



# Health & Wellness

## Minimally Invasive Procedures Could Be the Answer for Pinched Nerve Pain

By Dr. Ahmed Elborno



### Back & Neck Pain Is Not Supposed To Be Part Of Your Life

Perhaps the most dramatic advancement in the field of neck and back pain management is the revolution of minimally invasive procedures. In the past, neck, back, arm and leg pain from pinched nerves due to disc herniation required extensive

and significantly invasive surgical techniques, involving general anesthesia and prolonged hospital stay.

Today, novel instruments and fluoroscopic imaging techniques allow a qualified interventional pain management specialist, who specializes in this procedure, to relieve the pressure of the pinched nerves by reducing the size of the bulging disc.

### What is a Pinched Nerve?

Commonly referred to as a “thrown-out back” or “pinched nerve,” agonizing, and sometimes debilitating, neck or back pain is most often experienced by people with contained herniated discs, an injury that strikes about one and a half million Americans each year. This injury can be accompanied by intense pain in and around the affected disc as well as in surrounding areas of the neck, or lower back, potentially radiating from neck to shoulders and arms, and from lower back to legs. Pinched nerve pain may be described as sharp, dull, aching, and burning. This could be associated with tingling sensation or feeling of arm or leg falling asleep.

### How Does Pinched Nerve Pain Impact Daily Living And Psychological Wellbeing?

The experience of most patients can be described as: “When my lower back started hurting, it would shoot down my leg. It is just constant pain. Everything is an effort, whether it is just getting out in the morning, carpooling, walking, picking up dirty clothes, or doing laundry. Every thing hurts.”

“I had so much pain, I can hardly stand it. It starts when I get up and walk around. This pain makes it hard to do anything. It started to affect my relation with my wife. I think I will never be without this pain.”

“There are lots of mornings where I thought, if this is what my life is going to be, Thank you, I’ll Pass.”

### How Does DISC Nucleoplasty Relieve Pain?

Patients who have been sidelined by chronic neck or back pain may now find relief in an innovative procedure called DISC Nucleoplasty. Decompressing the nucleus of the disc is a proven technique for relieving disc herniation, and for treating the pain symptoms it causes. The procedure involves disc decompression using a tiny catheter that is inserted into the affected area through the skin; this is combined with radio waves and a cool ionized gas to vaporize the excess bulging tissue. The result: most patients experience instant relief.

My patients and I continue to be wowed by the success of this method. Patients whose life styles changed for the worse after chronic neck or back pain set in, claim that after the procedure they once again were able to do things they missed doing for so long...lifting children, playing golf, swimming. It’s very gratifying to take away the pain and see my patients improve the quality of their lives.

### Benefits of the procedure:

DISC Nucleoplasty is the latest scientific advancement in performing disc decompression. The DISC Nucleoplasty procedure uses a minimally invasive approach and is quick, requiring only local anesthesia and very light sedation. Neither general anesthesia nor skin incision is involved. This procedure is less traumatic, with reduced post procedure pain and faster recovery with no down time. No hospital stay is required.

### Risks of the procedure:

As with any surgical procedure, there are inherent risks. Risks that may be associated with neck or back surgery are further reduced with minimally invasive disc decompression (Disc Nucleoplasty).

### Who Is A Candidate For Disc Nucleoplasty?

Before beginning any treatment, your pain management specialist should conduct a thorough evaluation that includes detailed history and comprehensive neurological evaluation, to rule out any other medical conditions that may be causing your pain condition.

Your pain management specialist will discuss with you treatment options and determine which option is best for you.

As with any pain condition, disc nucleoplasty is not the first treatment option, but it may be considered if the patient fails to respond to standard conservative modalities in the management of neck, back, arm or leg pain that is related to contained herniated discs.

With all the great advances in pain management, there is no reason to let your pain control your life. Coping with debilitating pain is not supposed to be part of your life. Take the first step to be in charge of your life by conquering your pain.

Ahmed Elborno, M.D., is a board certified anesthesiologist, and board certified pain management specialist who specializes in Disc Nucleoplasty. Dr. Elborno is the director of Midwest Academy of Pain and Spine(M-A-P-S), with convenient locations in Naperville, Oakbrook, Tinley Park, Hoffman Estates, and Chicago. Under his direction, the Academy of Pain and Spine offers many procedures for management of neck and back pain resulting from disc herniation that are less invasive, and he teaches the procedure to new practitioners.

Non-surgical pain management procedures for the treatment of back and neck pain may include epidural injections, nerve blocks, radiofrequency ablation, non-surgical disc decompression (nucleoplasty), facet blocks, Sacroiliac joint injection, and neurostimulation. Patients are carefully matched to each of the above-mentioned procedures based on individual cases. Accurate patient selection is invaluable for a successful outcome.



Stop suffering from lower back and leg pain. Now there's a lasting alternative to major back surgery - without the risks.

DISC Nucleoplasty is a safe, minimally invasive, non-chiropractic medical procedure offering maximum, long-term back pain relief.

- Over 20,000 procedures performed
- Outpatient setting
- Quick recovery
- No surgical incision
- Covered by most insurance plans
- High patient satisfaction

“The pain was gone. I wanted to get up and run 10 miles!”  
— Albert Tinley  
Construction Superintendent, Hudson, WI

“DISC Nucleoplasty is simple and rewarding for my patients. They can go home 1-2 hours after the procedure and start enjoying life again.”  
— Yung Chen, MD  
Stanford University

\*nucleoplasty is a trademark of arthrocare.

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