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Meet the Doctors

David Simon, D.C. is a doctor of Chiropractic medicine and graduated Summa Cum Laude from New York Chiropractic College. Dr. Simon is additionally certified in Manipulation Under Anesthesia and a Medical Exercise Specialist. He has performed Manipulation Under Anesthesia (MUA) on close to 100 patients. His rate of success is approaching 80%. He is currently one of the foremost specialists in this procedure in the state of New Jersey.

Dr Bejjani MD, PhD is board certified in Physical Medicine and Rehabilitation and a Fellow of the American Academy of Orthopedic Medicine. He also holds a Doctorate in Occupational Biomechanics and Ergonomics from New York University.

WHAT IS MUA?

Manipulation Under Anesthesia is exactly what it sounds like. After medical clearance, the patient is lightly sedated to achieve relaxation, then adjustments and stretching movements, which could otherwise be too painful to perform, are easily and painlessly accomplished using much less force and with no high velocity maneuvers.

For chronic pain patients who are not finding relief through conventional treatments or surgery, MUA combined with consistent, simple post-procedure therapy plan, can greatly reduce pain as well as improve range of motion. MUA is cost-effective, thousands of dollars less than traditional surgery and other more invasive treatments, and usually qualifies for insurance coverage.

In addition, return-to-work is much faster allowing MUA patients to get back to their work and normal life.

IS MUA NEW OR EXPERIMENTAL?

MUA is neither new nor experimental. It's actually been practiced since the late 1930s and used by surgeons as a proven form of treatment.

MUA is a multi-disciplinary outpatient procedure that takes place in a controlled hospital or ambulatory surgical setting, usually daily for twenty minutes, over the course of one to three days.

WHO CAN BENEFIT FROM MUA?

- **Failed back/neck surgery.**
- **Herniated or bulged discs.**
- **Nerve compression syndrome, radiculopathy.**
- **Muscle spasm or contracture.**
- **Chronic back and neck pain with chemical dependencies.**
- **Patients who are not improving after trying several other forms of treatment.**
- **Restricted motion due to fibrotic adhesions.**
- **Post surgical or post injection in the spine to maximize relief and benefit.**

HOW DO I BEGIN AN MUA TREATMENT PLAN?

The patient is cleared by Dr. Simon using guidelines as described by the National Academy of MUA Physicians. The typical patient will also be cleared by several specialists including an anesthesiologist and Dr. Bejjani.

MUA PROCEDURE

On the day of the MUA, the patient must be accompanied by a friend or family member to drive the patient home after the procedure. The patient then confers with the anesthesiologist, is gowned and the sedative, usually Diprivan and/or Versed, is administered.

The MUA physician utilizes specialized techniques including gentle axial traction, flexion, lateral flexion, rotation, and mild stretching protocols to achieved the desired results.

WHAT HAPPENS AFTER THE PROCEDURE?

After the procedure is completed, the patient is repositioned, awakened, and then taken to recovery, where he/she is carefully monitored. Recovery time is generally 15-20 minutes. Post-procedure care is an important part of the MUA procedure and makes it truly effective. Therapy begins the day of the first procedure. This therapy includes similar stretches accomplished during the MUA procedure, manipulation, and exercises in the doctor's office.