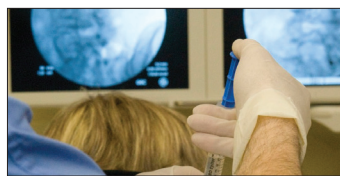
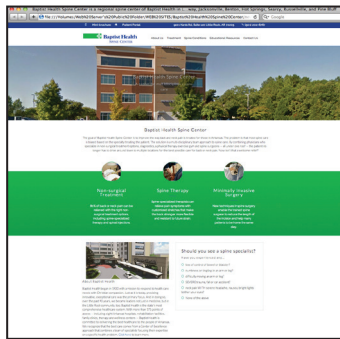


Baptist Health

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



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.

