



Case Study

Leading Interventionalist Shares *mild*® Patient Outcomes

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Patient History Pre-*mild*



75-Year-Old Male Patient

Medical History

Worsening lower back pain over the past 6 months. Completed a full course of physical therapy with little improvement.

Surgical History

3 back surgeries including lumbar decompression & laminectomies at L4-5 and L5-S1.

Medications

- Muscle relaxers
- Acetaminophen
- 1-2 oxycodone/day
- No NSAIDs due to a history of cardiovascular disease & anti-coagulation therapy



History as of Late Summer 2019

Back Pain

- NPRS: 6-7/10, pain centered in lower back
- Treated with bilateral L2-4 medial branch block to address the L3-4 and 4-5 facet joints. Offered no obvious relief.
 - At follow-up, pain was escalating, NPRS: 7/10
- Treated with 2 bilateral L3-4 transforaminal ESIs
 - At follow-up, patient reported temporary pain relief, but no functional improvement
- Pain continued, requiring increasing dose of pain medication & more assistance with ambulation, progressing from a cane to a walker

Symptoms of Neurogenic Claudication Existed 6 Weeks Post ESIs

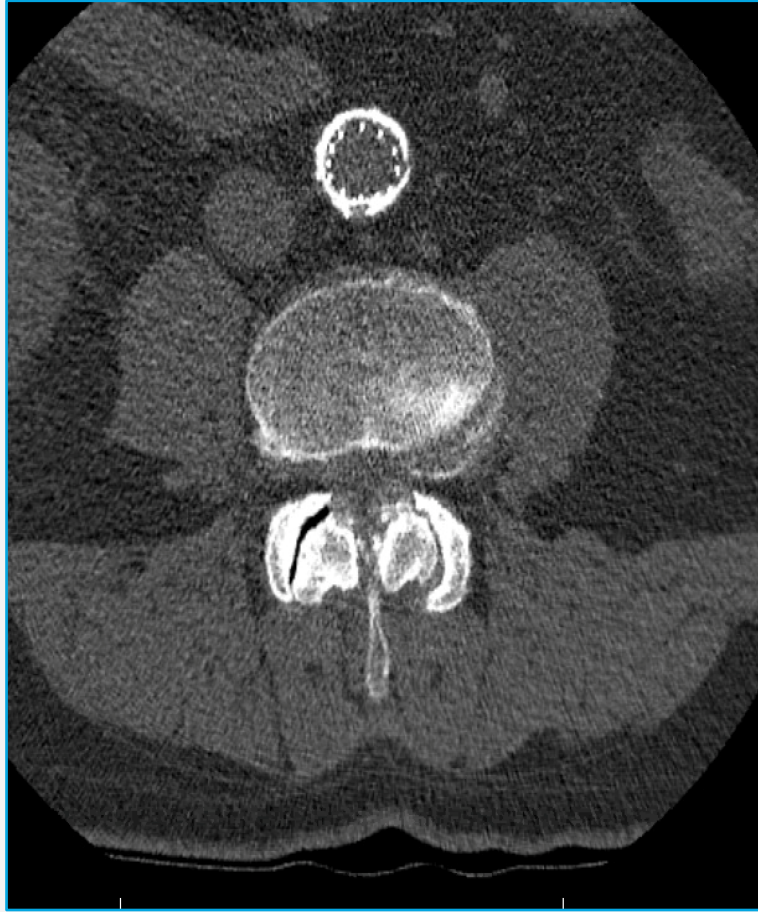
- Standing & walking: < 10 minutes
- NPRS increased: 8/10
- Pain spread: Mid-lower back, glutes & leg pain
- Sleep interrupted: Moved to recliner for relief

Pre-*mild* Images



CT scans
confirmed
LSS with **HLF** at
L3-L4
(no MRI due to
pacemaker)

Pre-*mild* Images



Choose *mild*[®]

Before *mild*



Able to Stand/Walk

< 10 minutes



NPRS 8/10



Meds

Muscle relaxers, acetaminophen and 1-2 oxycodone/day



QOL

Poor. Little to no improvement in pain or function. Increased need for pain medication and progressed from a cane to a walker.

2 Weeks Post *mild*



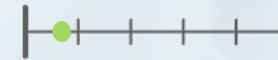
Able to Stand/Walk

> 30 minutes standing

> 30 minutes walking



NPRS 1-2/10



Meds

Acetaminophen used sparingly for other joint pain. PT was recommended.



QOL

Greatly improved. Threw out cane and walker 2 days after the procedure. Resumed walking up to 2 miles and looks forward to his first hike in a year with his wife.

Procedure Details



Levels Treated: Bilateral L3-L4

Location: Outpatient surgery center

Sedation: Light, MAC

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

Key Takeaways

mild **does not remove any treatment options and it is a great co-therapy for our patients.** If the hypertrophic ligamentum flavum is present, even in the presence of comorbidities and co-therapies being utilized, we can offer *mild*.

Key Takeaways

This patient achieved **significant improvement in quality of life and mobility.**

He threw away his cane and walker 2 days after his *mild* procedure.

Key Takeaways

The patient feels the changes have **given him his life back!** His functional improvement allows him to return to taking **2-mile walks** around his neighborhood.

Key Takeaways

The patient is most **excited to go on a hike with his wife, for the first time in almost a year!**

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