

You Can Get Your Life Back

Understanding Your Options



INSPIRED
SPINE

We've Got Your Back

Inspired Spine is a total spine care provider committed to advancing and improving the standard of care for treatment of back pain and other spine related ailments.

We are raising the standard of care for the most complex conditions with our unique minimally invasive procedures that make your recovery faster and easier.



Now There's Hope for Everyone

It is not unusual for Inspired Spine to treat people who have suffered from chronic back pain for many, many years. Because of the low risk and high safety profile of our procedures, we can help the patients who have been told they are too young, too old, too heavy or too deformed for conventional surgery.

We encourage timid patients who have heard how hard it is to recover from traditional spinal fusion surgery and just want to avoid it – even at the cost of giving up activities they love- to come in and learn more about our minimally invasive procedures.

If you've suffered from chronic back pain for 6 months or more, and tried non-surgical treatment and pain management, but your quality of life is still adversely affected,

**other than your pain,
what do you have to lose?**

Minimally Invasive Surgery at Inspired Spine

OLLIF (Oblique Lateral Lumbar Interbody Fusion)

OLLIF results in a very fast recovery period. Patients are frequently up and walking around within several hours after the procedure and many go home the same day as surgery. Blood loss is minimal because of the very small incision, and the risk of complications is significantly lower than that of traditional spinal fusions. But what most patients will appreciate the most, is the speed of their recovery. Many can return to work and normal activities in a couple of weeks, as opposed to the lengthy and demanding rehabilitation process required with open fusions. Because of its short operating time, minimum rehab requirements, and high-safety profile, the OLLIF is often recommended for patients who have been denied surgery because of certain risk factors, such as age, obesity, or deformity.

What Kind of Back Problems Can Be Treated?

Inspired Spine treats many common causes of chronic back pain, including: degenerative disc disease, degenerative scoliosis, herniated discs, spinal stenosis and spondylolisthesis. This technique makes it possible to treat several levels of the spine from a single incision.

OLLIF vs Open Back Surgery (TLIF)

Average Surgery Time:

For a 1 Level procedure the average surgery time for OLLIF (Minimally Invasive Fusion) is 40 minutes as compared to TLIF (Open Fusion) which requires an average of 127 minutes.

Recovery Time:

The average recovery time for a patient after the OLLIF procedure is 2-4 Weeks, compared to the average recovery time for a TLIF patient of 18- 24 weeks.

Hospital Stay:

Average length of stay in the hospital for a patient after OLLIF is 1.23 Days; 1.5 days less than the average hospital stay after a TLIF procedure.

Infection Rate:

To date, the OLLIF procedure possesses an infection rate of 0.27% compared to a 2.4%-5% infection rate for the TLIF procedure. Through 1000+ OLLIF cases to date, no deep infections have occurred. Surface Infections occurred in only two cases and were effectively treated with antibiotics. Hence, no Inspired Spine OLLIF patient has ever been taken back to surgery to address an infection.

Average Blood Loss:

Average blood loss during the OLLIF procedure is 1/10 of that associated with a TLIF procedure.

Post Surgical Mobility:

After undergoing an OLLIF procedure, 96% of patients are walking without assistance within 24 hours compared to only 5% that are walking within 48 hours after a TLIF Procedure.

Traditional Back Surgery *through Other Providers*

2-4 Hours in Surgery

18-24 Week Recovery Time

3-5 Days in the Hospital

5-6 Inch Incision

Tissue and Muscles Need to be Cut - Extensive Tissue Trauma

Significant Blood Loss (as much as 10x the amount)

Only 5% of Patients walk within 48 hours

OLLIF Minimally Invasive Surgery *with Inspired Spine*

40 Minute Surgery

2-4 Week Recovery Time

Mostly an Outpatient Surgery

Less than 1 Inch Incision

Minimal Muscle or Tissue Trauma

Minimal Blood Loss

96% of Patients Walk within 24 hours

“I live a whole different life.”

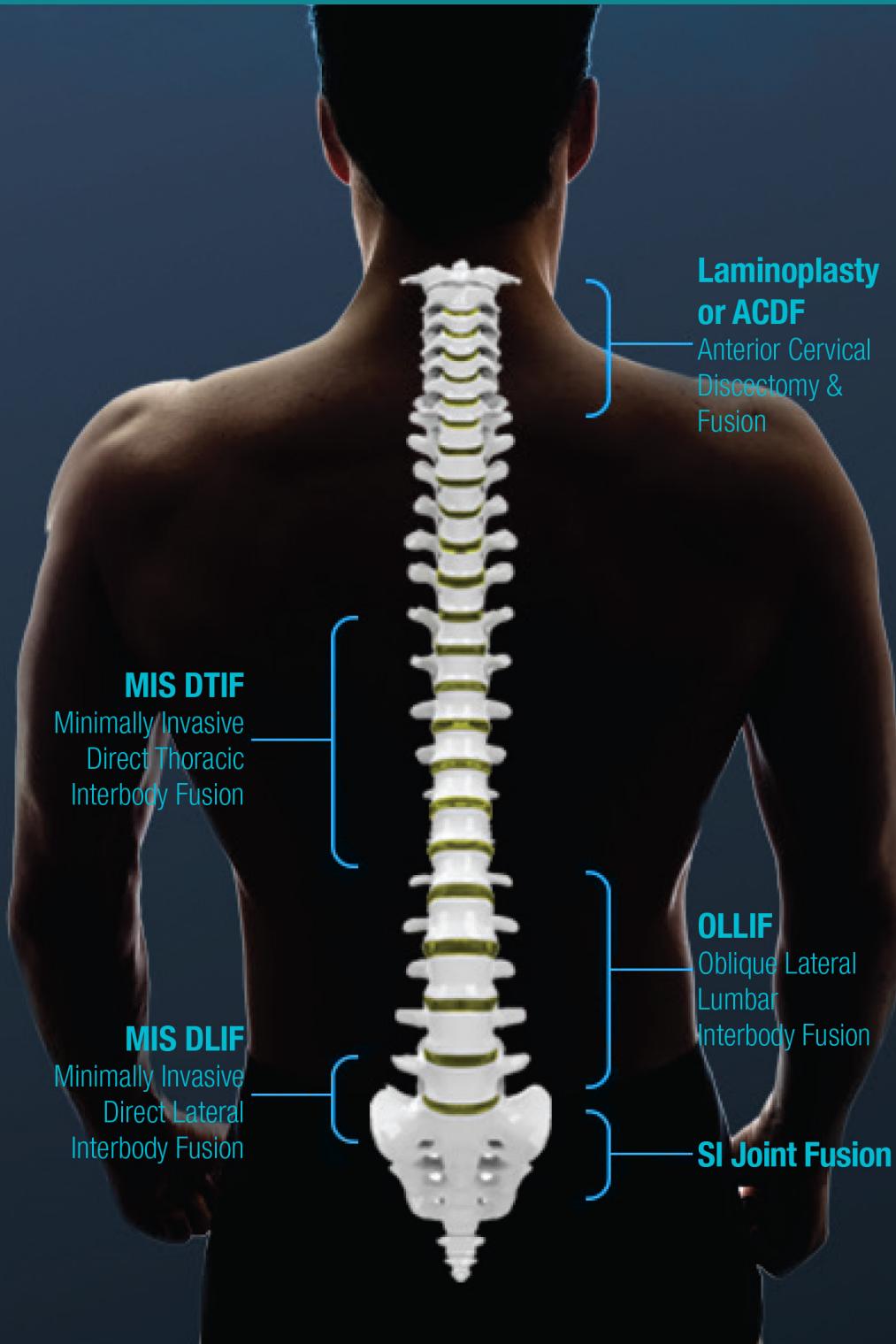
OLLIF vs Open Back Surgery (TLIF)

Our OLLIF surgery provides a new level of patient care, unmatched by any previous back surgery. With a shortened surgery time, faster recovery, and less blood loss, we can bring relief to a wide range of patients previously not able to get help.

Return to work and normal activities in less than half the time associated with traditional spine surgery.



Inspired Spine Surgical Treatment Options



Our signature spinal fusions are the only truly minimally invasive fusion surgeries available today. The surgeon removes the diseased disc, restores the height of the disc space, and inserts bone graft material, all through a dime-sized portal. Even multiple levels of the spine can be treated from a single portal.

Major muscles and natural, healthy structures in the back are preserved, promoting faster recovery. Unlike other spinal fusions, many patients are able to get up, walk around, and return home within a few hours after surgery.

OLLIF

OLLIF stands for Oblique Lateral Lumbar Interbody Fusion. It treats diseased discs and pain in the lower back. OLLIF is one of Inspired Spine's signature advanced minimally invasive spinal surgery procedures – a revolutionary advancement in minimally invasive spine surgery that our surgeons have perfected with years of research and practice. And unlike most other spinal fusion approaches, the OLLIF procedure can be used to effectively treat all lumbar levels of the spine.

ACDF

Anterior Cervical Discectomy and Fusion removes a painful herniated or degenerative disc in the neck and replaces it with a bone graft.

MIS DTIF

Minimally Invasive Direct Thoracic Interbody Fusion (MIS-DTIF) was pioneered by Inspired Spine to treat mid-back pain.

MIS DLIF

Minimally Invasive Direct Lateral Interbody Fusion (MIS-DLIF) is a technique that enables fusion in hard-to-reach areas, such as the space between the bottom of the spine and the sacrum (L5-S1).

SI Joint Fusion

Fusion of the Sacroiliac (SI) Joint between the Sacrum and Ilium in the pelvis to ensure enough stability to support the spine, and to stop chronic inflammation.

Laminotomy

Another spinal stenosis treatment, which can be performed anywhere on the spine from the neck to the lower lumbar region, is a laminotomy. A Laminotomy expands the spinal canal by cutting the lamina on one side and swinging it open like a door.

Laminoplasty

A cervical laminoplasty is a surgical treatment to relieve pressure on the spinal cord and nerves in the neck, which can be caused by spinal stenosis, a narrowing of the spinal canal. Portions of the lamina, the thin bony layer covering the spinal cord, are removed to create more space for the spinal cord and nerve roots.

Conservative Therapy at Inspired Spine

As a total spine care provider, Inspired Spine will always recommend the least invasive approach that's appropriate to treat your condition. Before you think about surgery, we recommend several stages of conservative care first.

Treatment options are considered "conservative" when they are non-invasive (such as physical therapy) or markedly less invasive than surgery (such as injections). Inspired Spine has developed a multi-tiered Conservative Therapy Policy, which is meant to employ the least invasive treatments available to reduce your pain and strengthen your back.

When there are no signs of neurological symptoms, Physical Therapy (PT) and over-the-counter (OTC) pain medications are the most commonly recommended therapies for back pain lasting between 2 to 6 weeks. A typical PT program for back pain will combine active and passive components designed to decrease pain and improve function. Some of these treatments and their corresponding recommended use times are listed below.

| 3-6 Months |
|----------------------------|
| Physical Therapy |
| OTC Pain Medication |
| Chiropractic Care |
| Pain Management Injections |
| Yoga |

| 1 Year |
|----------------------------|
| Prescribed Pain Medication |
| Medical Cannabis Program |
| Minimally Invasive Surgery |

Conservative Treatment Path

The goal of our Multidimensional Conservative Protocol Policy is to ensure that conservative treatment options are explored with each patient prior to surgery. During your initial consultation at Inspired Spine, you should expect to discuss your medical history, current symptoms, and any previous treatments you have had for your back problems. We will also review any recent diagnostic images you may have.



Non-Invasive Back Pain Treatments

When there are no signs of neurological symptoms, Physical Therapy (PT) and over-the-counter (OTC) pain medications are the most commonly recommended therapies for back pain lasting between 2 to 6 weeks. A typical PT program for back pain will combine active and passive components designed to decrease pain and improve function.

Passive Physical Therapy

Passive therapies are those that are performed on you. The goal of passive PT is to reduce your pain and make it more manageable, until you are able to become more active. Examples of passive PT are heat/ice packs, ultrasound, and TENS Therapy.

- Ultrasound Therapy uses sound waves to provide deep heating to muscles and soft tissue to reduce pain.
- TENS stands for Transcutaneous Electrical Nerve Stimulation. It aims to manage pain by delivering low voltage stimulation to painful muscles in the back.

Active Physical Therapy

Active physical therapy involves active exercises to stretch and strengthen the spine and back muscles. The goal of active PT is not only to improve immediate function, but also to provide a maintenance program to prevent future recurrences of back pain.

Chiropractic Care

Chiropractic or osteopathic manipulation of the spine is the most popular alternative therapy for back and neck pain, with about 75% of Complimentary and Alternative Medicine users choosing this route. Spinal manipulation focuses on restoring proper alignment of the vertebrae, so bulging discs or bone spurs don't irritate or pinch spinal nerves.

According to the CMS, Medicare Part B currently covers 80% of the cost for manipulation of the spine if medically necessary to correct a subluxation (a misalignment of the vertebrae). There is no Medicare cap on the number of medically necessary visits to a chiropractor. However, many other insurers do not cover chiropractic care and those that do generally limit covered visits to 10-30 per year.

Medical Cannabis Program

If you qualify for this program your Inspired Spine surgeon will go over treatment options, and explain the program in detail during a separate appointment.

Yoga

Yoga provides similar benefits to physical therapy by stretching and strengthening the spine and surrounding muscles. Aficionados swear by it, lots of health and fitness articles promote it, and even traditional medical journals recommend yoga for back pain relief.

If you've never practiced yoga before, it may be a stretch (pun intended) to grab a YouTube video or magazine article and try to treat yourself, unless you are familiar with practicing yoga. Many fitness centers offer yoga classes with a qualified instructor. If yoga works for you, you will have learned a lifetime skill for increased flexibility and function. Just don't expect your health insurance to cover the cost.

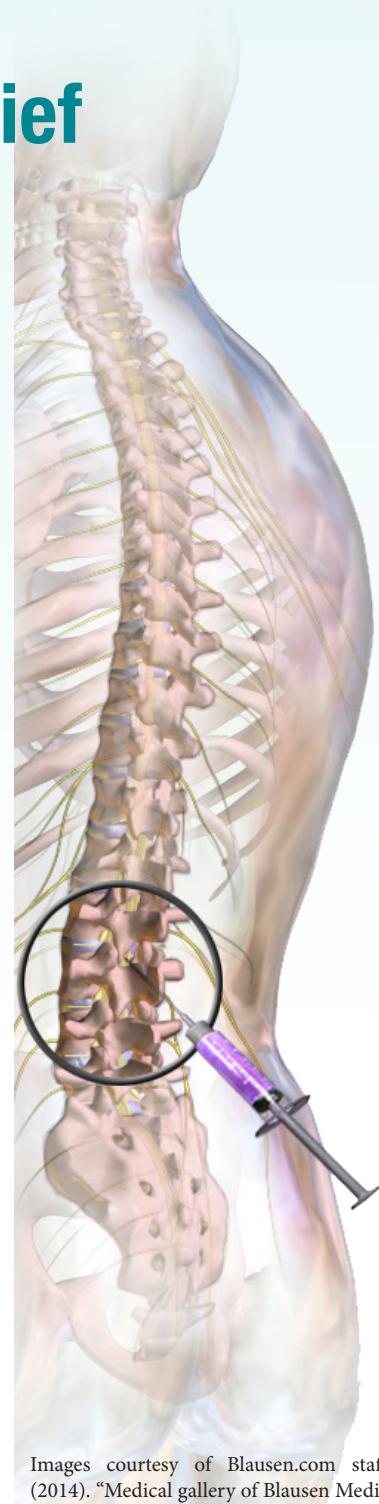
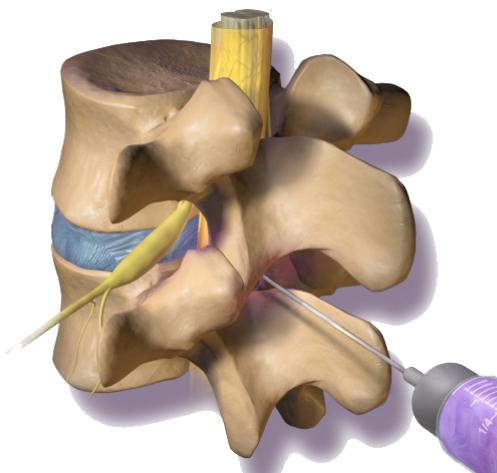


Injections for Back Pain Relief

Injections are a minimally invasive nonsurgical treatment option for low back pain. They are typically used to treat low back pain after a course of medications and/or physical therapy is completed, but before surgery is considered. Injections can be more effective than oral medication, because they deliver medication directly to the area that is generating the pain.

Injection therapy is typically an outpatient procedure. A solution of long-acting local anesthesia and anti-inflammatory medicine or other pain modifying drug is injected through the skin with a very tiny needle. The procedure is guided by fluoroscopic imaging— a kind of x-ray movie.

Injections can also be used as a diagnostic tool. By providing temporary pain relief, they can help your doctor or surgeon identify the specific cause and prescribe the best treatment plan. If the pain relief is more long-lasting, continuing the injections may be the least invasive course of treatment.



Images courtesy of Blausen.com staff (2014). "Medical gallery of Blausen Medical 2014". WikiJournal of Medicine

Epidural Steroid Injections

Epidural steroid injections can help manage lower back and radicular pain (the kind that radiates down the legs) from a pinched or irritated spinal nerve. A mixture of local anesthetic and long-acting steroid medication is injected into the epidural space outside the affected area. This delivers an anti-inflammatory solution to the cerebrospinal fluid that bathes the nerve roots in the space where they branch out from the spine.

You should start noticing pain relief within 1 to 2 days after an epidural injection and the effects may last several days, weeks, or many months. The procedure may be performed up to three times a year, if needed.

Nerve Blocks

Selective Nerve Root Blocks or SNRBs are another common injection for diagnostics and pain treatment. An inflamed or irritated nerve that is pinched by a herniated disc or bone spur may not always show up clearly in x-ray or MRI images. But it can cause a shooting or radiating pain along that nerve root from your neck or back to your extremities.

A small needle placed in the “foramen”—the space between vertebrae where the nerve exits the spine – delivers local anesthesia and anti-inflammatory medicine. The anesthesia will wear off in a few hours and it may take a few days for the anti-inflammatory to take full effect.

As pain management therapy, nerve blocks can sometimes have progressively better effects with repeated injections.

Facet Joint Blocks

The facet (fuh-SETT) joints are small bony projections that connect each vertebra to the one below it. When they become arthritic and inflamed, these little joints can act up like a bad knee or hip – causing pain that often radiates from the back to hips, buttocks and legs or through the neck and upper extremities. It can be tricky to isolate which one is causing your pain from imaging tests alone.

A local anesthetic and long-acting anti-inflammatory steroid is injected with into the facet joint capsule. The anesthetic will wear off in a few hours, but you should feel the full effect of the anti-inflammatory within 1-2 days.

If the pain and other symptoms return after some length of time, you and your doctor may elect to have the injection repeated. It is often considered reasonable for the procedure to be done up to three times per year.

More Information Available

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