

WELCOME BACK TO FEELING GOOD

By Alisa Clickenger
Photos Hollie Hemenway



Dr. Weight is a dedicated spine surgeon.

We have all suffered from the occasional backache. Sometimes it's a pulled muscle, sleeping in the wrong position, or improperly lifting an object. In some cases it's more severe pain from an old injury, or trauma such as a fracture or herniation. Maybe even scoliosis. Whether you are an athlete or in an accident, and it's time to turn to a spinal surgeon, how do you choose who to trust?

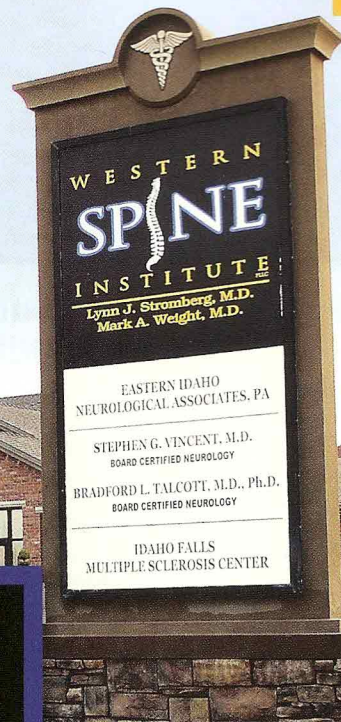
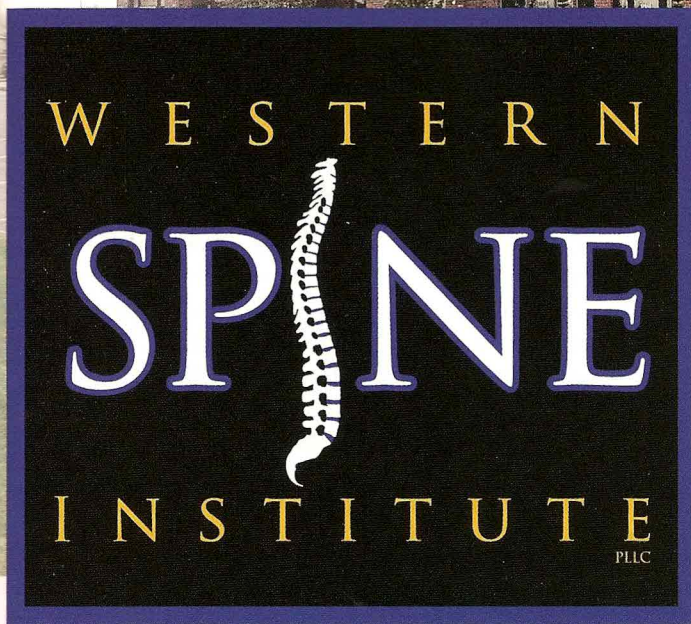
For thousands of patients in Southeast Idaho, the answer is Dr. Mark Weight of Western Spine Institute. Dr. Weight is a highly experienced board certified orthopaedic surgeon who has focused exclusively on spinal surgery for more than a decade. He attended Chicago Medical School and after intensive orthopaedic training, Dr. Weight completed a fellowship in Spine Surgery at the University of Rochester in New York. "Becoming an orthopaedic surgeon was very appealing to me," says Dr. Weight. "Specializing in spinal surgery is interesting and challenging because the spine is the integral core of the nervous and musculoskeletal systems."

Originally from Salt Lake City, the doctor brought

his family to Idaho Falls because it is an ideal place to raise a family. Not to mention the endless opportunities for outdoor recreation.

He opened his Idaho Falls practice in 2005, and has been helping to ameliorate pain and improve mobility in hundreds of patients every year. He sees patients who aren't able to function normally at home or work, let alone enjoy recreational activities. "I enjoy helping patients get back to normal," says Dr. Weight. "My staff and I are here to make our patients feel comfortable and treat their conditions. We know that when a patient walks through our doors they're looking for relief and we want to help them find that."

While accidents and trauma are not always preventable, maintaining a healthy back is important. "Staying in shape and conditioned, and keeping your weight in the appropriate range for your body height is the best way to keep your spine healthy and help prevent injuries," explains Dr. Weight. Not only does exercising your back help with protective support for your spine, it also



improves your balance and stability. "Pilates or other core related types of exercises are really good at maintaining a healthy spine," says Dr. Weight.

Should surgery be needed though, Dr. Weight's patients have the luxury of selecting which hospital they would like their procedure to be conducted in. Dr. Weight works with Mountain View Hospital, Madison Memorial, and Eastern Idaho Regional Medical Center. This allows patients to choose the hospital facility most convenient for them and their families.

Taking care of patients and seeing them get well and back to a normal life is the best part of Dr. Weight's work. "It is satisfying seeing peoples lives improve. As a surgeon, I think surgery can be interesting and challenging," says Dr. Weight. "But the real reward is when the patients come back and they're smiling and feeling great."

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Most episodes of neck and back pain are not serious and respond to simple forms of treatment. You would benefit from visiting a specialist if you have any of the following symptoms:

- Back or neck pain lasting more than two weeks
- Pain radiating down the arms or legs (Radiculopathy)
- Numbness or tingling in the arms or legs
- Weakness in the arms or legs
- Pain that wakes you up at night
- Trauma or an accident causing significant back or neck pain
- Chronic pain that interferes with routine everyday activity
- Scoliosis