

Conditions + Treatments

Dr. Hyder and his team provide superior care for many neck and lower back conditions, ranging from physical therapy to surgery.

Conditions

Whether you've been managing a diagnosis for years or are experiencing sudden pain, we're here to help you understand and treat your symptoms. Through physical exams, x-rays, and other tools, Dr. Hyder and his team will diagnose the cause of your pain and create a plan to relieve it.

NECK [Neck Pain >](#)
[Cervical Spinal Stenosis >](#)
[Pinched Nerve >](#)

LOWER BACK [Sciatica >](#)
[Spinal Instability >](#)
[Lumbar Scoliosis >](#)
[Lumbar Spinal Stenosis >](#)



Our Approach

For most conditions, surgery is only necessary if non-invasive treatments haven't relieved the pain. Dr. Hyder works with each patient to find what care works best, improving their quality of life through the most conservative method possible.

01

PHYSICAL THERAPY

Many of our patients can find pain relief through stabilization and strengthening exercises, so physical therapy is often the first step in treatment.

02

PAIN MANAGEMENT

When physical therapy is unable to correct the problem, we can provide pain management through injections of anti-inflammatory or steroidal medications.

03

MINIMALLY INVASIVE SURGICAL PROCEDURES

If pain management/physical therapy fails to offer good quality of life to the patient, Dr. Hyder uses his minimally invasive surgical technique, TrueMIS, to repair the damage with much shorter recovery times than conventional spine surgery.

Surgical Procedures

NECK [ACDF >](#)
[MIS PCDF \(DTRAX\) >](#)

LOWER BACK [XLIF/ALIF >](#)
[MIS TLIF >](#)
[Microdiscectomy/Decompression >](#)

TrueMIS

If surgery becomes necessary, Dr. Hyder will work to minimize discomfort and recovery time by using his minimally invasive surgical technique, TrueMIS. This technique allows him to avoid a midline incision along the spine, protecting the muscles of the back and reducing blood loss. Dr. Hyder is able to perform the majority of a TrueMIS procedure through a small incision, leaving only a small scar. With many TrueMIS procedures, patients are able to go home the same day.



"I know that I'm in great hands."

- Luke, New York

[SEE TESTIMONIALS](#)

DR. ZESHAN HYDER

LOCATIONS

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PATIENTS & VISITORS

[Patient Forms](#)
[Bone and Joint Specialists](#)

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