

## New Minimally Invasive Surgery Now Available at Carle Clinic

A new minimally invasive approach to spine surgery is now available at the Carle Spine Institute. Patients now have another option for lumbar spine surgery called AxiaLIF (Axial Lumbar Interbody Fusion). The device is available from TransS1 that allows shorter recovery time and less tissue damage.

“Technological advances in spine surgery continue to give patients the benefit of shorter recovery times and less invasive approaches that reduce pain,” according to Robert Hurford, MD, PhD, an orthopedic spine surgeon at the Carle Spine Institute who is performing the AxiaLIF procedure. Patients who may be candidates for this procedure are those with degenerative disc disease or spondylolisthesis.

The procedure was released and FDA approved in January 2005. Approximately 5000 surgeries have been performed in the US with a complication rate of 1 percent. The surgery takes about 70-90 minutes and can be done as an outpatient. The recovery is approximately 3 weeks compared to 3 months with a traditional lumbar fusion.

According to Dr. Hurford, each patient presents a unique set of circumstances. For each problem a variety of different surgical and non-surgical treatment options are available. Not everyone with back pain is a candidate for this procedure. We take into account factors such as age, medical risk, activity level, job, bone quality and imaging to tailor a treatment best suited for each patient.

Every year, 40-60 percent of adults suffer from chronic back pain and more than one million spine surgery procedures are performed annually in the US with medical costs approaching \$24 billion per year. The AxiaLIF procedure is estimated to be less costly than open surgeries. The main savings are in the dramatic decrease in operating room time, length of hospital stay, less need for post-surgical pain medicine, and rapid rehabilitation.