

health **NEWS**

Winter 2009

We've Got Your Back!

**Spine Surgery
at CRMC**

**Taking Aim at
Chronic Wounds**

Don't Ignore Leg Pain



We've Got YOUR BACK

CRMC Rolls Out New Spine Surgery Program

Chronic back pain due to a fractured vertebra. Stiffness in the neck caused by arthritis of the spine. Loss of balance or numbness in the arms or legs stemming from spinal sciatica. Do these scenarios sound familiar?

If so, you can get specialized care for spine problems close to home, right here at Corona Regional Medical Center (CRMC). We now offer innovative spine procedures that could help relieve your discomfort and regain your mobility.

“We perform a variety of procedures using advanced minimally invasive techniques, which tend to be much easier on patients,” says Jeffrey Martin, MD, an orthopedic spine surgeon who recently joined the medical staff at CRMC.

Dr. Martin thoroughly evaluates all patients with spine problems like arthritis, pinched nerves, compression fractures and diseased discs. He often recommends that they try physical therapy, steroid injections or other conservative treatments first. If these therapies don't work or patients need more aggressive care, he can recommend other forms of treatment.

Spine surgeon Jeffrey Martin, MD, confers with patient Goldie Marie Spring.



“We're performing complex surgeries through a very small incision,” Dr. Martin says. “Patients are usually up and walking the same day, recover much quicker and are often able to do things they haven't been able to do for years.”



Please call Direct DoctorsSM Plus at 1-800-882-4362 to find out more about the sophisticated treatments and procedures now available through Corona Regional Medical Center's new spine surgery program.

New Spine Surgeon Offers Expertise and Compassion



Jeffrey Martin, MD

Like all specialists, Jeffrey Martin, MD, spent years gaining the education and training he needed to become a physician. But his decision to become an orthopedic surgeon had some roots in his childhood.

“I liked constructing things and creating clay models and sculptures. Imagining things in 3-D came easy to me,” he says.

He also volunteered often — he taught swimming lessons, tutored other students and fed bedridden patients at nursing homes.

Today, he uses his expertise and training to treat patients with acute and chronic spine problems. “I combine my visualization, teaching and caregiver skills to help my patients,” he says.

Dr. Martin attended the

University of Illinois College of Medicine, completed his internship and residency at Maricopa Medical Center in Arizona and finished a fellowship in neurosurgery and orthopedic surgery at Surgical Specialty Hospital of Arizona.

“It's rewarding to help patients feel better, whether they have big or small spine problems,” he says.