

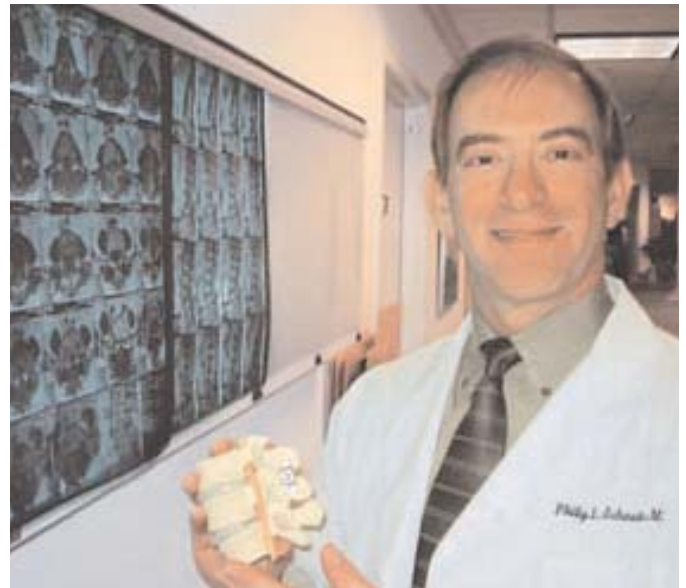
New Treatment Stops Pain of Spinal Stenosis

If you feel pain in your legs while standing or walking, you may actually be experiencing a symptom of spinal stenosis, a disorder of the spine. Spinal stenosis is the narrowing of spaces in the spine.

It can place pressure on the spinal cord and result in pain, numbness, weakness or cramping in the arms or legs. Most often the condition results from the natural aging process.

"The first step to treating spinal stenosis is to get an accurate diagnosis," says Philip Schneider, MD, an orthopedic surgeon and medical director of the Holy Cross Hospital Spine Center. "Spinalstenosis is diagnosed through a review of the patient's medical history, a physical examination and painless imaging procedures such as X-rays and MRIs."

If surgery is determined to be the best treatment, the standard procedure is a lumbar laminectomy. This surgery removes the bone and ligaments pressing on the spinal nerves. But a new, advanced, outpatient procedure that is less invasive than a typical lumbar laminectomy is now available at Holy Cross Hospital.



Philip Schneider, MD, orthopedic surgeon and medical director of the Holy Cross Hospital Spine Center, holds an X-Stop implant.

"The X-Stop® Interspinous Process Decompression System uses a titanium alloy implant that fits between the thin 'bumps' on the back of your spinal bones, called the spinous processes," says Dr. Schneider. "The X-Stop implant flexes the vertebra, which may relieve the painful symptoms of lumbar spinal stenosis and improve a patient's ability to function."

Patients go home the same day or the day after this minimally invasive surgery is performed.



HOLY CROSS HOSPITAL

Experts in Medicine, Specialists in Caring.