

When it comes to your body,
make the right choice!



Barrington Orthopedic Specialists

NewsCast

December 2009

This Month's Features

- Dr. David Tashima
- What is a Physiatrist?
- Immediate Orthopedic
- Events to Attend

We wish you a happy
holiday season and a
healthy 2010.

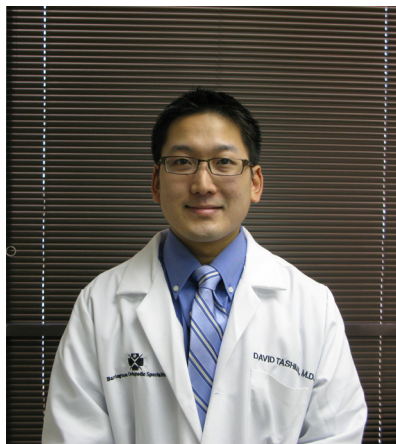
What is a Physiatrist?

Physiatrists or rehabilitation physicians are nerve, muscle, and bone experts who treat injuries or illnesses that affect how you move. Rehabilitation physicians have completed training in the medical specialty physical medicine and rehabilitation (PM&R).

Physiatrists treat a wide range of problems from sore shoulders to spinal cord injuries. Their goal is to decrease pain and enhance performance without surgery and take the time needed to accurately pinpoint the source of an ailment. They design a treatment plan that can be carried out by the patients themselves or with the help of the physiatrist's medical team.

Barrington Orthopedics Welcomes Dr. David Tashima

In September we expanded our services by adding a second physiatrist and now offer physiatrist services at all four offices. Dr. Tashima received his medical degree and completed a residency at Ohio State University. He recently completed an interventional spine fellowship at Lags Spine and Sportscare in Santa Maria, California and is board certified in physical medicine and rehabilitation. In October 2009, he and his wife Molly welcomed home their first son, Gus Joseph.



As a Physiatrist, what conditions do people generally see you for?

I can treat any general musculoskeletal condition, but primarily treat people for back pain and neck pain.

I commonly see patients that have:

- Spinal stenosis
- Degenerative disc disease
- Radiculopathy (*where one or more nerves are affected and do not work properly*)
- Spondylosis (*a degenerative disorder that may cause loss of normal spinal structure and function*)
- Sacroiliac joint dysfunction (*a joint disorder that occurs where the base of the spine interconnects with the pelvis*)

I also do electrodiagnostic testing to evaluate for nerve or muscle injury.

To schedule an appointment with Dr. Tashima, please call (847)285-4200.

Dr. Brooke Belcher is now seeing patients in the Buffalo Grove office on Wednesday afternoons. Dr. Belcher, who is a physiatrist, specializes in nonsurgical spine care including injection treatments such as epidural steroid injections and is board certified in electrodiagnostics, which provides relief from nerve/muscle conditions such as carpal tunnel syndrome, pinched nerves in the neck/low back as well as peripheral neuropathies.

Events to Attend

- Back to Health: An Ergonomics and Body Mechanics Class
Friday, January 22nd, 2010
8am - 10am
Hoffman Estates
- easySwing Golf Fitness Seminar
Thursday, January 21st, 2010
6:30pm
Bartlett
- Osteoporosis Exercise Class
Wednesday, February 3rd, 2010
10am - 11:30am
Elk Grove Village

For class details - visit our website at
www.BarringtonOrtho.com or call
(847)285-4200

Locations:

1030 W. Higgins Road
Hoffman Estates, IL

160 Biesterfield Road
Elk Grove Village, IL

404 N. McHenry Road
Buffalo Grove, IL

864 Stearns Road
Bartlett, IL



Barrington Orthopedic Specialists
1030 W. Higgins • Hoffman Estates, IL 60169

For more information
visit our website



www.BarringtonOrtho.com (847)285-4200

Immediate



**Orthopedic
Care**

Barrington Orthopedic Specialists

Specializing in the treatment of:
Bone & Joint Injuries
Joint Sprains & Muscle Strains
Work Injuries
Sports Injuries

Walk In Hours:
6pm - 10pm Monday-Friday
12 - 4pm Saturday

1030 W. Higgins Road
Hoffman Estates, IL 60169
www.BarringtonOrtho.com

Please recycle your newsletter or share it with a friend.