THE SPRING IS BACK IN MY STEP!

Larry Wacker
Age: 66
Hometown: Westcliffe, CO
Surgeon: Dr. Mark Santman, Front Range Orthopaedics, Colorado Springs, CO
Indications: Degenerative disc disease, stenosis
Procedure: XLIF®
Levels Treated: L3-5
Surgery Date: October 11, 2010

Life Prior to Surgery: Larry’s struggle with chronic pain began in the 1970’s. He underwent three spine surgeries. Although surgery provided temporary relief, his back pain returned with a vengeance in the 1990’s. In 2000, neck pain led to a cervical fusion, and a lengthy 14-month recovery.

Larry then moved to Colorado, where he led an active lifestyle and went walking daily. To his dismay, he experienced leg numbness in addition to back pain while on these walking excursions. As Larry’s discomfort continued, he realized the seriousness of his condition.

Larry was referred to Dr. Mark Santman and sought a consultation. An MRI revealed severe degenerative disc disease. Dr. Santman recommended that Larry undergo the minimally disruptive XLIF procedure. While Larry wasn’t mentally prepared for the idea of another surgery, he was confident in Dr. Santman and felt more comfortable after researching the procedure.

Situation Today: Larry walked up and down the hospital hallways the same day as his surgery. He spent about one week in the hospital before returning home. Larry walked on the treadmill throughout his recovery, and within three weeks of surgery, he was walking two miles per day. By his six month post-op appointment, Larry was walking six miles daily.

“I’m back to doing everything that I want to!”

Important Note: As with any spine surgery, there are potential benefits and possible risks associated with the XLIF procedure. Individual results will vary. It is important that you discuss the possible risks and potential benefits of XLIF with your doctor prior to receiving treatment, and that you rely on your physician’s judgment. Only your doctor can determine whether you are a suitable candidate for this procedure.