagnostic facility allows for the safest, minimally invasive approach to spinal surgery
- With a focus on prevention, our Rheumatologist provides the latest medical treatments for osteoporosis and inflammatory conditions of the back
- Our on-site dedicated Physiotherapy department is an integral part of the Spinal Unit offering assessment, referral and rehabilitation tailored to each patient's requirements
- Excellent clinical outcomes, including 0% MSRA and ultra low infection rates

Treatments available

Surgery

The Berkshire Independent Hospital specialises in minimally invasive surgical procedures, including nerve denervation, discectomy, spinal decompression, kyphoplasty, spinal fusion and cervical disc replacement surgery.

Our state-of-the-art imaging and diagnostic equipment at The Berkshire Independent Hospital, allows safer, accurate surgical spinal procedures. Our minimally invasive approach to spinal surgery can shorten the time spent in hospital, enhance recovery, and decrease surgical risk.

Rheumatology and osteoporosis treatments

Our highly experienced Rheumatologist specialises in the treatment of inflammatory back pain, osteoporosis prevention and care, as well as treating joint problems and related musculoskeletal conditions.

Typically an osteoporotic fracture occurs every 3 seconds, and a vertebral fracture occurs every 22 seconds. Over the age of 50 a vertebral fracture is prevalent in 25% of Caucasian women and men. Women who have one vertebral fracture have a 5-fold increased risk of having another one within a year and have a 2-fold increased risk of having a hip fracture. Osteoporosis is a preventable and treatable condition.

We are able to treat the condition effectively, increasing bone density and dramatically reducing fracture risk for the future using a range of medications. The most effective ones are the yearly injections of zoledronic acid (Aclasta), or six monthly subcutaneous injections of denosumab (Prolia). Both are very well tolerated and highly effective.

Inflammatory back pain often starts below the age of forty and is associated with morning stiffness, waking in the second half of the night and alternating buttock pain. It can occur in association with other conditions like psoriasis, inflammatory bowel disease and eye problems. Early diagnosis of these conditions is essential to allow successful treatment to reduce pain, prevent progression and normalise function.

The Berkshire Independent Hospital incorporates the latest imaging techniques (DEXA scan) which are used to confirm the diagnosis and advice on treatment type and duration. We provide the latest treatments available for osteoporosis and inflammatory conditions, that not only ease pain but can also prevent progression and normalise function.



Pain Management

Back pain, neck pain, headaches and arthritic-related pain are the most common conditions that are seen in Pain Clinics. Our Pain Management Specialists use an holistic approach to manage pain conditions and offers a combination of medical techniques and rehabilitation approaches. The key issue with all chronic pain conditions is to make a prompt and accurate diagnosis. This is done by listening carefully to the patient's history, examining the patient and ordering any investigations that may help with diagnosis.

Pain relieving injections can complement other back pain treatments and therapies. They aid in recovery by reducing pain and inflammation and allow patients to benefit from other treatments.

Facet Joint Injections

Facet joints are weight bearing joints in the spine where two vertebrae sit on top of each other. These can become inflamed and painful. In some cases, injection therapy can be useful in relieving this pain, as part of a combined therapy programme which could include physiotherapy.

Epidurogram & Nerve Root Blocks

Persistent back and leg pain can sometimes be linked to irritation of the nerves of the spine associated with previous trauma or surgery. To determine this, the consultant performs a nerve root block which includes placing a local anaesthetic and steroid around the spinal nerve root.

Physiotherapy

Our physiotherapy team will assess your condition and will offer a programme of specific exercises to maintain strong spinal muscles which will take the strain off the associated joints, ligaments and discs. Other treatment modalities including acupuncture or manipulation are available. Our Physiotherapists can make a direct referral for an MRI scan or book an appointment to see a Pain Consultant or Spinal Surgeon should they feel it is necessary, all of which will take place at The Berkshire Independent Hospital.

Please call The Berkshire Independent Hospital for more information or to book your appointment: 0118 902 8000 | berkshireindependenthospital.co.uk

We welcome Private Medical Insured, Self-pay and NHS patients (please refer NHS patients via e-referral system).



Our **specialists**



Mr Chris Brown

Consultant Spinal Surgeon

Mr Brown is a local orthopaedic spinal surgeon. He is the the chair of the medical advisory committee at the Berkshire Independent hospital. He read medical sciences at Cambridge University and then completed his clinical and surgical specialist training in London and Oxford. He is trained in treating the full range of spinal problems from neck to coccyx.

Mr Brown performs the complete range of X-Ray guided injections to relieve back, neck and neuropathic pain. He works closely with other specialists and believes strongly in setting realistic expectations of treatment to give the very best care. He performs minimally invasive fusion surgery in addition to spinal microdiscectomy, decompression, vertebroplasty and cervical spine surgery.



Mr Trichy Rajagopal

Consultant Spinal Surgeon

Mr Rajagopal is a Consultant Spinal Surgeon working at the Berkshire Independent Hospital and Royal Berkshire Hospital. He is an experienced spinal surgeon who has performed over 1500 spinal surgeries successfully. He is dedicated to achieving the best results for every patient with the least invasive approach possible to promote faster recovery that enables return to normal activities much sooner.

He specialises in treating patients with cervical and lumbar degenerative conditions. He offers a comprehensive range of spinal procedures including lumbar microdiscectomy, decompression, minimally invasive spinal fusion, cervical disc replacement and vertebroplasty. He offers a full range of pain-relieving injection procedures as well.



Mr Dan Rolton

Consultant Spinal Surgeon

Mr Rolton is a local specialist working at the Berkshire Independent Hospital and Royal Berkshire Hospital. He specialises in all aspects of adult spinal surgery. He offers a patient centred approach with non-operative and surgical treatments for patients with neck, back and sciatic leg pain.

Mr Rolton has undergone international training in specialist minimally invasive techniques and complex spinal procedures to maximise patient's recovery and return to function. He offers pain relieving injections to help patients recover from debilitating neck, back and leg pain. He has excellent links with local physiotherapists and specialists to ensure patients receive the best available management.



Dr Jeremy McNally

Consultant Rheumatologist

Dr McNally specialises in the treatment of inflammatory rheumatic diseases, rheumatoid arthritis, biologic therapies, osteoporosis, general rheumatology and medicine.

He developed a special interest in inflammatory rheumatic diseases and biologic therapies during a 3 year rheumatology fellowship at The Hospital for Special Surgery at Cornell University in New York, USA.

Dr McNally has been principal investigator in clinical trials of new treatments (biologics) for rheumatic diseases and has presented research findings at national and international conferences. He has authored many scientific publications in peer-reviewed journals and written review articles and book chapters.



Dr Husham Al Shather

Pain Management Specialist

Dr Husham Al-shather is a consultant in pain medicine. He specialises in the management of chronic and acute pain conditions. He provides a variety of interventional and non-interventional treatments for this specific patient population. Husham is a Fellow of the Faculty of Pain Medicine of the Royal College of Anaesthetists and a Fellow of the Royal College of Anaesthetists.

Husham specialises in managing patients with Lower back pain, Neck pain, Neuropathic pain, Abdominal pain, Acute pain, Complex regional pain syndrome, Post-stroke pain and Fibromyalgia. He performs epidural steroids injections, facet joint injections, sacroiliac joint injections, nerve root injections, peripheral nerve blocks and sympathetic blocks. In addition to Pain Management, Husham is an expert in ultrasound guided procedures and regional anaesthesia.



How to find us

The Berkshire Independent Hospital, Swallows Croft, Wensley Road, Reading RG1 6UZ

Tel: 0118 902 8000

berkshireindependenthospital.co.uk

By Road

Take Junction 11 off the M4 and follow the signs along the dual carriageway (A33) towards Reading. Continue following signs for A4 Newbury (keep to left hand lane at all times), it will lead to a T-junction. Turn left into Berkeley Avenue and take the next left into St. Saviours Road and the second right into Holybrook Road. This road will lead into Wensley Road which should be followed until reaching a mini-roundabout where you will find the hospital directly opposite in Swallows Croft.

By Public Transport

The Berkshire Independent Hospital can be reached by bus number 11 to Coley Park which is within walking distance of the hospital.

