

THE SPINAL COLUMN

By the Spine Care Institute of San Francisco

Fall 2009

New Faces at SpineCare

Dr. Stone and Dr. Perni are orthopedic surgeons at SpineCare for a one year fellowship program.



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XLIF: eXtreme Lateral Interbody Fusion

The XLIF is an innovative surgical technique being used at SpineCare. With this technique, the surgeon accesses the disc space and fuses the lumbar spine from the side (lateral) instead of the front (anterior) or back (posterior). This technique was designed to treat disorders of the spine with the least amount of tissue disruption possible.

The XLIF is minimally invasive. This is advantageous because there is minimal tissue damage, less blood loss and a smaller incision. Also, because the surgeon is entering from the side during an XLIF, no major organs or blood vessels need to be moved.

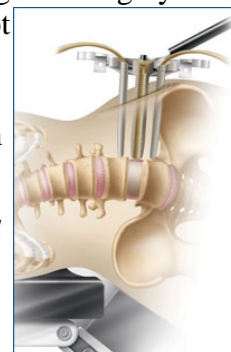
An XLIF can be performed for a variety of lumbar spinal disorders including degenerative disc disease, low grade spondylolisthesis and disc herniation.

For the procedure, the patient is positioned lying on his or her side. The surgeon makes two small incisions. X-rays are used to verify that the surgeon is at a good location. Once the muscles are split apart, a retractor tool is put in place, giving the surgeon direct access to the spine. The surgeon is then able to perform a standard discectomy using specially designed tools.

As with any spine surgery, the recovery varies patient to patient. Since the XLIF surgery only splits muscles but does not cut muscles, many patients are able to get up and walk around the night of surgery.

An XLIF may not be an option for all patients however. Please consult with your doctor.

For an evaluation, call our New Patient Coordinator at (415) 353-6661.



Upcoming Events

9/10 12-1:00PM
"Conservative care treatment" lecture by Dr. Goldthwaite

9/17 12-1:00PM
"Surgical options for back pain" lecture by Dr. Goldthwaite

For reservations call 1-800-333-1355.

The Fellowship Program at SpineCare

Each year SpineCare Medical Group has two orthopedic surgeons who train to specialize in spine surgery. The renowned fellowship training program at SpineCare is very competitive and receives many applications.

The fellows are also required to do a research project during their year of training and to submit their results to a

spine related conference. Original research projects are done with the guidance of senior medical researchers and with the resources and statistical support of the San Francisco Spine Institute.

At the end of the fellowship year, the physicians are fully prepared to begin their own spine practice.