



## Improving spine care with a team approach

TriCities Spine is a new spine center that takes a multidisciplinary approach to improving the care for back and neck patients.

In 2008, recognizing that the national trend in spine care is to improve care of back and neck pain with a team of spine specialists working together, Dr. Jim Brasfield founded TriCitiesSpine. TriCities Spine is a subsidiary of Bristol Neurosurgical Associates, which provides neurosurgical services to residents of Eastern

Tennessee and counties nearby in Virginia, Kentucky and North Carolina.

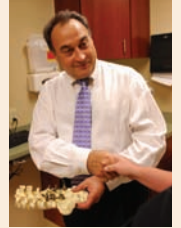
TriCities Spine includes the expertise of Dr. Jim Brasfield, a neurosurgeon who specializes in spine surgery, and Dr. Fred Terry, a specialist in Physical Medicine & Rehabilitation who provides nonsurgical treatment options for acute back and neck pain.

The spine center is a "work in progress" explains Dr. Brasfield. "Quality is a journey where you never

arrive. Over the next five years we hope to continually improve spine care, so people with back and neck pain symptoms have a wide array of treatment options, from nonsurgical to surgical. In 2009, our goal is to include spine therapy services as well. The spine center approach eliminates the confusion, conflicting diagnoses and time off work that is the byproduct of punting the patient around town to fragmented providers," Dr. Brasfield notes.

*Jim C. Brasfield, M.D.  
Board-Certified Neurosurgeon  
Specializing in spine*

Dr. Jim Brasfield is a board-certified neurosurgeon who specializes in spine. In 1985, Dr. Brasfield founded Bristol Neurosurgical Associates. He has practiced medicine in the TriCities region for more than 20 years, developing a strong reputation with patients, employers, workers compensation carriers and health insurance plans who all desire prudent spine care.

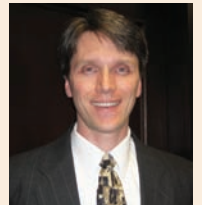


In the field of workers compensation, Dr. Brasfield has established a reputation in Tennessee and Virginia as a specialist in the treatment of work-related back and neck injury. Many of his patients are involved in physically demanding jobs. Dr. Brasfield is keenly aware of the need for patients to return to activity.

Dr. Brasfield lives in Bristol, Tennessee and has three sons. His hobbies include fishing and flying.

*Fred Terry, D.O.  
Physical Medicine & Rehabilitation*

Dr. Fred Terry is a specialist in Physical Medicine and Rehabilitation (PMR). He joins TriCities Spine in June 2009 after completing a residency in Physical Medicine and Rehabilitation at the University of Virginia in Charlottesville, where he also served as Chief Resident. Dr. Terry is proficient in EMGs which aid in the diagnosis of back and neck pain.



At TriCities Spine, Dr. Terry will be involved in the assessment and treatment of back and neck pain patients, focusing on providing nonsurgical treatment options, including injections and therapy.

Nationally, the specialty of PMR has become one of the preferred specialties for management of back and neck pain, because of the expertise in soft tissue injury and rehab.

Dr. Terry earned his undergraduate degree at Mountain State University in Beckley, WV and his medical degree at West Virginia School of Osteopathic Medicine in Lewisburg, WV. He completed a residency in Internal Medicine at Bassett Healthcare, an affiliate of Columbia University.



TriCities Spine is located in Renaissance Park in Bristol Tennessee, 1/2 mile Northwest of the intersection of I-81 and Lee Highway (11W) exit. The building includes X-ray diagnostics, Renaissance Surgery Center and an injection suite.



A regional spine center encompassing all the components for spine care under one roof: Non-surgical physical medicine | board-certified spine neurosurgeon | spine-specialized therapy spine diagnostics | spinal injection therapy | management of on-the-job back & neck pain ambulatory surgery center | minimally invasive spine surgery | clinical outcome report card

## Building a spine team geared to return to activity

The TriCities Spine team includes physician assistants Trish Ann Cook, PA-C, and Mark Mehlferber, PA-C, who assist the Dr. Brasfield and Dr. Terry in the clinic seeing patients and following up on patient progress.

Unlike other physician offices that drown in paper, TriCities Spine is paperless thanks to a complete Electronic Medical Record system that speeds communication to referral sources, and employers and case managers who want prompt feedback on patient progress and treatment plans.



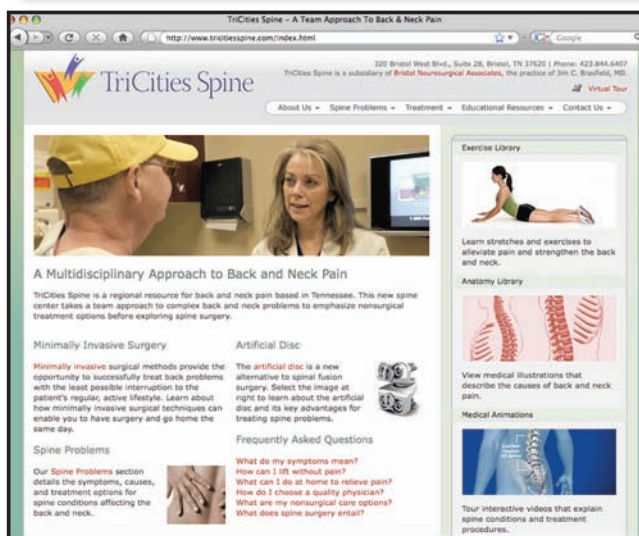
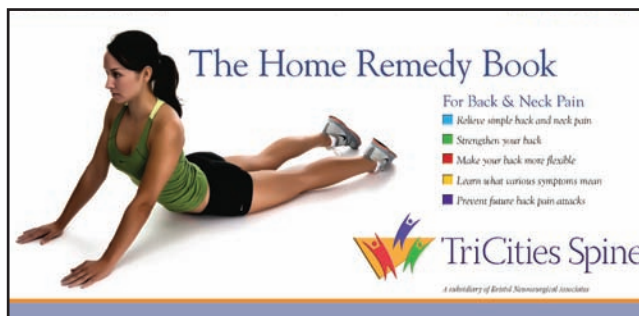
## An educated patient takes responsibility for their own health, and plays an active role in their recovery.

TriCities Spine feels it's important for the patient to be well-informed about the causes of back and neck pain and that successful treatment involves a commitment to movement and exercise. Fact: Once an individual encounters back or neck pain, he or she is four times as likely to experience it again. That is why prevention is essential to long-term recovery.

We have an online spine encyclopedia at [www.TriCitiesSpine.com](http://www.TriCitiesSpine.com) with medical illustrations, exercises for spine, animations on procedures and more.

Also, as a community service, we provide a free 36-page Home Remedy Book that has helped thousands of people with symptom relief. The book includes spine exercises that relieve pain symptoms and strengthen the back and neck, as well as charts that explain what various symptoms mean, and when it's important to see the doctor. Contact us at 423.844.6407 for a copy.

To refer a patient to TriCities Spine, call us at 423.844.6407.



## An internal ASC for nonsurgical options and outpatient spine surgery



TriCities Spine is located in Renaissance Park, in the same building as Renaissance Surgery Center. This enables TriCities Spine to provide spinal injections as a nonsurgical treatment option under the same roof, without the red tape and cost involved in a hospital procedure room. By reducing inflammation around a nerve root, many patients can recover from radicular pain and weakness without the need for surgery.



If nonsurgical treatment options fail, Dr. Brasfield as a spine specialized neurosurgeon has performed high volume of spine surgery for the past 20 years in the East Tennessee region. Simple spine surgery can be done in an outpatient setting within Renaissance Surgery Center, or within the hospital.

In either case, the goal is to return the patient to activity and their career as quickly as possible.

