

# Integrated Spinal Care...and More!

Founded on the philosophy of integrated, multidisciplinary care, Trinity Spine and Wellness Center offers state-of-the-art medical, surgical, rehabilitation, and therapy options in a convenient, comfortable atmosphere.

Oma Spain wishes she would have discovered Trinity Spine and Wellness Center sooner. If she had, says the retired banker from Louisiana, she might have saved herself a great deal of pain.

"I have been enduring back pain for more than twenty years, trying everything under the sun, going everywhere. I've had numerous surgeries, but that's who I am. I never give up; I just keep trying and trying," she explains.

That pain, Oma shares, has kept her from doing many things over the years. "When I was in banking, I did a lot of standing and a lot of heavy lifting, which left me limited as to what I can do. I went to Trinity Spine and Wellness Center looking for some help."

A Floridian for more than eight years now, it was her local primary care doctor who suggested she give the facility a try. From the moment she walked in, Oma says, she felt right at home. "Everything



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FHCN PHOTO BY AMANDA SMITH

**TRINITY SPINE AND WELLNESS CENTER**  
 VICTOR M. HAYES, MD  
 FARHAN N. SIDDIQI, MD  
 JORIT WIJNMAALEN, DPT, MBA, MTC, CEAS  
 RONALD STACEY, MS, DC, P.A.

That willingness to find the answer meant a great deal to Oma. "Dr. Siddiqi did take that extra step. After all these years of back pain, he's the only doctor I have ever had that said, *Let's see what else might be causing this.*"

### An unexpected discovery

When Oma's test results came back, Dr. Siddiqi explained that there was, indeed, something else responsible for her back pain. "I had a cyst in there," she says. "It was a pretty good size, about as big as a lemon, or even a little larger."

In November of 2009, the doctor removed that cyst, and she was finally able to find some pain relief. "It doesn't hurt me as much as it used to on the right side, where that cyst was, so they did help me."

And, though Oma still has some pain to deal with, she says she's very grateful to have found Trinity Spine and Wellness Center at all. "I am so thankful that Dr. Siddiqi took the extra time and the extra steps. I just wish that I had been blessed enough to have been able to visit them sooner. Maybe I would have gotten some results prior to so many surgeries."

FHCN—Brenda Klettke



**Victor M. Hayes, MD,** is a board-certified spine surgeon and is fellowship-trained in both endoscopic spinal surgery and reconstructive spinal surgery. Dr. Hayes received his medical degree from Cornell University Medical College and completed his internship and residency at LJ Albert Einstein College of Medicine. Dr. Hayes is a member of the North American Spine Society, the American Academy of Orthopaedic Surgeons, and the American Board of Orthopaedic Surgeons.



**Farhan N. Siddiqi, MD,** is a board-certified spine surgeon and is fellowship-trained in both endoscopic spinal surgery and reconstructive spinal surgery. Dr. Siddiqi holds a BA in Biology and Economics and an MBA from Cornell University and an MS in Biochemistry from the University of Rochester. He received his medical degree from Cornell University Medical College. He completed his internship and residency at LJ Albert Einstein College of Medicine and is a member of the North American Spine Society, the American Association of Neurological Surgeons, the American Academy of Orthopaedic Surgeons, and the American Board of Orthopaedic Surgeons.



**Jorit Wijnmaalen, DPT, MBA, MTC, CEAS,** graduated from the University of Nijmegen with a BSPT degree in 1995. Since his graduation, he has worked in several healthcare settings, including home health, acute care, inpatient, outpatient, and rehabilitation. His focus has always been on clinical excellence and he became certified in NDT in 1999 and passed his Certification for Manual Therapy at the University of St. Augustine in 2000. He recently received his Doctorate degree in Physical Therapy, also from the University of St. Augustine. In addition to these clinical degrees, Dr. Wijnmaalen also has an MBA in Healthcare Administration from the American InterContinental University.



**Ronald Stacey, MS, DC, P.A.,** earned an MS degree in exercise physiology in 1999 and graduated from Logan College of Chiropractic in 2005. He is a member of the Florida Chiropractic Association and, after lending his talents to the Morton Plant Mease Wellness Center, as well as performing cardiac rehabilitation at both Community Hospital and Morton Plant Hospital, Dr. Stacey joined the staff of Trinity Spine and Wellness Center as the Director of Chiropractic Care.

was pleasant, very professional. I liked everybody that I encountered. The doctors and staff were great."

Unfortunately, however, Oma's first few rehabilitation sessions didn't bring her the relief she was looking for. "I thanked the doctor," she recalls, "and I was about out the door when he suggested I try another approach. I agreed and he referred me to Dr. Siddiqi."

### Multidisciplinary care

Farhan N. Siddiqi, MD, a board-certified spine surgeon with Trinity Spine and Wellness Center, believes in a comprehensive treatment approach for his patients. "Often, a patient will see a chiropractor for a few months, and then try a physical therapist, then go to see their regular doctor, and finally end up seeing someone else and getting surgery. That process is fragmented."

Instead, Dr. Siddiqi and his colleagues work in conjunction with one another to provide several treatment modalities under one roof. "By taking a multidisciplinary approach, we give the patients multiple treatments that tend to cumulatively get them better," he explains. "All together, it adds up to something the patient has never had before."

In Oma's case, that approach meant she could return to the same office, consult with another one of the team of doctors familiar with her case, and work to address her pain from a different treatment angle. And in fact, following an evaluation by Dr. Siddiqi, Oma began working with both him and Dr. Stacey, Trinity Spine and Wellness Center's director of chiropractic care.

"I had all different types of treatments," she recalls. "I had heat. I had manipulation."

The methodology behind their approach, according to Dr. Stacey, is the use of a three-tiered treatment system. "We're basically trying to reduce the symptomology first, then we integrate a stretching program, followed by a strengthening program," he explains. "It doesn't have to necessarily be in that order; what we do is try to find the best fit for the individual."

The best fit for Oma, for example,

followed a slightly different path. When her symptoms were not reduced as a result of Dr. Stacey's chiropractic care, she again met with Dr. Siddiqi to investigate further.

"He said that perhaps there was something else going on," Oma shares. "Lots of times, he told me, when people have problems and they don't seem to be getting any better, something else could be adding to that, so he sent me to have a CAT scan and an ultrasound."

## Getting Well at the Wellness Center

"Our philosophy is a team approach," says the director of the wellness center at Trinity Spine and Wellness Center, Jorit Wijnmaalen, DPT. "We communicate with the spinal surgeons, the clinicians, everyone here, on a daily basis. We look at a patient from different perspectives, not just physical therapy and not just chiropractic and not just from a medical standpoint; it's an integrated review of their system and of their complaints."

The ultimate goal, the doctor explains, is to tailor everything to individual patient needs. "Patients can be seen by a doctor; they can be seen by a chiropractor. If necessary, we can get MRIs and x-rays. We'll build them an exercise program that specifically addresses their needs, which they can take home. The end goal is for the patient to be independent in managing his recovery."

Basically, Dr. Wijnmaalen informs, the wellness center offers a comprehensive physical therapy program, a chiropractic program and, added very recently, a medical nutrition program to help patients lose weight. "We're providing conservative care to mainly back pain patients, restoring core strength, improving range of motion, improving functional abilities and allowing patients to get back to their hobbies and their work, mainly without surgery."

"It's about getting the patient better. Period."

**For more information on Trinity Spine and Wellness Center, please visit [www.trinity-spine.com](http://www.trinity-spine.com)**

### Don't let pain control your life...

Dr. Siddiqi and Dr. Hayes are spine specialists trained in the most advanced reconstructive and minimally invasive techniques available today. The goal of Trinity Spine and Wellness Center is to reserve major reconstructive spinal surgery as a last option and strive to improve patients' lives with the least amount of surgery possible. For more information, please call **(727) 372-9922** for the new, state-of-the-art office located at **2040 Short Ave., Suite 100**, in Trinity.