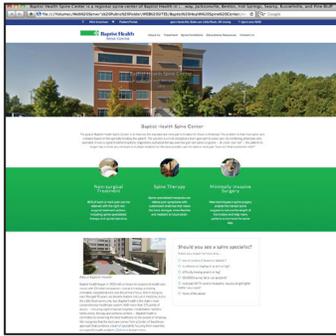




# Baptist Health SPINE CENTER

9101 KANIS RD, SUITE 150A • LITTLE ROCK, AR 72205  
APPOINTMENTS, REFERRALS & 2ND OPINIONS: 501-202-6767  
ONLINE SPINE ENCYCLOPEDIA ABOUT BACK AND NECK PAIN AT:  
BAPTISTHEALTHSPINECENTER.COM



**Baptist Health**  
SPINE CENTER  
Appointments, referrals & 2nd opinions  
501.202.6767

**UNDERSTANDING YOUR BACK OR NECK SYMPTOMS:  
WHEN YOU CAN USE WATCH-FUL WAITING & WHEN YOU CANNOT**

**PAINTED TO THE POINT:** Back pain can be caused by several things, but the most common is a herniated disc or a bulging disc. These conditions occur when the soft tissue inside a vertebra (the bony ring that supports the spine) pushes out or ruptures, putting pressure on the spinal cord or the nerves that branch out from the spine.

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**Baptist Health**  
SPINE CENTER

**THE HOME REMEDY BOOK  
for back & neck pain**

Includes pain-relieving stretches that help many people relieve pain symptoms at home.

The best quality healthcare comes from an educated consumer. As a community service, Baptist Health Spine Center distributes a free 36-page Home Remedy Book with pain-relieving stretches that help many people relieve pain symptoms at home. The Internet site at BaptistHealthSpineCenter.com is an online encyclopedia on spine care.

**APPOINTMENTS:  
501-202-6767**

## Dr. Andrew Cain specializes in non-surgical treatment options for back & neck pain

Four out of five Americans will have an episode of back or neck pain in their lifetimes. The goal of Baptist Health Spine Center in Little Rock, Arkansas is to improve the way back and neck pain is treated for those in Arkansas.

Baptist Health Spine Center emphasizes non-surgical treatment options in advance of spine surgery. This can include pain-relieving spinal injections that relieve symptoms of numbness or weakness in a hand or foot and other radiating pain symptoms caused by a herniated disc.

Baptist Health Spine Center may also refer the patient to physical therapists that can provide customized stretches that also relieve back and neck strain and bridge the patient back to activity and their job.

Sometimes when non-surgical options fail to work, or when a herniated disc cannot respond to a spinal injection, spine surgery may be necessary. Baptist Health Spine Center refers patients to a team of spine neurosurgeons on the Baptist Health campus.

Those with back and neck pain can also reference an online spine encyclopedia at BaptistHealthSpineCenter.com.

This content-rich Internet site features symptom charts, medical illustrations, narrated videos, and exercises that relieve back and neck pain.



Dr. Andrew "Gunter" Cain is fellowship-trained in interventional spine care. He joined Baptist Health Spine Center in August 2018 and is involved with the assessment of back and neck pain patients and spinal injections in the spine center's internal injection suite.

### PHYSICIAN BIO

#### ANDREW "GUNTER" CAIN, MD Anesthesiologist Specializing in Non-Surgical Spine Fellowship-trained in Interventional Spine

Dr. Cain is a specialist in interventional spine care at Baptist Health Spine Center. Dr. Cain received his Medical Degree at University of Mississippi Medical Center and completed his residency in anesthesiology at the University of Arkansas for Medical Sciences where he was named "Chief Resident." He then completed a fellowship in pain management at the University of North Carolina Hospitals Department of Anesthesiology in Chapel Hill, NC. At Baptist Health Spine Center, Dr. Cain is involved with the assessment of back and neck pain patients and performs interventional spinal injections in the spine center's internal injection suite. He works closely with the spine surgeons and spine therapy department to help people back to activity.

