



# TWIN CITIES ORTHOPEDICS

## Eric Deal, MD

Fellowship-trained Orthopedic Spine Surgeon

**Medical School:** University of North Dakota

**Residency:** University of Wisconsin - Madison

**Fellowship:** Spine Institute of Arizona



Today you are likely here to be evaluated by Dr. Eric Deal for your back or neck condition. Not everyone with back pain needs surgery. As a matter of fact, back pain alone often times is simply treated with activity modification, anti-inflammatory medications and Physical Therapy. Other certain conditions may require a more involved treatment program and/or even surgery.

After being evaluated today, various treatment options may be recommended, including:

- Medication
- X-rays
- MRI
- Physical Therapy
- CT Scan
- Injections

It is important that you as a patient are involved in your treatment program and try your best to complete these recommendations. We will try to get you feeling better with the least invasive treatments first. If these do not improve symptoms to your satisfaction, only then will we order more tests and increase the level of treatments.

By exploring non-invasive options and following a well-documented treatment path, it becomes more likely that your insurance provider will reimburse for more involved treatments that might be necessary. Following the recommended treatment plan can ultimately expedite the process and decrease costs.

If Physical Therapy is recommended, it is a critical part of your treatment plan. It alone may be enough to help improve your condition. In cases where Physical Therapy does not improve symptoms, following the progression in treatment mandated by insurance providers makes it easier to move forward with advanced imaging or injections.

If you decide you are unable to follow our recommended treatment plan, please notify our staff so that alternative plans can be made.

We will make our best effort to see you at your scheduled appointment time. On occasion however, we may be running behind and apologize for this. Please let our clinical staff know if we can do anything to help in the meantime.

We look forward to treating you with the highest quality care.

Sincerely,

Eric Deal, MD  
Twin Cities Orthopedics