

# Member Spotlight:

## Andrew Haig, MD of Haig Physical Medicine



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This first edition of HealthFirst's Member Spotlight is on **Andy Haig of Haig Physical Medicine**. Andy joined HealthFirst in June 2017.

Dr. Haig is a non-invasive spine, musculoskeletal, and EMG specialist and is considered one of the world's top back and neck experts. He was a UVM faculty member in the 1990s but left the state to build an award-winning rural rehabilitation program for Wisconsin's ThedaCare. Then at the University of Michigan, he developed one of the nation's premier back and neck programs and cancer rehabilitation program.

In spring of 2017, Dr. Haig returned to Vermont and opened an office in Williston. His practice is designed to provide the best in musculoskeletal diagnosis and non-interventional spine care, and to serve as a model for clinicians around the world who want to learn his techniques.

A fun way to get to know Andy is to check out his BackQuack game at [www.haigmed.com](http://www.haigmed.com) under 'Tools You Can Use'. BackQuack is a wacky retro video game but it is also a serious clinical tool that you and your patients can use daily.

The game has separate pathways for patients and clinicians. The clinician side teaches fast and effective one-liners to teach patients and has a hidden copy of the American College of Physician's textbook, Low Back Pain in Primary Care, which is co-edited by Dr. Haig. When patients play the game it first provides serious help through an evidence-based intake questionnaire that they can print and bring to their clinician. Their answers trigger information packets on things like 'dangerous pain', 'sciatica' or 'chronic pain', and later in the game a 'pamphlet rack' has information on a dozen other topics. When they go on to play the doctor game their 'patient' has symptoms somewhat similar to their own. BackQuack and its forms with their patients. Vermont Health First members have permission to use BackQuack and its forms with their patients.