



A new 20 minute X-Stop surgical procedure That Alleviates Pain!

As we naturally age the nerve that runs through the spinal column can become pinched due to a thickening of the bones and ligaments that surround the spinal nerve. When this happens it can cause minor to severe pain and numbness in the back and legs. This condition is referred to as spinal stenosis.

Relief is often felt when an affected person bends forward. This leaning or bending action opens the canal that surrounds the nerve temporarily relieving the pressure on the nerve and the pain lessens. "In the past our surgical options were limited and much more invasive," says spinal surgeon Dr. Alexander with Fullerton Orthopaedic Surgical Group. "If a patient was a candidate we would perform a laminotomy to remove bone around the affected area and fuse together the vertebrae."

Until recently no one ever thought of putting a spacer between the vertebrae to open up the canal around the spinal nerve to relieve the pressure on the nerve. "The simplicity is genius. Now with a safer and less invasive procedure that normally only lasts between 20 to 45 minutes we can make a small incision in the skin and insert a spacer that opens up the canal in the spinal column and relieves the pressure on the nerve.

The results are immediate. "We have had patients who suffered from sever pain in their back and legs for years become completely pain free right after the procedure. They are also able to

stand up straight and no longer experience pain."

A long time patient and huge fan of Fullerton Orthopaedic, Delores Faulkenstein who has had one back surgery, one shoulder surgery, both knees replaced both carpal tunnel procedures and now the X-Stop procedure performed at Fullerton Orthopaedic says it was the best thing she has ever done. "I was in excruciating pain in my groin and down the front of both legs to the point where I couldn't stand for more than a few minutes. The pain was a little less if I bent over but it never went away completely."

Delores made an appointment with Fullerton Orthopaedic because she thought her new knees might be giving her problems but an x-ray revealed that two of her vertebrae were pushing on the



nerve and this was the cause of the pain. "I met with Dr. Alexander and he explained that the options were pain medications, epidurals or the X-Stop procedure. When I heard that it was a 30 minute procedure with only one day of recovery time I knew what I was going to do."

I woke up after the procedure and the first thing I noticed was that the pain was gone, completely gone and it has never come back." Two weeks after her X-Stop procedure Delores went on a two week trip that included several trains, busses and an extreme amount of walking. "It was an incredible trip, one of the best I've ever been on and there was no pain the entire time, I was amazed."



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