

## BACK AND NECK PAIN STOPS HERE

“At SpineCare Long Island, we enlist a comprehensive toolbox of nonoperative and surgical treatments to address the root of each patient’s pain.”

**Kevin Mullins, M.D., FAANS, FACS, Medical Director, Co-Founder**

The spine is crucial to the body’s functionality. When healthy, it supports movement and an active lifestyle. But when the back and neck are in pain, quality of life suffers dramatically.

“Spine disease doesn’t discriminate,” says Kevin Mullins, M.D., FAANS, FACS, Medical Director and Co-Founder of SpineCare Long Island, a comprehensive spine center founded in 2018. “We see patients from adolescents with scoliosis or sports-related trauma to patients in their 80s and 90s with degenerative disc disease. Every patient is viewed individually, with treatment tailored to their specific symptoms and underlying diagnosis.”

When patients choose SpineCare Long Island, they’re privy to a full range of both nonoperative and surgical spine care options. The team is currently comprised of four board-certified neurosurgeons (the subspecialists who perform brain and spine surgery) and four board-certified interventional pain management physicians, the latter under the guidance of SpineCare Long Island Co-Founder and Director of Interventional Spine and Pain Management, Amit Sharma, M.D. Together, the team delivers a comprehensive approach to diagnosing the cause of each patient’s discomfort and

determining the most effective route of treatment.

“Having multiple specialties under one roof helps patients flow through treatment more smoothly,” says Salvatore Zavarella, D.O., FACOS, Co-Founder and Director of Spine Surgery at SpineCare Long Island. “Every patient starts with a conservative course of treatment. If that treatment fails to alleviate their pain, they’re referred to an in-house neurosurgeon who already has access to their treatment journey and can discuss their options for surgical intervention.”

### Education Matters

Patient education is a cornerstone of SpineCare Long Island, and as such, providers take the time to explain each patient’s diagnosis, as well as the pros and cons of each surgical option. “Some patients have been in pain for a very long time and have bounced around to different practices without ever being properly guided in their diagnosis,” says Dr. Zavarella. “We spend a lot of time ensuring patients understand their condition and their options.”

Some patients come to the practice with inaccurate information. “Patients should be aware that not all providers are recommending evidence-based treatments. Our practitioners only recommend treatments that have been

trialed and proven,” says Dr. Mullins.

Minimally invasive techniques, including new motion-sparing approaches, are attractive options for select candidates. “The important thing to remember,” Dr. Zavarella concludes, “is that each patient is evaluated based on their unique pathology, and treatments are tailored specifically to them.”

He recalls a soccer player who came to SpineCare Long Island with a severe disc herniation that caused chronic leg pain. When conservative treatments failed to bring relief, he was referred to the surgeon for a minimally invasive back surgery.

“At his post-operative appointment, he stood up and gave me a hug,” Dr. Zavarella recalls. “That’s what keeps us coming back to work every day; it’s the patients who are so appreciative of the care that helps them get better.”

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