A new San Antonio resource for those with back and neck pain problems

“For those people with back and neck pain, the search for relief of symptoms can become a frustrating safari,” explains Dr. Scott Phillips, neurosurgeon and founder of Alamo Brain and Spine in San Antonio.

With an undergraduate degree in psychology, Dr. Phillips is aware of the impact of back and neck pain problems on a person’s life. “What starts off as a simple back strain can result in a person losing their job, which can cause financial stress and then impact one’s home life,” Dr. Phillips says. “The recent study published in Lancet documents that there is a lot of unnecessary spine surgery, which can result in failed back surgery syndrome and chronic pain issues. The key is providing prudent spine care right at the beginning to prevent the disability spiral that can occur.”

This prompted Dr. Phillips to create Alamo Brain and Spine in San Antonio. “We can be an option for those with back and neck pain, as well as provide ourselves as a resource to family practice physicians and chiropractors who triage a lot of back and neck pain patients,” says Dr. Phillips. “Philosophically, we try to exhaust non-surgical options in advance of surgery. Even for patients with disc problems, we try to avoid an unnecessary surgery. In some cases, however, surgery may be necessary. But with the right minimally invasive surgery, the person can be home the same day and back to activity soon after that.”

Dr. Phillips performs minimally invasive spine surgery and emphasizes motion-preserving artificial disc technology. He also performs the new XLIF surgery (Extreme Lateral Interbody Fusion) which accesses the spine from the side to avoid disruption to the muscles in the back. The approach enables the patient to return to activity quicker and with less pain during rehab.

For patients with chronic back pain, Dr. Phillips provides spinal cord stimulation which interrupts the pain signal to the brain without the side effects of drugs which over time can affect internal organs and shorten the lifespan of the patient.

Patients can request a second opinion for spine at AlamoBrainandSpine.com. Referrals and appointments via phone at: 210-951-8623.

Alamo Brain and Spine works closely with interventional specialists in the San Antonio region who provide pain-relieving spinal injections, which can reduce inflammation around a nerve root, and in some cases, eliminate the need for spine surgery.

Alamo Brain and Spine believes the best healthcare starts with a well-informed consumer. The spine center has an on-line encyclopedia at AlamoBrainandSpine.com with symptom charts, home remedies and spine exercise library. As a community service, the spine center mails out a free, 36-page Home Remedy Book that has helped thousands of people with symptom relief. The Home Remedy Book can be requested online. Symptom charts explains when watchful waiting cannot be used, and when it’s necessary to see the doctor to prevent permanent problems.
Scott B. Phillips, MD
Neurosurgeon specializing in spine

Alamo Brain and Spine includes the expertise of Scott B. Phillips, MD, a neurosurgeon with extensive experience in the specialty of spine surgery and brain surgery.

Dr. Scott Phillips completed a psychology degree at the University of Kentucky in his hometown of Lexington, Kentucky. He went on to complete medical school at University of Cincinnati College of Medicine. He completed his seven year neurosurgery residency in at Henry Ford Hospital in Detroit, Michigan. As part of the Air Force Health Professions Scholarship Program, Dr. Phillips then served four years Active Duty as a Staff Neurosurgeon at San Antonio Military Medical Center (SAMMC/BAMC). Dr. Phillips also served as a neurosurgeon in Afghanistan for combat-zone spine and neurological injuries.

Upon leaving military service in 2017, Dr. Phillips wanted to remain in San Antonio and subsequently founded Alamo Brain and Spine.

Dr. Phillips has also been active in research as a co-author of several professional neurosurgical publications. He also has a medical invention related to a transcranial ultrasound transducer for bedside image-guided placement of ventricular catheters.

The 4 benefits of a 2nd opinion for spine surgery
Because spine surgery is a serious decision, it is a good idea to obtain a second opinion. A second opinion from Alamo Brain and Spine can provide patients the following benefits:

1. Determine if all possible treatment options have been considered and if there are any other nonsurgical options — such as spinal injections or physical therapy — that can relieve symptoms without the need for surgery.
2. If spine surgery is necessary, what type of spine surgery should be performed. A complex fusion procedure may not be necessary.
3. Is there a new artificial disc or implant technology that would provide a better outcome?