

When it comes to your body,
make the right choice!



Barrington Orthopedic Specialists

NewsCast

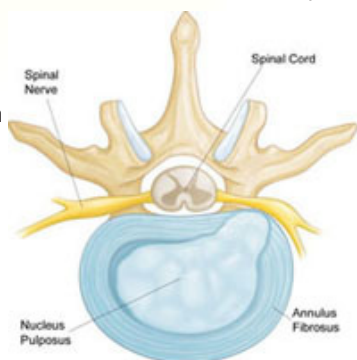
January 2010

This Month's Features

- Disc Replacement Surgery
- Sciatica/Endoscopic Discectomy Surgery
- Events to Attend

Suffering from Sciatica? Minimally Invasive, Endoscopic Discectomy May be an Option

Sciatica is a general term for pain that originates from the sciatic nerve. This nerve, which is the longest in the body, can be affected by many reasons, including pregnancy. The most common cause of sciatica is a bulging or herniated disc in the lower spine. Common complaints of those with sciatica are pain, burning, numbness, weakness that can extend from the back down through the leg, and can range from mild to excruciating. Most of the time, non-surgical options are available to relieve the pain, including medication, hot/cold packs, spinal injections and physical therapy. However, when these treatments are not effective, and new symptoms such as poor coordination and bowel/bladders issues arise, minimally invasive, endoscopic discectomy surgery may be recommended. (continued on back page)



*Chart provided by AAOS

Disc Replacement Surgery: Is it Right for Me?

The human body is an amazing machine. The spine, in particular, is a fascinating combination of physics, mechanics and an intricate wiring of the nervous system. In the past, when spine and cervical (neck) problems could not be corrected non-surgically, the only reliable method of relieving pain was to surgically fuse or remove the discs.

Technology has now caught up and is able to replicate parts of the human body. Doctors can now insert an artificial disc in the neck and lower back. Imitating a real disc, this disc is able to move with the body and work with the body in the fluid motion that the spine was designed for. Dr. Richard Rabinowitz was one of the first doctors in the country to perform cervical and lumbar disc replacement surgery. "The concept behind the technology is that we are restoring the normal biomechanics of the spine. So instead of eliminating motion, we are allowing motion," states Dr. Rabinowitz. The advantages of the disc replacement are many, including:

- Maintaining normal neck motion
- Reducing deterioration of nearby segments of the cervical spine
- Eliminating the need for a bone graft
- Early postoperative motion
- Faster return to normal activity

Not everyone is a candidate for surgery. To find out if cervical or lumbar disc replacement is appropriate for you, your doctor can let you know. Being FDA-approved for only three years, Dr. Rabinowitz has performed over three dozen of these surgeries. In addition to completing a fellowship at the Mayo Clinic in spine surgery, Dr. Rabinowitz has many awards, acclimations and over twenty years of experience that makes him a leader in spine surgery.

"The concept behind the technology is that we are restoring the normal biomechanics of the spine. So instead of eliminating motion, we are allowing motion,"
- Dr. Rabinowitz.

Immediate
Orthopedic
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Specializing in the treatment of:
Bone & Joint Injuries
Joint Sprains & Muscle Strains
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Sports Injuries

Walk In Hours:
6pm - 10pm Monday-Friday
12 - 4pm Saturday

1030 W. Higgins Road
Hoffman Estates, IL 60169

Events to Attend

- Osteoporosis Exercise Class
Wednesday, February 3rd, 2010
10am - 11:30am
Elk Grove Village
- Back to Health: An Ergonomics and Body Mechanics Class
Friday, February 19th, 2010
8am - 10am
Hoffman Estates
- easySwing Golf Fitness Seminar
Wednesday, February 24th, 2010
6:30pm
Bartlett

For class details - visit our website at
www.BarringtonOrtho.com or call
(847)285-4200

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What is minimally invasive, endoscopic discectomy surgery?

First a small incision is made to accommodate the endoscope. Once inside, instead of making a cut to access the disc, the surrounding muscle and tissue are dilated to allow access to the affected disc. By doing this, less tissue is harmed, therefore there is less postoperative pain, quicker recovery times and faster rehabilitation. Once the endoscope is in place the surgeon can remove the fragment of the disc that has been placing pressure on the sciatic nerve. Another added benefit is it can be done under a local anesthesia in an outpatient setting and you can go home the same day.

Dr. Richard Rabinowitz has performed over 100 of this kind of surgery for over the past seven years. To schedule an appointment, please call (847)285-4200.

Locations:

1030 W. Higgins Road
Hoffman Estates, IL

160 Biesterfield Road
Elk Grove Village, IL

404 N. McHenry Road
Buffalo Grove, IL

864 Stearns Road
Bartlett, IL



Barrington Orthopedic Specialists
1030 W. Higgins • Hoffman Estates, IL 60169

For more information
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www.BarringtonOrtho.com (847)285-4200

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