

Mark J. Downey, MD, an Interventional Spine Physiatrist with Spine Group Alabama

Get to know Interventional Spine Physiatrist Dr. Mark J. Downey, who serves patients in Homewood, Alabama.



New York City, Oct 25, 2019 (Issuewire.com) - As a board-certified interventional spine physiatrist, Dr. Downey specializes in the diagnosis and non-surgical treatment of pain-related spinal disorders. He is board-certified in physical medicine and rehabilitation and uses his comprehensive spine and musculoskeletal training to determine the appropriate line of treatment for a variety of spinal conditions.

He is the Founder of Spine Group Alabama, a specialized referral center for general and complex non-surgical spinal problems, located in Homewood, Alabama. Dr. Downey states, "Our goal is to exhaust nonsurgical treatment options in advance of spine surgery. If surgery is necessary, we can refer to spine surgeons who emphasize a minimally invasive approach to shorten the length of the incision, lessen time in the hospital, and speed the return to activity with a less painful recovery."

The doctor maintains one of the busiest spine practices and is proficient in cervical, thoracic and lumbar injections. Over the years, he has become a primary referral source for thoracic and lumbar compression fractures, performing over 100 kyphoplasty procedures.

A 2002 graduate of the University of South Alabama College of Medicine in Mobile, Alabama, Dr. Downey completed his residency in physical medicine and rehabilitation at the University of Alabama. Following his residency training, he completed additional training in interventional spine procedures.

Physical medicine and rehabilitation, also known as physiatry and physiatrics, is a branch of medicine that aims to enhance and restore functional ability and quality of life to those with physical impairments or disabilities. Physiatrists treat a wide variety of medical conditions affecting the brain, spinal cord, nerves, bones, joints, ligaments, muscles, and tendons. Specializing in interventional spine care, Dr. Downey is able to offer fluoroscopic spinal injection procedures to eliminate spine-related pain and restore normal activities and functions.

A native of Anniston, Alabama, he and his wife, Kim, live in Vestavia Hills with their three young boys. Dr. Downey enjoys playing golf, exercising, wake-boarding, and taking part in outdoor activities with his family. He spends much of his free time practicing baseball and basketball with his boys. He also serves as a drummer on the praise team at his local church.

Learn More about Dr. Mark J. Downey:

Through his findatopdoc profile, <https://www.findatopdoc.com/doctor/1610408-Mark-Downey-Doctor> or through Spine Group Alabama, https://spinegroupalabama.com/about_us/bios.html

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