

CONDITIONS TREATED

- ▶ Back and neck pain
- ▶ Sciatica
- ▶ Arthritis of the spine
- ▶ Spine deformity- Scoliosis, Kyphosis, Kyphoscoliosis
- ▶ Ankylosing Spondylitis
- ▶ Cauda Equina Syndrome
- ▶ Myelopathy
- ▶ Cervical Radiculopathy
- ▶ Failed back syndrome
- ▶ Neuropathy
- ▶ Nerve entrapment
- ▶ Nerve injury
- ▶ Vertebral compression fracture
- ▶ Disc herniation
- ▶ Fractured spine-Trauma to spine
- ▶ Spinal tumours
- ▶ Spinal stenosis

DIAGNOSIS AND TREATMENT

- ▶ Physical examination
- ▶ Radiological investigation: X-rays, CT scan, MRI study
- ▶ Physiotherapy and rehabilitative programs
- ▶ Behavioural medicine components, including relaxation training, stress management and pain reduction training
- ▶ Psychological interventions for depression and anxiety and pain-coping responses
- ▶ Medical management
- ▶ Spinal injection - Root Block, Facet Block, Transforaminal injection, Epidural Injection
- ▶ Vertebroplasty/Kyphoplasty
- ▶ Diagnostic discography

- ▶ Percutaneous discectomy
- ▶ Surgical decompression and discectomy
- ▶ Spinal fusion and instrumentation
- ▶ Minimal invasive Spine Surgery
- ▶ Open spine surgery



"Spine is the tree of life. Respect it."
- Martha Graham

Book an Appointment
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SPINE SURGERY

*"If you would seek health,
look first at the spine."*
- Socrates

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Website : www.kdhospital.co.in

"You are the age of your spine. You are as flexible as your spine. That transfers to other areas of your life."
- Diane Lane

At our Spine Surgery centre in KD Hospital we aim to provide "Complete care from neck to back." We treat all ailments related to spine here.

The Spine Surgery Centre of KD Hospital provides advanced care for conditions of the neck, back, and spine. We know that the diagnosis and coordination of care for spine conditions can be challenging for patients and their primary care providers.

At our Spine Surgery Centre, we streamline this process, with an experienced multidisciplinary team to diagnose spine disorders and develop individual treatment plans. The concerted expertise of our spine surgery and pain management specialists, combined with physical and occupational therapy, and a nurse navigator is available to patients at the Spine Surgery Centre in KD Hospital.

Our aim is to ensure that the patient is provided care by the most appropriate specialist right from the start. From the first visit itself, we collaborate with each patient to decide on the best treatment option. Often, this is not surgery.

BACK PAIN DOES NOT ALWAYS MEAN SURGERY

About 80% of people will suffer from back pain at some point in their lives. In fact, back pain is the leading cause of job or lifestyle-related disabilities. Many people, however, may believe they only have two options: surgery or simply living with the pain. This is not true in most of the cases though.

Focus on what you CAN DO with your back condition. Don't beat yourself up over the rest.

NON-SURGICAL TREATMENTS

About 90% of patients treated at Spine Surgery Centre of KD Hospital become pain-free and functional without surgery. Non-surgical treatments typically involve several therapies over the course of six weeks to six months.

PHYSICAL THERAPY

All patients have customized physical therapy programs designed to meet their precise needs. Using passive and active treatments, physical therapy reduces pain and swelling while strengthening and stabilizing the back.

REHABILITATION

"I'm not telling you its going to be easy. I'm telling you its going to be worth it."
- Art William
Rehabilitation goes beyond physical therapy to restore athletic performance through a more extensive conditioning and education program.

SPINAL INJECTION

Corticosteroid, a powerful anti-inflammatory drug, is injected directly into the area that is the source of the pain. The medication can provide temporary or long-term relief from pain by reducing swelling and eliminating friction among nerves, muscles and other tissues.

NERVE BLOCK

Spinal nerve blocks are used to treat chronic back or neck pain caused by a pinched or damaged nerve. Nerve blocks numb the nerve using an anaesthetic to provide relief from pain.

WHEN IS SURGERY NECESSARY?

If surgical treatment is necessary, KD Hospital's spine surgeons are specially trained in spine procedures. The surgeon may offer both traditional open surgery and minimally invasive spine surgery.

MINIMALLY INVASIVE SPINE SURGERY

Performed through just a few small incisions, this technique often results in less pain and faster recovery for patients.

Some of the conditions that can be treated using minimally invasive surgery:

- ▶ Herniated disc
- ▶ Degenerative disc disease
- ▶ Spinal stenosis in the lower back
- ▶ Scoliosis
- ▶ Spinal infections
- ▶ Vertebral fractures

Benefits of minimally invasive surgery:

- ▶ Less pain and fewer narcotics needed for pain control
- ▶ Less injury and bruising to tissue
- ▶ Smaller incisions and less scarring
- ▶ Faster recovery
- ▶ Outpatient procedure or shorter hospital stay
- ▶ Less expensive

Our expert team provides the latest non-surgical interventions and surgery, including minimally invasive spine surgery as mentioned. A coordinator works with providers and patients to coordinate treatment from referral through recovery.