

## Steven R. Sabers, MD, a Physiatrist with Summit Orthopedics

Get to know Physiatrist Dr. Steven R. Sabers, who serves patients in Plymouth and Baxter, Minnesota.



**New York City, New York Jan 4, 2022 ([Issuewire.com](https://www.issuewire.com))** - Dr. Sabers is a well-versed physiatrist whose specialties include back, neck & spine care, aggressive non-surgical care for spine-related problems, as well as fluoroscopic anatomy and spine procedures. He is in practice with Summit Orthopedics with offices in Plymouth and Baxter, Minnesota.

He spends about half of his workday in the clinic seeing patients. The remainder of his time is spent performing the interventional procedures—short of surgery—that treat pain when physical therapy and medication aren't enough. "We provide an entire spectrum of nonsurgical treatments and tools to help patients manage spine pain—up to and including surgery. I think it's also important to help patients navigate treatment decisions, and I advise them the same way I would advise a member of my family" as stated by the doctor.

The Plymouth office of Summit Orthopedics operates a state-of-the-art surgery center for same-day outpatient spinal procedures. The specialists provide a full range of diagnostic & therapeutic injections as well as surgical procedures (including minimally invasive surgery) to the highest standard of care.

The physicians at the Baxter Clinic are experienced in treating the full spectrum of bone, joint, and muscle conditions and injuries related to the spine. So whether one is trying to figure out the source of their low back pain or looking to find a solution for neck soreness, Summit's spine experts are ready to support their goals for a healthy, active life.

"Spine pain is challenging to treat. The strength of our Summit Orthopedics spine care is in the breadth

of the care we are able to offer. I have an entire spectrum of treatment options at my fingertips. That spectrum encompasses monitoring a patient to see if the pain will resolve with time—and sometimes that's the right decision for the patient—to physical therapy, medication, injections, and procedures including surgery. This comprehensive treatment model enables us to really give the patient the best available option for his or her problem without any long waits or delays.” explained Dr. Sabers.

In order to stay up to date in his field, he remains a member of the American Academy of Physical Medicine & Rehabilitation, the Spinal Injection Society, the Minnesota Society of Interventional Pain Physicians, the American Medical Association, and the Minnesota Medical Association.

Throughout his academic career, Dr. Sabers earned his medical degree from the Mayo Clinic College of Medicine and Science in Rochester, Minnesota in 1993. He then went on to complete his residency in physical medicine and rehabilitation at the Mayo Clinic School of Graduate Medical Education in Arizona in 1994.

Aided by his expertise, he is board-certified through the American Board of Physical Medicine and Rehabilitation, which was established in 1947 as the certifying body for the field of physical medicine and rehabilitation under the American Board of Medical Specialties.

Additionally, he holds board certification in pain management by the American Board of Medical Specialties, a non-profit organization that represents 24 broad areas of specialty medicine. It is the largest physician-led specialty certification organization in the United States.

“For me, the physician-patient relationship is a partnership. It's important for my patients to understand that their treatment doesn't end when they leave my office. Physical therapy doesn't help if you don't do it. Day-to-day decisions make a difference. What we eat, whether we smoke, and the kinds of activities we engage in all have an impact on whether or not we are successful in treating pain. Part of my job is to help patients change the habits by which they live their lives when they are not here. My goal is to make the doctor's visit unnecessary and to give people the tools to manage their discomfort effectively at home” expressed Dr. Sabers.

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.

#### **Learn more about Dr. Steven R. Sabers:**

Through his findatopdoc profile, <https://www.findatopdoc.com/doctor/2895635-Steven-Sabers-Physiatrist-Physical-Medicine> or through Summit Orthopedics, <https://www.summitortho.com/provider/steven-r-sabers-md/>

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