

Don't Ignore Your Pain

If you're having nagging pains that you simply can no longer ignore, Dr. Mark Hood of Carolina Orthopaedic & Neurosurgical Associates says an appointment with a specialist can do a world of good—and the solution may be simpler than you expect.

“Most of the time, people don't need surgery,” he says. A few options for non-surgical treatment include weight loss, physical therapy, anti-inflammatories, or various injections—and sometimes, a simple regimen of exercises or activity modifications is all it takes.

“We always try to exhaust every non-operative possibility,” adds Dr. Hood, a hip and knee specialist who completed his orthopaedic surgery residency at Indiana University School of Medicine. He also completed an adult-joint reconstruction fellowship at the prestigious OrthoCarolina in Charlotte, North Carolina.



If surgery turns out to be the best course of action, he says patients should make sure their doctor takes the time to learn about them, and not just about their pain, but about their life and their goals. “It's important to discuss what's right for the patient, and explain everything. It goes back to that personal touch, where everyone is comfortable and understands what's going on so they can make an educated decision.”

CONA does not require a referral for a consultation, so anyone can come in to discuss issues and concerns. The practice has three convenient locations in Greenville, Duncan, and Spartanburg, and patients have access to a wide variety of subspecialties, from joint replacement experts to neurosurgeons to pain management doctors. “You are able to easily coordinate any of that care under one roof,” Dr. Hood says. Having a multispecialty group of physicians means they are able to consult with each other on best treatment plans and overall care.

Additionally, there is convenient access to labs, durable medical equipment, and Xray/MRI imaging is on-site.

Dr. Hood says patients are often afraid of what might lie ahead, but by spending more time with them during their visits, he and his fellow doctors ensure that every question is answered to their satisfaction, which goes a long way toward allaying fears.

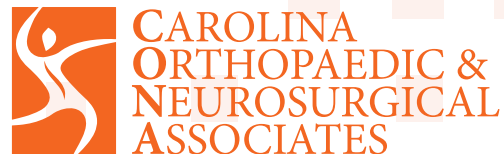
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-Dr. Mark Hood

CONA has been providing joint replacement since 1982, and currently employs 20 doctors and surgeons with specialties from foot/ankle to upper extremity to spine and sports medicine. They treat everything from sudden injuries to spinal conditions, shoulder arthritis, and many more. They also offer urgent care clinics and same-day appointments.

The best first step is learning what is wrong. “Everyone is different,” Dr. Hood says. “Not everyone needs or can undergo surgery, but a specialist can find treatment that will allow them to do what they like to do on a daily basis, whether that's walking across the room or taking their grandkids to the park. Our team can do that for them.”



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