



**REMEDY MEDICAL**  
**Volume 1**

**GROUP NEWSLETTER**  
**March 1, 2010**

**Welcome to the first ReMeDyMedical Group Newsletter!**

**Remedy would like to announce the opening of ReMeDy at Riekes! ReMeDy now offers physical therapy and follow-up medical visits at Riekes Center for Human Enhancement, 3455 Edison Way, Menlo Park. Beverlee Hastings, MPT is an experienced physical therapist who will provide comprehensive services with a physician's prescription. Ms. Hastings specializes in acute and chronic orthopedic conditions of the extremities and spine. ReMeDy physicians will also provide medical follow-up at the Riekes center for the convenience of their patients. The Riekes center has state-of-the-art rehabilitation and training equipment, and also offers hydrotherapy. Please talk to your physician if you are interested in the services offered at Riekes.**

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**Remedy is also pleased to announce the start of our Conditioning class for mature adults. This group exercise class will be held on Monday, Wednesday and Friday from 11:00 AM to noon at the RiekesCenter in Menlo Park. Please call the ReMeDy staff at 650-306-9490 if you are interested, or talk to your ReMeDy physician.**

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**Congratulations to the Pain Management Program at San Mateo Medical Center which very recently was awarded the San Mateo County Board of Supervisors STARS Customer Service Award. The Pain Management clinic was chosen as one of three innovative County-run programs for providing outstanding results. Remedy plays a vital role as the physician team member of the San Mateo Medical Center Pain Management Program.**

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**IN THE MEDICAL LITERATURE:**

***POST-TREATMENT EXERCISE CAN HELP PREVENT RECURRENCE OF LOW BACK PAIN.***

**A recent article reviewed the medical literature to investigate the effectiveness of exercises for preventing recurrence of low back pain. Two reviewers reviewed 4 studies with 407 participants which evaluated post-treatment programs and 5 studies with 1113 participants that evaluated exercise as a treatment modality. There was moderate quality evidence that the number of recurrences of low back pain was significantly reduced in 2 of the studies of post-treatment programs, but there was conflicting evidence was found for treatment exercise – which needs further controlled studies. Choi BK et al, Cochrane Database Syst Rev, Jan 2010.**

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**The physicians at Remedy in Redwood City and San Francisco continue to provide diagnostic workup of pain and comprehensive pain management. This includes medication management, electrodiagnostic testing for nerve/muscle injury, acupuncture, spinal injections, nerve, joint & soft tissue injections, and botulinum toxin injections for pain management. Procedures and Injections which require fluoroscopic (X-ray) guidance and/or sedation are done at the convenient San Mateo Surgical Center. Remedy physicians offer Neuromodulation including Spinal Cord Stimulators for failed back syndrome, peripheral neuropathy, and chronic radiculopathy. ReMeDy also continues to provide team Spine and Pain consultations for the San Jose Sharks and Oakland Raiders. ReMeDy clinicians provide services to most private insurance plans as well as Medicare and worker's comp.**

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E.S. Date, M.D.  
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