

Contained Disc Herniation

What is a herniated disc?

Your backbone is actually a stack of more than 30 bones called vertebrae. Between them are small, spongy discs that act as “shock absorbers” by preventing the vertebrae from colliding with each other when you move and keeping your spine flexible. When one of the discs is damaged, it may bulge or break open. This is called a herniated disc.

What are the symptoms?

When a herniated disc pinches one of the 50 nerves that come out of the spinal cord, it can cause pain, numbness, and weakness. The sciatic nerve, which runs from your spinal cord to your leg, is most likely to be affected.⁶ Compression or inflammation of the sciatic nerve causes a sharp, shooting pain in the lower back, through the buttocks, and down the leg. This is called sciatica, and it is the most common symptom of a lower back herniation.⁷

Leg Pain Symptoms

- Usually occurs in only one leg
- May start suddenly or gradually
- May be constant or may come and go
- May get worse when sneezing, coughing, or straining during bowel movements
- May be aggravated by sitting, prolonged standing, and bending or twisting

Nerve-related Symptoms

- Tingling (“pins-and-needles” sensation) or numbness in one leg
- Weakness in one or both legs
- Pain in the front of the thigh

Signs and Symptoms

This patient is experiencing back pain along with these additional symptoms and would benefit from seeing a specialist about a possible disc herniation.

Patient Information:

Patient Name: _____

Age: _____

Referring Physician: _____

Referring Physician Phone: _____

Patient Exhibited:

- Lower back pain
- Radicular pain
- Positive straight leg raise
- Numbness and weakness through the buttock and down the leg
- Pain that increases with activity and decreases with rest
- Pain interferes with patient’s ability to perform daily activities
- Pain hasn’t responded to conventional treatment
- Other symptoms: _____

Appt. Date & Time: _____

Feel like yourself again.

Herniated discs are painful and may leave you feeling helpless. But now there’s an outpatient treatment that is highly effective in relieving your pain and getting you back to your life.



A minimally invasive solution to a painful problem.

Has debilitating back pain sidelined you from work, sports, hobbies, or family and social activities? You could be one of the nearly 10 million men and women who suffer from low back pain caused by a herniated disc.¹⁻⁴ **Stryker Disc Decompression** is a minimally invasive procedure that relieves pain and restores previous levels of activity without open surgery.^{1,5}



Literature Number: 1000-204-920 Rev. E
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Treatment Options

A herniated disc can adversely affect your ability to perform everyday activities. If your discomfort isn't improving with conservative treatments such as bed rest, pain medication, stretching, cold and/or heat therapy, you may be helped by an outpatient procedure called Stryker Disc Decompression. This approach completes the continuum of care for patients who want a minimally invasive alternative. It has a high success rate,^{1,5} low complication rate,^{9,10} and is covered by some private insurers.

About Stryker Disc Decompression

Multiple clinical studies have shown that Stryker Disc Decompression is successful for 90% of patients.⁸ This highly effective procedure reduces pressure on the nerve root by removing disc nucleus while preserving disc strength and future treatment options, including surgery.^{1,8} Stryker Disc Decompression is typically performed on an outpatient basis and requires only local anesthetic and mild sedation, alleviating the possible complications of open surgery and general anesthesia.

Procedure Benefits

- Significant pain relief^{1,5}
- Reduced use of pain medication^{1,5}
- Return to previous levels of activity^{1,5}
- Quantifiable disc material removal⁵
- Less scarring
- Quick recovery
- Low complication and morbidity rates¹²⁻²⁰



What You Can Expect with Stryker Disc Decompression

Before Your Procedure

Your doctor will confirm that a herniated disc is causing your symptoms by using an imaging study, such as an MRI or CT. These tests help to determine the location of the herniated disc and whether or not Stryker Disc Decompression is the most appropriate treatment for you. **If you are a good candidate, your doctor will ask you for the following information:**

- Current medications, including herbal supplements, and their dosages
- Drug, iodine, or latex allergies
- Current health conditions

Your physician or the healthcare staff will also request that you:

- Abstain from aspirin, ASA-containing products (including Alka-Seltzer® or Pepto-Bismol®) and herbal remedies for 5 days before your procedure
- Abstain from ibuprofen or other non-steroidal anti-inflammatory drugs (NSAIDs) for 3 days before your procedure
- Abstain from eating or drinking for at least 6 hours before your procedure, except necessary medications with sips of water
- Wear loose-fitting clothes that are easy to take off and put on
- Arrange for someone to drive you home after the procedure is complete

During Your Procedure

Stryker Disc Decompression is performed while you are awake but sedated. Your back is numbed by a local anesthetic. Using x-ray guidance, a small needle is inserted through the skin and into the herniated disc. When the probe is in the correct position, the herniated disc tissue is removed, thereby reducing the size of the disc herniation.

After Your Procedure

After the procedure, you'll be placed in a recovery room for a short period of time where your vital signs will be monitored. Typically, patients go home within 1 to 3 hours of treatment. For the first three days following the procedure, apply ice to the treatment area for 1-2 hours each day, and limit driving, bending, twisting, and lifting weight over 10 pounds. Recovery time varies with each person, but many patients are able to resume work and daily activities in one week.

Results Compared to Surgery

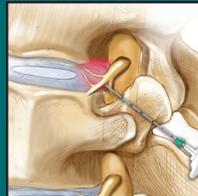
- Decreased complication rate: 0.5% vs. 3% with open surgical discectomy^{9,10}
- Lower re-herniation rate: 5% vs. 10-15% compared to open lumbar discectomy²¹

Bibliographic information can be found online at www.helpingbacks.com/footnotes

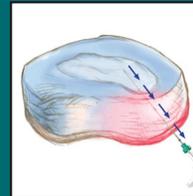
How Disc Decompression Works



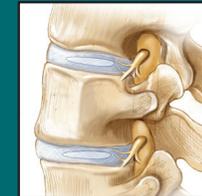
1. A herniated disc.



2. Under x-ray imaging, a needle is guided into the herniated disc, behind the nerve.



3. Disc material causing herniation is removed through the needle.



4. Decompressed disc relieves pain within a week of the procedure.

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