



AIM Spine Center Referral Guide

The AIM Spine Center is composed of a team of Advanced, Innovative and Multidisciplinary pediatric experts. Together, they provide diagnosis and treatment of spinal disorders in infants, children and teens – from acute care to the most complex spine conditions.



Spinal injuries and conditions we see include but are not limited to:

- Birth injuries
- Cervical, thoracic or lumbar pain
- Chiari malformation
- Congenital deformities
- Klippel-Feil syndrome
- Kyphosis
- Lordosis
- Osteochondrosis
- Osteomyelitis
- Osteoporosis
- Peripheral nerve disorders
- Sacrococcygeal disorders
- Schmorl's nodes
- Scoliosis
- Spina bifida
- Spinal cord trauma
- Spinal instabilities
- Spinal muscular atrophy
- Spinal stenosis
- Spondylosis
- Sport-related injury
- Sprains of neck, back, spine
- Torticollis
- Vertebral disc and nerve root injuries
- Vertebral fractures



Simplified referral process

Referring providers have one centralized place to send patients with spine conditions. Our experienced nurse triage team will ensure patients are matched with the right care at the right time.



Our team

The multidisciplinary team consists of pediatric experts in orthopedics, neurosurgery, physical medicine and rehabilitation, imaging and other specialties who deliver wraparound care focused on patient experience.

Submit a referral order or call
(414) 33-SPINE (77463) to speak
with the nurse triage team.



Physical and Occupational Therapy for spine patients

Spine conditions we treat:

- Acute and chronic back and neck pain
- Idiopathic juvenile and adolescent scoliosis – conservative and postsurgical management
- Spondylolysis and spondylolisthesis
- Disc dysfunction, including herniations, protrusions and degenerative disc disease
- Kyphosis
- Scheuermann's disease
- Pectus excavatum
- Radiculopathies, including sciatica and foot drop
- Cervicogenic headaches

Treatment:

- Multidisciplinary collaboration with Children's Wisconsin Spine team, including surgical/nonsurgical team, psychology, chiropractic care and movement/postural analysis team
- Therapeutic exercise targeting mobility, stability, flexibility and strength improvements
- Sport-specific rehabilitation, including return to sport assessment, injury prevention techniques and performance enhancement in our built-for-purpose, state-of-the-art sports rehabilitation clinics
- Manual therapy techniques, including soft tissue mobilization, such as therapeutic massage and myofascial release, joint and spine mobilization and manipulation, trigger point dry needling and neurodynamic mobilization
- Comprehensive approach to pain management, including education on the neuroscience of pain, modalities, such as ultrasound, hypervolt percussion massage, electrical stimulation for pain relief, kinesio taping techniques and a holistic approach to other factors affecting pain, such as sleep, hygiene, nutrition, ergonomics, physical activity and wellness
- Evidence-based approach to management of spondylolysis and spondylolisthesis, including multiphase protocol designed for returning athletes to prior levels of sports participation after injury
- Chiropractors evaluate, diagnose and treat musculoskeletal problems, treating conditions such as lower and mid back pain, neck pain, hip pain, herniated disks, sciatica, cervicogenic/tension headaches and more.

Conservative approach to scoliosis management

- Unique personalized assessment and treatment plan developed by experienced clinicians
- Examination and assessment of spinal curvature, posture, gait and muscular asymmetries, including flexibility, strength and control
- Quantec and DIERS Formetric Assessment, which creates a three-dimensional model of trunk, spine and pelvis and how it changes with adjustments in posture and movement
- Comprehensive education on condition and management with exercise program specific to patient's unique presentation
- Scoliosis-specific exercise performed by Schroth-certified clinical expert in state-of-the-art spine-specific rehabilitation space
- Coordination of bracing consultation, fitting and tolerance checks



Orthopedic Surgery and Sports Medicine psychology services for spine patients

Behavioral health support for spine patients

Behavioral health factors are significant predictors of health outcomes (surgery recovery time, pain management difficulties). There are also numerous psychological consequences associated with spinal concerns and treatment (changes in mood, sleep disturbance). Our department psychologist, Dr. Nicholas Young, uses cognitive-behavioral treatment to help reduce risk, manage problems and promote overall health. Behavioral health evaluations with Dr. Young are routine for all pre-op spine patients.

Which spine patients may benefit from seeing a psychologist?

- Patients who have impaired daily functioning (sleep, social, school) associated with relevant health conditions
- Patients with chronic pain or a higher level of pain than expected
- Patients demonstrating poor compliance with medical recommendations (brace, medications, physical therapy home exercise plan)
- Patients stressed about upcoming surgery or adjustment after surgery
- Patients who have poor perceptions about their health and/or future well-being
- Patients requiring short-term care for adjustment to injury

Which patients may be better served by Children's Wisconsin Psychiatry and Behavioral Medicine program?

- Patients with significant/chronic mental health and psychiatric concerns
- Patients with only mental health and psychiatric concerns (no association with orthopedics)
- Patients with needs that require an intensive or higher level of care (safety concerns, patients requiring weekly monitoring)
- Patients with needs during inpatient stays (immediately following surgery) - the Children's Wisconsin Psychologist Consult-Liaison Team may be consulted in these situations

Can a patient already be established with a mental health provider and still see an orthopedic or sports medicine psychologist? What if I'm unsure about referring because of that or something else?

- Some patients could still benefit as long as the focus only targets orthopedics-type problems. Orthopedic surgery/sports medicine providers are strongly encouraged to consult with Dr. Young proactively to assure the patient would be a good fit.



Frequently asked questions

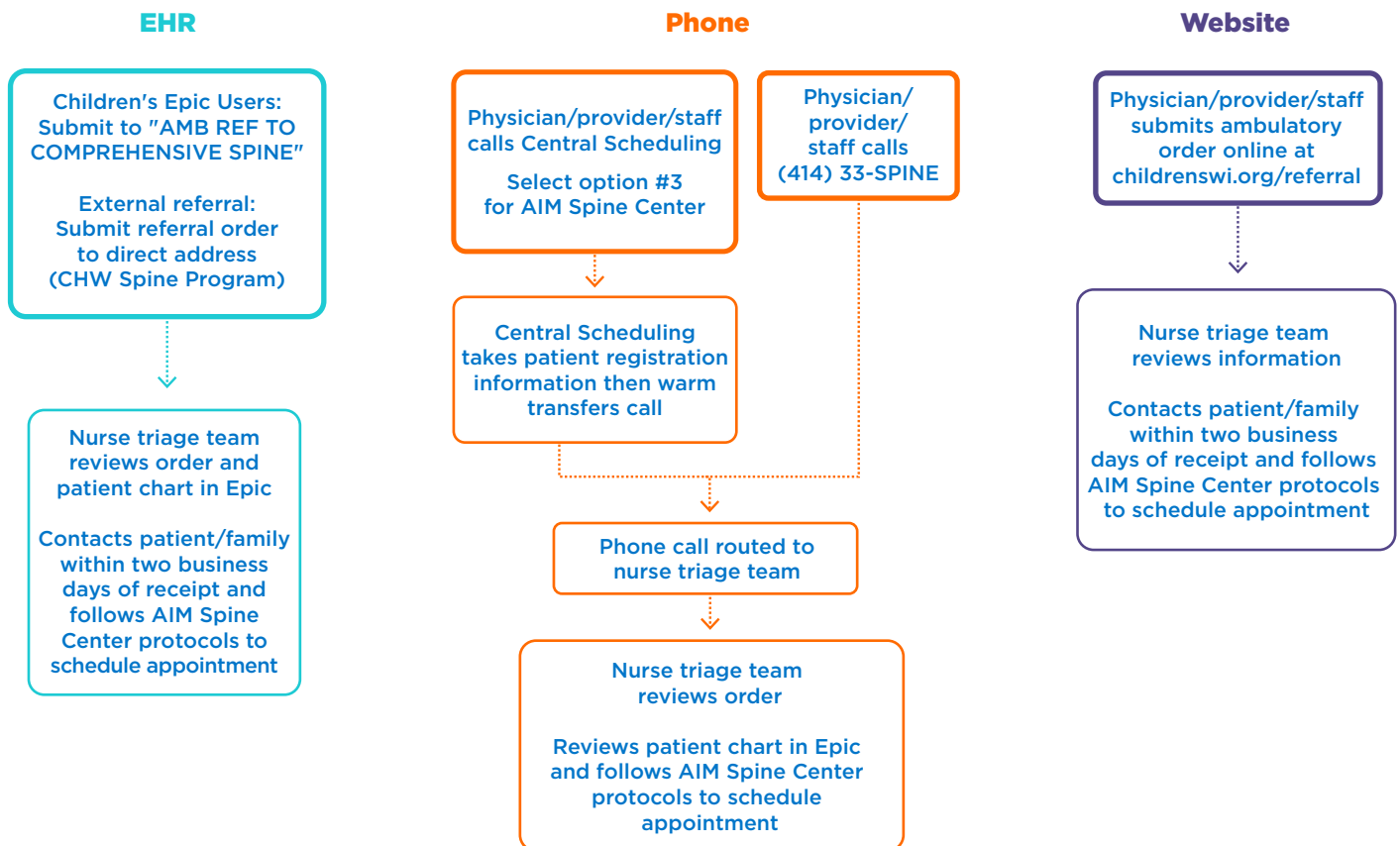
What type of patient benefits from the AIM Spine Center?

The AIM Spine Center treats a wide range of conditions, from acute injuries to the most complex conditions. The nurse triage team will ensure the patient is directed to the correct specialist within the AIM Spine Center.

Does this include patients with conditions such as cerebral palsy and spina bifida?

Yes, our nurse triage team is available to help patients with cerebral palsy and spina bifida schedule their appointments. The AIM Spine Center has protocols in place to ensure patients with complex needs are scheduled with the appropriate providers to simplify and coordinate their care.

Referral process for the AIM Spine Center



Parents can call or submit an appointment request into the AIM Spine Center.



Nurse triage line hours of operation: Monday - Friday 7:30 a.m. - 5:30 p.m.

childrenswi.org/spine | spine@childrenswi.org