RESTORING MOBILITY
A State-of-the-Art Solution for Spinal Stenosis Pain

NATURALLY NOURISHING
5 Must-Have Fall Superfoods

EXERCISE TO THRIVE
Incremental Steps Help Prevent Injury
An Advanced Solution for Spinal Stenosis Pain

David Lundin, MD, of the Neuroscience Institute and Medical Director at Valley Medical Center’s Spine Center
During the ILIF procedure, Dr. Lundin makes one small incision and inserts a permanent “spacer” to hold the vertebrae apart to their correct position, permanently eliminating the compression and the source of the nerve pain between those two vertebrae. Bone will eventually grow and fuse to the spacer. Thin, small titanium plates are positioned on both sides of the vertebrae for stabilization.

“I have a high pain tolerance, but the horrible leg pain I was experiencing was literally stopping me in my tracks. There was no relief. It was debilitating and depressing to live with chronic pain…and it was impairing my ability to teach. I didn’t like to live on medication, and I’d used all the tools of yoga and other therapies and treatments but found no relief.

“I visited one surgeon who recommended lumbar spinal fusion, which would have resulted in a hugely decreased range of motion in my lower back with the potential, over time, to compromise the vertebrae above and below the fusion.

“Then another doctor recommended Dr. Lundin with The Spine Center. After finding numerous problems with my back and without pressuring me, Dr. Lundin assured me he could get rid of my pain while maintaining mobility and flexibility. He’s a brilliant surgeon and after surgery I had no more pain. I was so impressed with the care at The Spine Center—it’s an extraordinary place. From the nurses to the therapists, everyone was fantastic. Three days after surgery, I walked six blocks. I was diligent with my therapy exercises and able to go back to teaching after just five weeks. Now I can do practically everything I did before. My outcome has been phenomenal.”

With a diagnosis of spinal stenosis, many patients like Lulu seek a long term solution and relief from persistent and debilitating back pain caused by the spine deteriorating and compressing, squeezing or touching the nerves in the spinal column. To eliminate Lulu’s pain and restore her mobility, David Lundin, MD, of the Neuroscience Institute and Medical Director at Valley Medical Center’s Spine Center used the state-of-the-art ILIF (Interlaminar Lumbar Instrumented Fusion) procedure: A titanium implant, small incision with minimal muscle tissue disturbance, shorter healing time, potentially fewer complications and excellent spinal stability are all added benefits of the minimally invasive, ILIF procedure.

Bothered by persistent back pain? Contact the Neuroscience Institute at 425.656.5566 or visit valleymed.org/spine. Keep up to date on the latest in spine at twitter.com/VMCSpine and starting November 1, visit Dr. Lundin’s blog at valleymed.org/blogs/spine.

As a therapeutic yoga instructor teaching classes four times a week, plus sessions with private clients, Lulu relies on her strength and flexibility. Yet lower back issues, caused from years of other athletic endeavors, increasingly became an obstacle to continuing professionally and enjoying life.