

EMG/NCS

Electromyography

Nerve Conduction Studies

A specialized test to determine the cause of numbness, tingling, nerve pain, carpal tunnel syndrome, sciatica and weakness.

Dr. Green has a subspecialty board certification in EMG. Contrary to common thought, EMG/NCS are an easily tolerated examination of the nervous system. The secret is to educate the patient, provide reassurance and engage the patient in conversation. This will help minimize discomfort while getting the best diagnostic information. Results are discussed with the patient immediately following the test.

Physiatrist

Physical Medicine and Rehabilitation

Epidural Steroid Injections/Facet Injections/Z Joint Injections/SIJ (Sacroiliac Joint) Injections

Specialized spinal injections that use steroid/cortisone and local anesthetic lidocaine/bupivacaine to break the cycle of inflammation and pain from herniated discs (disks)/slipped discs (disks), disc herniation, sciatica, pinched nerves, and arthritis of the spine. Dr. Green has performed these for over 12 years. Dr. Green uses fluoroscopy, a real time x-ray imaging technique that ensures proper, safe and effective placement of the medication. With proper education, counseling and patient support the use of conscious sedation (intravenous anti anxiety medication) is minimized, thus preventing side effects.

Low Back (Lumbar) Pain/Neck (Cervical) Pain

Low back pain is the 2nd most common complaint of patients to their primary care doctors. Dr. Green is a specialist in non-surgical management of back, spine and cervical pain. More than 50% of his practice is seeing patients with spine disorders and pain. Patients with back pain are often dismissed without a specific management plan. The key to management is obtaining a specific diagnosis of the anatomic spine pain generator, listening to the patient's complaint, performing a full, comprehensive orthopedic and neurological evaluation, and giving a specific plan for treatment. Diagnostic tests include EMG/NCS, MRI, Musculoskeletal Ultrasound, X Rays, Bone Scan(s), DEXA Scan, and Bloodwork.

Pain Management

Dr. Green is a specialist in non-surgical, musculoskeletal, orthopedic, and neurologic pain management. Dr. Green limits the use of addictive narcotic drugs. He uses therapy, massage, trigger point injections, topical medication, manipulation, stretching, core strengthening and stabilization exercises to cure pain.

Specialized treatments include Botox injections for muscle pain and acupuncture performed by Dr. Green.

Musculoskeletal Ultrasound

A non-invasive, painless diagnostic test used to identify and diagnose orthopedic, musculoskeletal, ligament, joint, rotator cuff, tendonitis, muscle tear and cyst abnormalities. This is performed by Dr. Green in his office with immediate discussion of results.

Sportsmedicine

Dr. Green is a specialist in sportsmedicine. He is a competitive mountain biker and skier. He is a consultant to the Boulder Center for Sports Medicine. Dr. Green sees many sports injuries in runners, cyclists, weekend warriors, and children above 10 years old.

Link to website: WWW.JUSTINGREEN.COM