

FOR A SECOND MEDICAL OPINION CALL 1800 325 587 OR VISIT [WWW.ASKBESTDOCTORS.COM](http://WWW.ASKBESTDOCTORS.COM)



**NAME:** Mark  
**AGE:** 35

**REASON TO CONTACTING  
BEST DOCTORS:**

Receive an accurate diagnosis and treatment options to decrease the continuous discomfort caused by his neck and back pain.

**BEST DOCTORS EXPERT SPECIALTY:**  
Orthopaedic surgery

“ I’m so happy to be back playing sports after receiving my diagnosis and treatment plan from Best Doctors.”

## BEST DOCTORS EXPERT FINDS A DIAGNOSIS AND MANAGEMENT PLAN TO HELP MARK CONTROL HIS PHYSICAL PAIN.

Mark, a sports enthusiast, started experiencing neck pain that progressively became worse. At first he tried massages that temporarily seemed to relieve his symptoms. Meanwhile, he went about his daily routine as usual, but when the massages stopped being as effective, he started to see an osteopath. Mark received various treatments from the specialist but the pain continued and even progressed to his lower back.

When the condition didn't improve he went to see a chiropractor who treated him and performed x-rays of the two affected areas of his spine. When these sessions also provided no noticeable improvement, Mark decided to quit playing tennis and rest for some time to observe if this helped his symptoms.

Being forced to change his sporting routine and not finding solutions from his local specialists, he naturally grew very frustrated. But when his insurer pointed out that he had access to Best Doctors expert second medical opinion service he jumped at the opportunity. Mark was able to have an international expert review his case – all from the comfort of his own home.

“ None of the treatments I tried seemed to relieve my pain. I actually had to quit tennis and felt more and more frustrated about my situation.”

Mark had an extensive medical intake interview with a registered nurse from Best Doctors. Together they compiled his medical history and x-rays, detailed all his symptoms and made a list of questions for the Expert. When the Best Doctors team received all Mark's available imaging, they chose one of their top orthopaedic surgeons from their database of peer-reviewed Experts to review his case.

“ The Best Doctors team was very helpful and the expert report was informative. I was happy to read that I can do sports, as long as I'm careful, stretch and don't excessively load my spine.”

The Best Doctors Expert was able to diagnose Mark with cervical and lumbar spondylosis, which was officially responsible for causing his neck and lower back pain. He listed many treatment options which included a combination of medication, physical therapy and exercises. Furthermore, the Expert stated that if Mark carefully followed his recommendations, he could reduce the possibility of reoccurrence in the future and he would not need any surgery.