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Case Study

Leading Interventionalists Share *mild*® Patient Outcomes

The Spine & Nerve Centers of the Virginias



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Patient History Pre-*mild*



68-Year-Old Male Patient

Medical History

Worsening pain in left lower back, buttock and leg. A full course of physical therapy was completed with very little improvement and the patient continued to be limited in walking and standing.

Surgical History

The patient failed physical therapy, chiropractic care, and epidural injections

Medications

No response to gabapentinoids, opioids, or NSAIDS



History as of January 2020

Symptoms of Neurogenic Claudication

- Pain Score: 6-7/10, pain centered in lower back at rest. The pain escalated to 9/10 with walking or standing.

Mobility Assessment

- Unable to walk or stand > 5-10 minutes without seeking relief through flexion or rest/sitting. He also complained of his legs feeling like “they are in cement”. He could not go to the mailbox without stopping (approximately 50 yards).

The patient set goals of:

- Gardening
- Walking to the mailbox
- Playing with his grandchildren
- Attending and participating in church activities

Procedure Details



Levels Treated: Bilateral L3-L4 & L4-L5

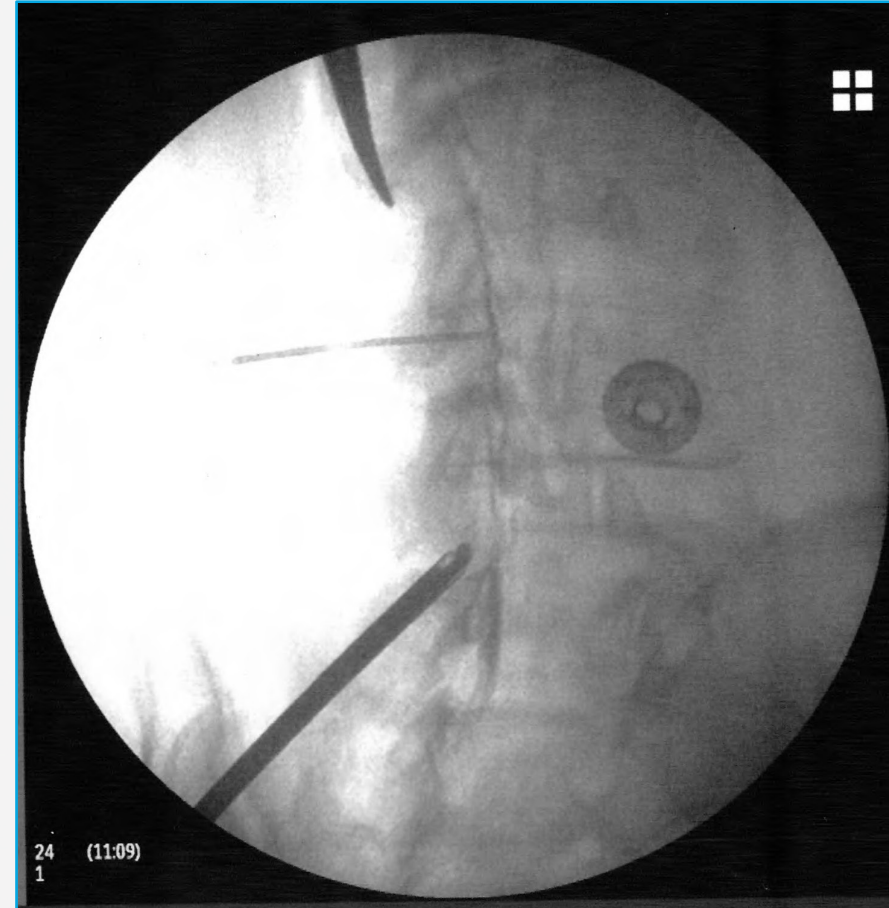
Location: Outpatient surgery center

Sedation: MAC with local

Patient Discharge Instructions: Patient was instructed to resume normal activity within 24 hours with no restrictions



Patient Images



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Before *mild*



Able to Stand/Walk

< 10 minutes



VAS 9/10



Meds

Gabapentin, Mobic, Tramadol



QOL

Unable to perform activities of daily living without pain or activity adjustment

2 Weeks Post *mild*



Able to Stand/Walk

> 30 minutes



VAS 1/10



Meds

Reduced Gabapentin & off Tramadol



QOL

Meeting goals:

- Gardening
- Walking to the mailbox
- Playing with his grandchildren
- Attending and participating in church activities

Key Takeaways

mild is an efficient procedure for patients and our staff. This patient was treated through a single-incision and **resumed normal activity within 24 hours with no restrictions.**

Key Takeaways

The patient achieved an impressive **8-point pain reduction** from **9/10** to **1/10** (VAS).

Key Takeaways

The patient reported that the changes are “**unreal!**” His functional improvement allows him to **walk farther and stand longer with less pain**. Other **people noticed the change**, especially in his ability to **stand upright**. His wife, family, and church family have noticed how much straighter he is standing.

Disclaimers

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Timothy Deer, MD and Ashley Comer, APRN, NP-C are consultants for Vertos Medical.

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