



The Spinal Column

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April 2009

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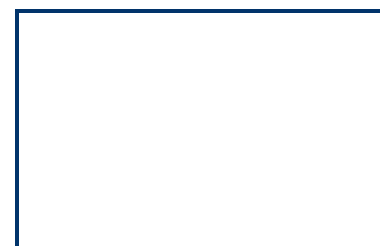
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What's New at LSI

**LSI Physician Consultations Help
Chronic Back and Neck Pain
Sufferers**



Committed to education, LSI travels throughout North America teaching the anatomy of the spine, spinal conditions and how the LSI minimally invasive approach can help relieve chronic spine-related pain.

Would you like an opportunity to meet face-to-face with an LSI Physician?

» [Click here for more information.](#)

» [LSI Seminar Schedule](#)

Ask the Expert

This month's topic is the Evaluation Process prior to surgery with Medical Assistant Jackie Kanak from the LSI Clinical Department.

If you have a question relating to LSI surgical centers, staff, services and other related topics, please share them with us.

» [Read the Q & A](#)

» [Has LSI Reviewed Your MRI?](#)



Patient Spotlight

His Passion is His Priority

Sam enjoyed school and a thriving wrestling career until back pain took its toll. Determined to find an answer and unwilling to give up his dreams, the Law family came to LSI to find relief for Sam's pain.

» [Full story...](#)

» [LSI Patient Testimonials](#)



Wellness 101

Ask the Doctor

Q: How is the laser used in your procedures?

» [The Answer](#)

» [Watch Animations of LSI Procedures](#)



The Joy and Pain of Spring

Yardwork

"April showers bring May flowers." Are you anxious to work on your garden but back or neck pain is keeping you from heading outside? We have some helpful tips to help you get back to the activities you love.

» [More info...](#)

» [Visit the LSI Resource Center](#)

A decorative horizontal line consisting of two overlapping, wavy bands. The top band is a dark teal color, and the bottom band is a lighter, medium teal color. They overlap in the center, creating a darker shade.

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LSI Physician Consultations Help Chronic Back and Neck Pain Sufferers

Since Laser Spine Institute's inception four years ago, a team of medical and professional staff members have hosted hundreds of educational seminars throughout North America. These sessions provide an opportunity for chronic back and neck pain sufferers to learn more about their conditions and related symptoms, as well as, LSI's alternative to traditional open spine surgery.

Hundreds of potential patients send their MRI to Laser Spine Institute for review and a telephone consultation with an LSI Physician for a preliminary determination of surgical candidacy. An LSI informational seminar offers attendees a chance to meet an LSI Physician for an individual consultation with review of the patient's MRI or CT scans and discussion of symptoms. The Physician is able to formulate a preliminary diagnosis and determine if LSI can help relieve the symptoms at the seminar.

The seminar experience begins with a Physician consultation followed by a detailed presentation about anatomy of the spine and LSI techniques by the attending Physician then an opportunity to meet a Patient Advocate for non-medical questions.



Dr. Michael Perry, LSI Medical Director and co-founder, directs the MRI Review Department at LSI which reviews over 200 MRIs a day. In addition to his leadership, Dr. Perry travels with the seminar team educating those who suffer from chronic back and



Dr. Michael Perry

neck pain on spinal conditions that LSI treats and how the innovative minimally invasive endoscopic procedures can relieve the pain. In an effort to manage the MRI review demand and busy seminar schedule, Dr. Perry has also recruited three distinguished medical experts to work alongside him at LSI as well as present at seminars across the country.

In 2008, Dr. Richard C. Richley, board certified orthopedic surgeon with over 30 years experience, joined LSI to educate seminar attendees on spinal conditions and the advanced alternative of minimally invasive endoscopic spine surgery throughout the western region of North America. MRI Review Physicians, Dr. Craig Burns with extensive knowledge of Osteopathic Medicine and board certified Physician, Dr. John Spallino, assist Dr. Perry in MRI review and travel the eastern region of the U.S.



Dr. Richard C. Richley

LSI is committed to minimally invasive endoscopic spine procedures as a standard of practice. As the leader in this technique, LSI will continue to educate those who are looking for a better surgical option, provide superior patient service and stay on the cutting-edge of minimally invasive spine procedures.

New seminars are added to the tour calendar all the time to accommodate those interested in learning more about Laser Spine Institute. We look forward to meeting you at our next seminar!

April 2009 Seminar Locations

Laser Spine Institute, Scottsdale, AZ

JW Marriott Resort and Spa, Tucson, AZ

Laser Spine Institute, Tampa, FL

Scottsdale Plaza Resort, Scottsdale, AZ

The Tempe Mission Palms Hotel, Tempe, AZ

Renaissance Toronto Airport Hotel, Toronto, CN

Sheraton Charlotte Airport Hotel, Charlotte, NC

For an extended schedule of LSI educational seminars with a complimentary consultation, please visit spineseminar.com.

[LSI Seminar Schedule](#)

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If you're not sure you can sit through our seminar, you're exactly the person that needs to.

Laser Spine Institute, a leader in the advanced techniques of minimally invasive spine surgery is currently conducting a series of FREE educational seminars in your area. At these seminars, you'll learn how our endoscopic, laser-assisted techniques are used to correct chronic back and neck pain with less risk and less recovery time than traditional open back surgeries or fusions.

If you believe you could benefit from minimally invasive spine surgery, please attend one of our FREE seminars. Bring your MRI films, CT scans or other reports with you to be reviewed by one of our board certified physicians. Seating is limited, so please register below today.

LSI Procedures:

What makes our procedures unique is that all of our surgeries are performed without general anesthesia. The patient is awake but comfortable during the procedure. No longer are large incisions and hospitalizations required. Patients come in, have their surgery and walk out within hours.

Spinal conditions corrected at LSI:

- Bone spurs
- Bulging/herniated discs
- Degenerative disc disease
- Foraminal stenosis
- Spinal stenosis
- Spinal arthritis
- Pinched nerves
- Failed open back or neck surgery

Register for FREE upcoming seminars in your area:

Tampa <i>Florida</i>	Greater Phoenix Area <i>Arizona</i>
Tucson <i>Arizona</i>	Toronto <i>Ontario, CAN</i>
Charlotte <i>North Carolina</i>	The Villages <i>Florida</i>
Philadelphia <i>Pennsylvania</i>	Houston <i>Texas</i>
Orlando <i>Florida</i>	Salt Lake City <i>Utah</i>

[Laser Spine Institute](#) offers a successful alternative to traditional open back and neck surgeries and fusions. The orthopedic surgeons at LSI can correct a variety of back and neck conditions through the use of minimally invasive, endoscopic, outpatient procedures.



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Ask the Expert

Q: I understand my medical evaluation may take one to two days prior to surgery; can you explain what will be involved?

A: The expert clinical team at Laser Spine Institute is dedicated to providing the best service and properly educating patients on the streamlined LSI surgical process from evaluation to recovery. Once a patient is admitted, a clinical appointment is the first step in their journey at LSI.

On day one, the patient will complete the first step in their LSI surgical experience by going through the evaluation and medical clearance processes. A Medical Assistant (MA) will cover medications, labs, EKG, and pre/post operative instructions to ensure proper clearance conditions for surgery. Also, the MA will check for proper imaging that has been done within the past six months which is standard protocol for LSI. If the MRI/CT/x-ray is more than six months old, a new MRI/CT will be ordered by a Nurse Practitioner or Physician Assistant and completed in our state-of-the-art digitized Diagnostic Center. The patient's chart and all new information collected by the clinical staff during the evaluation will be recorded in LSI's Electronic Medical Records (EMR) system. The patient will then meet with a Nurse Practitioner or Physician Assistant to review their medical history and perform a physical exam with the patient. If there are additional tests needed to clear the patient for surgery, for instance, neurology or cardiac, they will be ordered at this time.



On day two, the patient will meet with a Physician for an MRI discussion. The findings will be reviewed with the patient,

and a surgical order will be written at this time. The patient will be properly educated on the recommended procedure using spine models and all questions will be answered to ensure the patient's comfort prior to surgery.

If you are interested in arranging a surgical consultation with an LSI Physician, you may contact a Patient Advocate by calling 1-888-220-6056 to schedule your appointment.

Has LSI Reviewed Your MRI?

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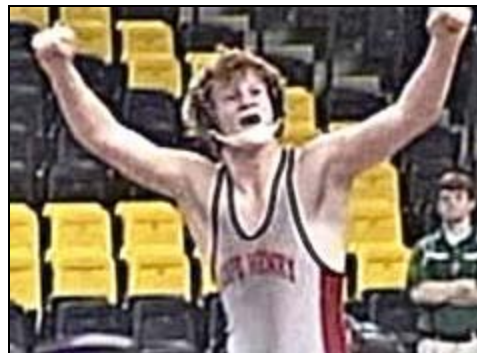
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His Passion is His Priority

In December 2007, Sam began having lower back pain after he spent a full day standing on a concrete floor performing community service with his classmates. A 16-years old athlete and student, Sam refused to give in to the aggravating pain and took a bus to his next wrestling tournament. Unwilling to give up his true passion for wrestling, he continued to wrestle at every match and push through the pain.



In February 2008, the pain began to affect Sam's active lifestyle. He had an MRI, bone scan and X-rays, which indicated two bulging discs and arthritic facets. Sam consulted with a surgeon in Virginia who advised him to either have back surgery or consider ending his wrestling career. Without hesitation, Sam disregarded the idea of giving up wrestling or being confined by a long recovery after surgery.

He endured about six weeks of physical therapy and pain management injections and continued to struggle with the pain. Sam is the type of guy who is full of energy and doesn't like to keep still between school activities and his wrestling career. His parents, Greg and Jane, knew another step had to be taken when Sam struggled to walk any distance without taking a break to sit and found it difficult to stand for long periods of time when the family went on a college tour for their oldest daughter.

Determined to find a better option, the Law family traveled from Virginia Beach to Tampa, Florida for an evaluation in

April 2008. They heard about Laser Spine Institute from their nephew, Matthew Law, who had an LSI procedure, at age 28, with huge success. After a long conversation with Dr. James St. Louis, sharing sports stories and talking about Sam's passion for wrestling, the family knew they made the right decision choosing LSI for treatment. Dr. St. Louis took the conservative approach with Sam performing a few injections and a minimally invasive procedure in Sam's lower back.

Shortly after returning home from Florida with relief from the pain, Sam resumed his routine, working out at 5 AM for two hours, attending school all day, and then went back to the gym for another two-hour workout before attending wrestling practice. Sam attended a number of intense wrestling camps throughout the summer, gearing up for his next wrestling season. He was ecstatic to be back on the wrestling mat challenging his teammates, coaches and the competition.

Sam's hard work paid off when he ended the wrestling season by winning the State Championship in February then a week later earning the title of All-American at the Prep National Tournament. Jane Law is still beaming from ear to ear about her son's triumph and accomplishments and said, "Laser Spine Institute was truly a miracle for Sam. You were the first to tell us something positive about Sam's future in life but also in his true love...wrestling. You truly made a young man's dreams come true and we cannot thank you enough."

[LSI Patient Testimonials](#)



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Ask the Doctor

Q: How is the laser used in your procedures?

A: The laser is often referred to as a 3-in-1 tool when applied to soft tissue during LSI endoscopic, minimally invasive spinal procedures. The laser can be used to cut like a scalpel, cauterize which means to scab over or scar down and vaporize tissue throughout a procedure. All three methods of the laser are used during a procedure as a supplement to other surgical tools.



Let's review when the laser comes into play during an LSI procedure. After IV sedation and a local anesthetic, the first tube is put into a small incision. A series of tubes of increasing size are placed over this first tube, one at a time, to slowly create the opening to the spine. The muscles are pushed out of the way by the dilating tubes and are not torn or cut. The last tube is 18 mm in diameter and through this translucent, working tube, an LSI surgeon can insert lasers, cameras, suction, irrigation and other surgical instruments. The LSI operations team works with a Holmium Yag laser which was FDA-approved for use in the spine in September 1991.

The surgeons at LSI do not use the laser to cut or remove bone because the energy required to vaporize bone is extremely high and would generate too much heat around the spinal cord, nerves and muscle tissue. The surgical team uses small burrs, drills and rongeurs to remove small amounts of bone. It is also important to note that the laser does not cause any discomfort or pain to the patient during the procedure.

[Watch Animations of LSI Procedures](#)

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The Joy and Pain of Spring Yardwork

It is that time of the year when we are looking forward to planting flowers and making our gardens beautiful once again. The rewards of this work will come to light in the summer with green lawns and bright blooms, but we don't want to achieve this at the cost of back and neck pain.



There are several guidelines to follow that will allow us to do most of our gardening, while protecting our spines. These include job selection, time spent during each job, keeping the loads small and using good body mechanics during each activity. Before you start a day of gardening, review all of your jobs and place each activity in order ensuring that you don't spend more than 15 minutes on one job. For instance, weed, then trim a hedge, then dig a hole for planting, all in 15 minute increments, etc. Keep rotating from one job (and one posture) to another and by the end of the day, one to two hours of each activity will be done rather than all at once.

Avoid heavy lifting by only filling large bags half full with leaves or brush. Make sure it is light enough to easily lift, and do not leave all the lifting for the end of the day. Raking and sweeping can be very stressful on our backs, as leaning over places a lot of strain on our joints and ligaments. Stand upright and walk with the broom or rake rather than pulling it with your back and arms. This way your spine is straight and your legs are doing the work.

Also, avoid leaning and bending over for long periods of

time; even more than 5 minutes can be excessive. Sit on a cushion when weeding on the ground, stand close to bushes and trees, when trimming, and use tools with long handles so you can remain upright while gardening.

In order to enjoy the day, we should not forget the cool lemonade and sporadic rests during the workday and make sure to lie flat and unload the joints in our spine after completing the day's work. Finish the day with an ice pack for 30 minutes to prevent swelling or inflammation that may have occurred in our joints and muscles during the day, if you have aches and pains. Then, enjoy the fruits of your labor. If pain persists, please consult your physician for an examination.

[Visit the LSI Resource Center](#)

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