

North Texas Brain & Spine Specialists Offers Advanced Back Pain Treatment for McKinney Residents

McKinney, Texas Apr 17, 2026 ([IssueWire.com](https://www.IssueWire.com)) - *Board-certified neurosurgeon Dr. Jean Louis Benae brings over a decade of experience and minimally invasive techniques to help patients find lasting relief from chronic back pain*

North Texas Brain & Spine Specialists (NTBSS), one of the leading neurosurgical practices in the Dallas-Fort Worth area, is helping patients across McKinney and the greater North Texas region overcome chronic and acute back pain with personalized, evidence-based treatment plans.

Back pain is one of the most common reasons adults seek medical care, affecting millions of Americans each year and significantly impacting their ability to work, move, and enjoy daily life. At NTBSS, patients receive expert evaluation and targeted treatment from a team that understands how debilitating back pain can be — and what it takes to get real, lasting relief.

Expert Care Led by a Recognized Spine Specialist

The practice is led by Dr. Jean Louis Benae, a board-certified neurosurgeon with over 10 years of neurosurgical experience and fellowship training from UCLA and the Medical College of Wisconsin. For 11 consecutive years, Dr. Benae has been recognized as the Best Spine Surgeon by both D Magazine and Living Magazine — a distinction that reflects not just his surgical skill, but his commitment to personalized patient care.

Dr. Benae treats a wide range of back conditions including herniated discs, degenerative disc disease, spinal stenosis, spondylolisthesis, sciatica, and spinal fractures. Every patient receives a thorough evaluation using advanced diagnostic imaging before any treatment is recommended.

Conservative First, Surgical When Necessary

A key part of the NTBSS approach is starting with the least invasive option. The practice prioritizes conservative treatments such as physical therapy, medication management, facet joint injections, and nerve blocks before considering surgery. When surgery is needed, Dr. Benae uses the latest minimally invasive techniques — smaller incisions, muscle-sparing approaches, and precision-guided instruments — to reduce pain, minimize recovery time, and improve long-term outcomes.

"We believe every patient deserves a treatment plan built around their individual needs," said Dr. Benae. "Our goal is to relieve pain, restore function, and help people get back to the life they want to live."

Surgical options available at NTBSS include minimally invasive lumbar and cervical fusion, laminectomy, discectomy, kyphoplasty, and spinal cord stimulation, among others.

Patient-Centered from Consultation to Recovery

What sets NTBSS apart is its focus on the full patient journey. Dedicated Patient Care Managers support patients from their first consultation through recovery, ensuring they understand every step of their care. The team takes time to explain diagnoses clearly, answer questions thoroughly, and make sure patients feel confident in the path forward.

Patient feedback consistently highlights how different the NTBSS experience feels compared to other practices.

"Dr. Benae is very knowledgeable and he helped me understand my problem before I left his office," one patient shared. "He was respectful of my time. If I ever have more back or neck problems, I will always return."

Another patient noted: "I could tell that they genuinely cared about me and my healing process and were not simply going through the motions."

Serving McKinney and the Greater Dallas-Fort Worth Area

North Texas Brain & Spine Specialists serves patients from McKinney, Dallas, Plano, Frisco, Allen, and surrounding communities across North Texas.

Contact Information:

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About North Texas Brain & Spine Specialists

North Texas Brain & Spine Specialists is a board-certified neurosurgical practice in McKinney, TX, specializing in the diagnosis and treatment of brain, spine, and peripheral nervous system conditions. Led by Dr. Jean Louis Benae, the practice combines advanced surgical techniques with a patient-first care model to deliver outcomes that improve quality of life for patients across the Dallas-Fort Worth region.

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