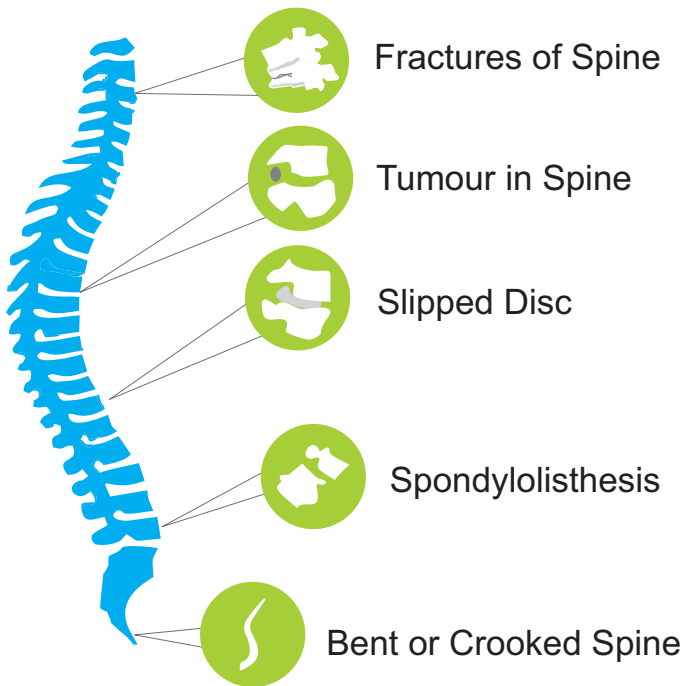


## SPINE RELATED ISSUES



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FOR COMPREHENSIVE CARE OF  
**SPINAL DISORDERS**



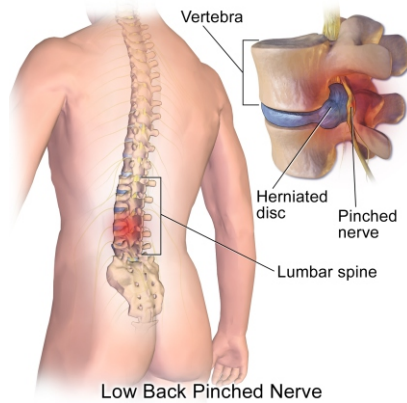
Are you one of those suffering from severe low back Pain?

You are not alone. Almost 90% of human beings suffer from low back pain at one time or the other which would force them to see a doctor



### What is slipped disc?

Our spine is not a single bone. There are a number of bones called vertebrae in our spine which are separated by soft jelly like substance surrounded by



tough fibrous tissue called “disc”. The disc when it gets displaced backwards presses on the spinal cord and nerves in the back : this causes pain in your back and travels down to the legs (sciatica)

### Do I require an operation?

Only 7- 10% of patients require surgery. Majority of patients get better with non operative treatments.

### What are the non operative measures available?

Most patients get better with restriction of their activities for a few days. Pain medication along with physiotherapy certainly helps.

### What about Epidural Injections?

To relieve sciatica patients are some times administered epidural injections, root blocks etc. These help in relieving pain and are mostly safe procedures with a stay in the hospital for a few hours.

### When is surgery done?

If the pain is not subsiding with medication and physiotherapy and sufficiently severe to interfere with activities of daily living then surgery is the best option.

### How is the surgery done ?



The surgery for the slipped disc is done with use of Endoscopes(cameras) or with microscopes. All the disc material that is pressing the spinal cord and nerve roots is removed and any loose disc material between the bones is also removed.

### What about disc replacement?

The lumbar disc replacement is not done any more as a primary procedure .

### The after care:

Patients are discharged a day or two after surgery. Patients will be given list of instructions to be followed after surgery and spine rehabilitation exercises will be started.