



Case Study

Leading Interventionalist Shares *mild*® Patient Outcomes

mild **Provider, Dr. Navdeep Jassal**

Double Board Certified in Interventional Pain Medicine
& Physical Medicine and Rehabilitation

Spine & Pain Institute of Florida



mild®

“Something that I have always told my patients is I would do this on my own family members. **This case example is of my father.**”



Patient History Pre-*mild*



82-Year-Old Male Patient

Medical History

Diabetes, physical therapy, lumbar medical branch block (x1), lumbar interlaminar epidural steroid injection (ESI) (x1), lumbar transforaminal ESI (x2)

Surgical History

Not a good surgical candidate

Social History

No ETOH, smoking or illicit drugs

Allergies

NKDA

Medications

NSAIDs, Tylenol, Medrol pack (x2), and Tramadol



History as of January 13th, 2019

Back Pain

VAS 10/10

Symptoms of Neurogenic Claudication

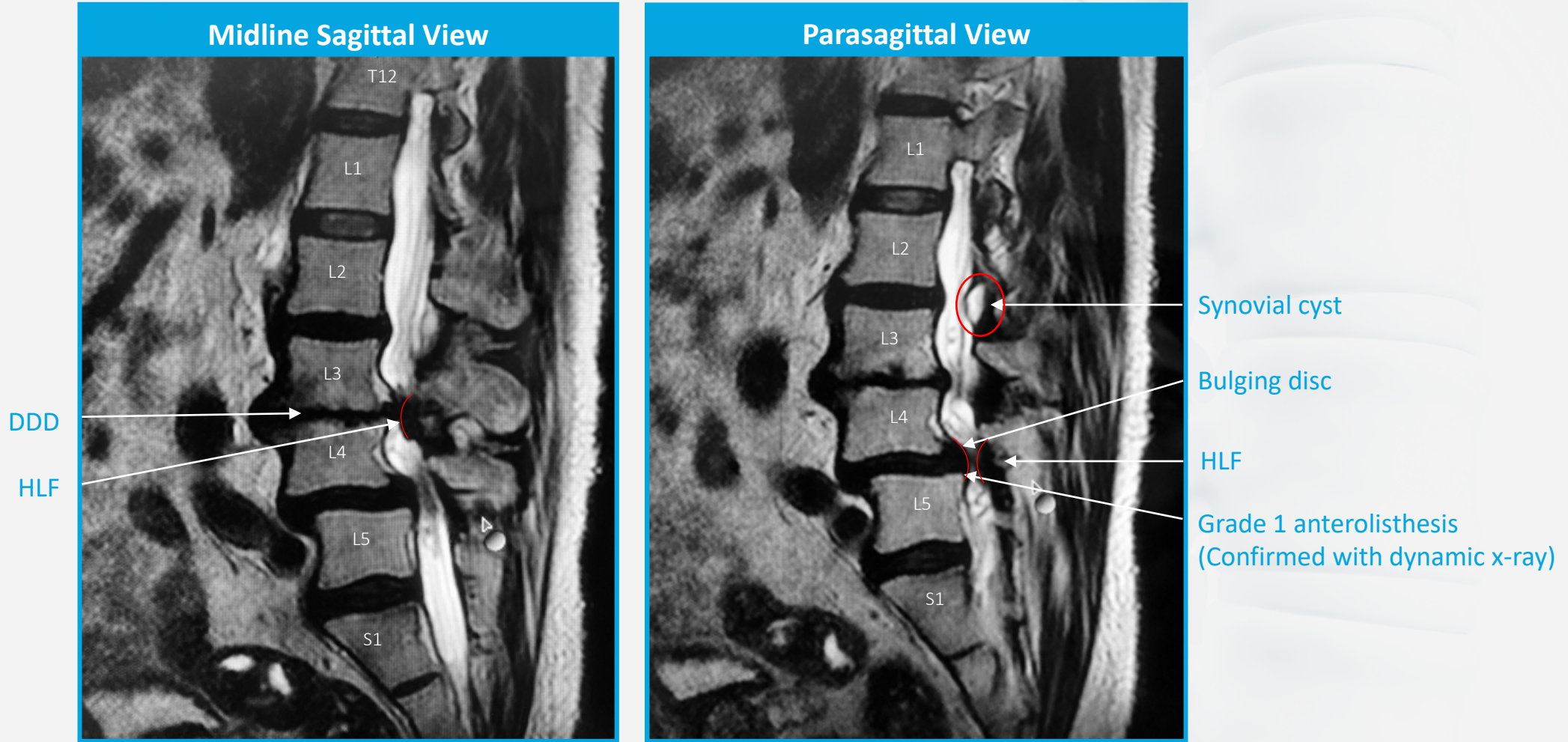
- Symptoms present for 4 to 5 months
- Walking distance < 15 ft. without cane
- Pain improved with sitting or bending forward

MRI

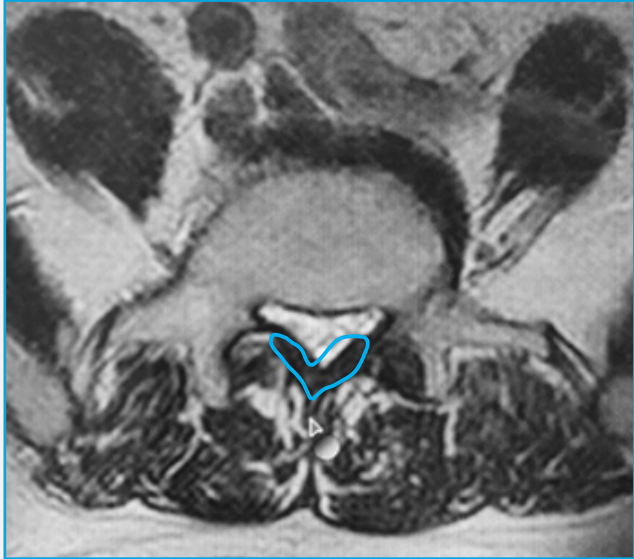
Confirmed central canal stenosis with hypertrophic ligamentum flavum (HLF)

- L2-L3 degenerative disc disease (DDD), posterior synovial cyst, facet and ligamentous changes
- L3-L4 HLF, facet hypertrophy, DDD and right neural foraminal extension
- L4-L5 HLF, Grade I anterolisthesis and bilateral neural foraminal extension
- Levoscoliosis

MRI, Sagittal View



MRI, Axial View



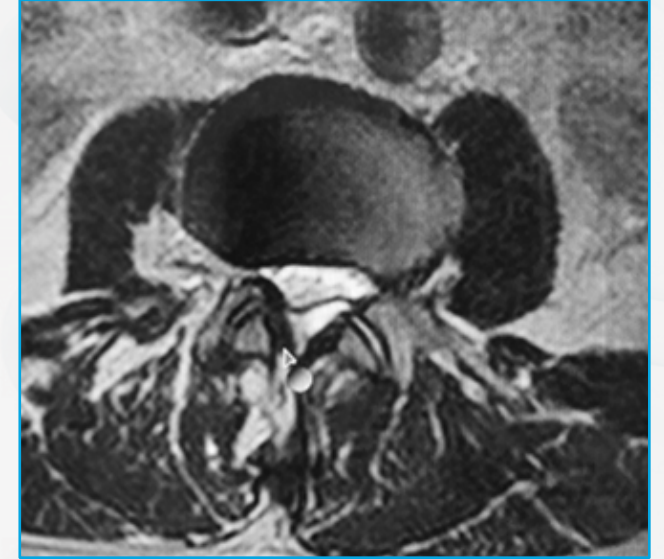
L4-L5

- HLF = > 2.5 mm
- Facet hypertrophy
- Central canal narrowing



L3-L4

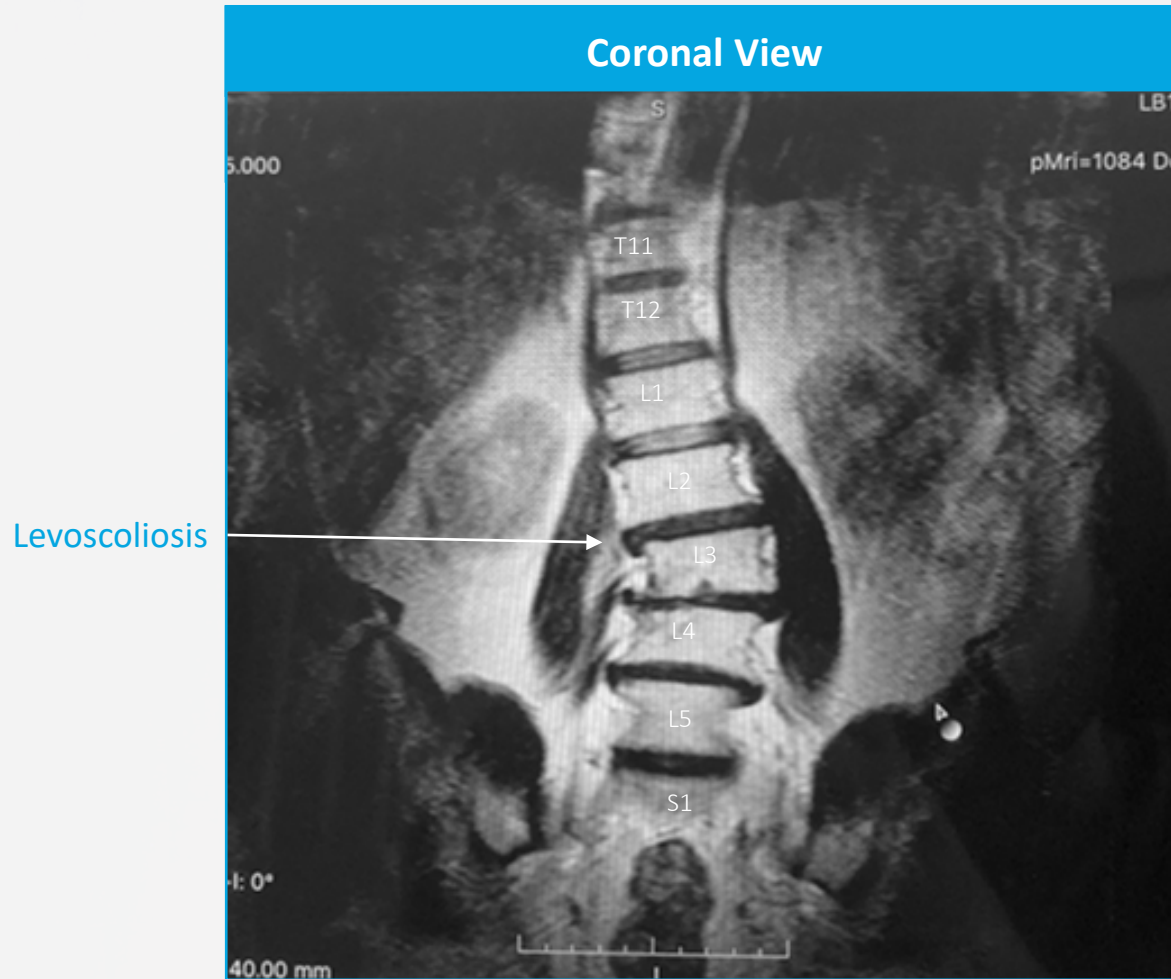
- HLF = > 2.5 mm
- Facet hypertrophy
- Central canal narrowing



L2-L3

- Synovial cyst
- Facet hypertrophy

MRI, Coronal View

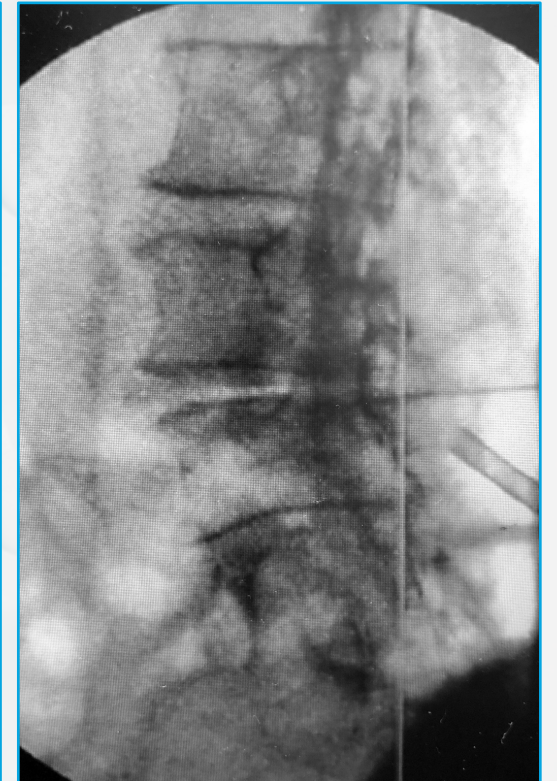
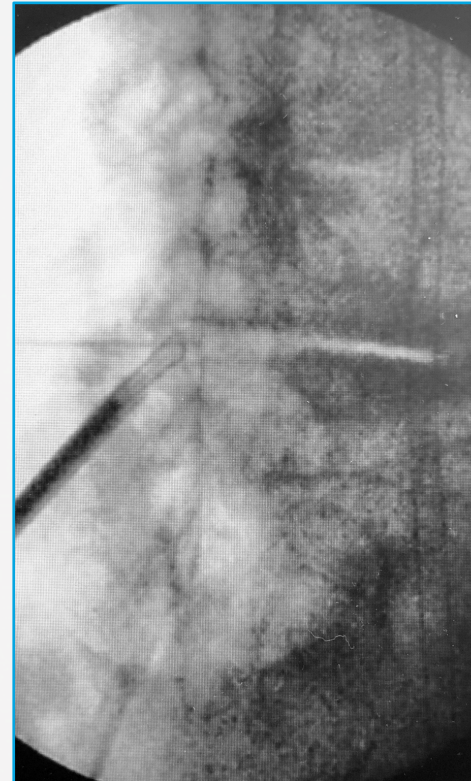
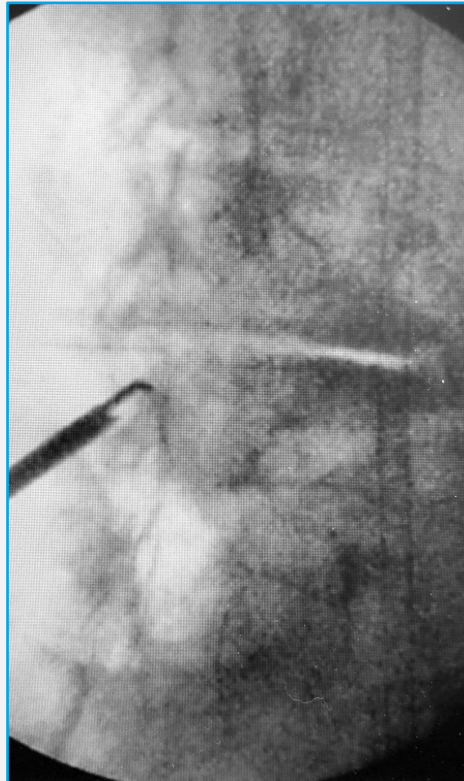


Procedure Details



Performed: 1/14/19

Levels Treated: L4-L5 & L3-L4,
bilaterally



Choose *mild*

1/13/19: Before *mild*



Able to Stand/Walk
< 15 ft without cane



VAS 10/10 |-----|



History of ESIs

Lumbar interlaminar-ESI (x1),
Lumbar transforaminal ESI (x2)



QOL
Poor

1/28/19: 2 Weeks Post *mild*



Able to Stand/Walk
Stand time 10 minutes, walk ¼
mile without cane, less forward
flexion



VAS 3-4/10 |-----|



Meds

No NSAIDs, acetaminophen
or tramadol



QOL
All ADLs without assistance, back
pain only with activity, zero leg pain

4/30/19: 15 Weeks Post *mild*



Able to Stand/Walk
Walk ¼ mile without cane



VAS 3/10 |-----|



Meds
None



QOL
Continued pain relief in legs, back
pain improved

Key Takeaways

“We are not just looking for hypertrophic ligamentum flavum for these patients. Of course, to offer them *mild* they must have HLF, but **we don't exclude patients with comorbidities!**”

Key Takeaways

“**Everyone must read their own X-rays and MRIs** when employing a therapy, whether it’s spinal cord stimulation or a therapy specifically for lumbar spinal stenosis.”

Disclaimer

This material is provided for guidance and/or illustrative purposes only and should not be construed as a guarantee of future results or a substitution for legal advice and/or medical advice from a healthcare provider. This material is provided for general educational purposes only and should not be considered the exclusive source for this type of information. Vertos Medical does not practice medicine and assumes no responsibility for the administration of patient care. At all times, it is the professional responsibility of the practice or clinical practitioner to exercise independent judgment. Results may vary.

mild[®]

