

Accurately diagnosing and treating pain with personalized care

Our network of pain management physicians treats a variety of conditions, using comprehensive diagnostic techniques and non-surgical treatments for all musculoskeletal pain.

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Minimally Invasive Lumbar Decompression Procedure

A Safe, Effective, Non-Surgical Treatment for Lumbar Spinal Stenosis (LSS)

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Treatment Brochure



If you're experiencing aching in your calves or pain and numbness in your lower back when walking or standing, you may have **Lumbar Spinal Stenosis (LSS)**.

LSS is a painful condition where there is increased pressure on the spinal cord or nerves in your lower back.

Fortunately, there is a safe, effective treatment option that delivers significant pain relief for LSS patients. It is called the **Minimally Invasive Lumbar Decompression Procedure**.

Study data has shown an 85% patient satisfaction rate after this procedure⁽¹⁾. It has helped 88% of patients avoid back surgery for at least 5 years while providing lasting relief⁽²⁾.

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What Is Lumbar Spinal Stenosis (LSS)?

To understand LSS, picture your spinal canal as a narrow fluid-filled space, spanning from the skull to your tailbone. The spinal canal protects the spinal cord, an important bundle of nerves that helps you feel sensations and move your body.

As we age, natural wear and tear on the spine creates a number of back issues that narrow the spinal canal and cause LSS:

- Thickened ligaments in the spine
- Osteoarthritis in the spinal joints
- Formation of excess bone (bone spurs)
- Compressed or bulging discs

While these issues are painful in themselves, they can also cause LSS, which is an additional reason for low back pain.

Understanding the Symptoms of LSS

With narrowing of the spinal canal in the lower back, there is increased pressure on the nerves that go to your buttocks and legs.

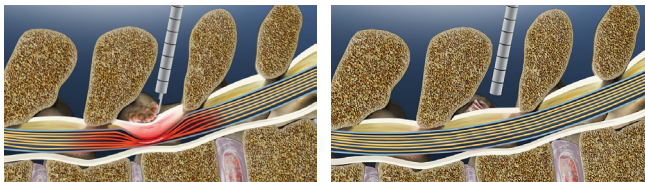
You may have the following LSS symptoms:

- Cramping or aching in the calves that makes walking difficult
- Tingling, numbness, or pain that moves from the low back to the buttocks/legs
- Leg weakness

Treating Pain Caused by LSS

Some LSS patients feel increased pain when they walk or stand but get relief when they sit or bend forward. If this is your case, removing excess tissue from your spinal canal with a **Minimally Invasive Lumbar Decompression** may help.

This is a quick outpatient procedure, performed through a tiny incision (about the size of a baby aspirin). General anesthesia and stitches are not required.



How the procedure works:

- Specialized tools are inserted through a tiny incision in your back.
- Your pain specialist removes small pieces of bone and excess ligament that cause the narrowing of the spinal canal.
- Some doctors describe treating LSS as being similar to “removing a kink in a drinking straw.”
- An (X-ray) imaging machine guides your pain specialist through the procedure.
- Removing excess tissue from the spinal canal decreases pressure on the nerves.
- This reduces pain and restores mobility.

How Long Does the Procedure Take?

This is an outpatient procedure performed in less than 1 hour.

What Are the Expected Results?

Clinical studies show that a Minimally Invasive Lumbar Decompression is a safe, effective procedure. It helps LSS patients stand longer and walk farther, with significantly less pain.

Minimally Invasive Lumbar Decompression using *mild*[®] is an FDA-approved procedure that has been performed safely on thousands of patients.

- Provides a 53% pain reduction⁽¹⁾
- Improves the time you can spend standing without having pain from 8 minutes (before the treatment) to 56 minutes (after treatment)⁽³⁾
- Increases the walking distance from 246 feet (in untreated patients) to 3,956 feet (after treatment)⁽³⁾
- Allows most patients to get back to normal activity within 24 hours, with no restrictions⁽⁵⁾

(*Results may vary)

1. Data on file with Vertos Medical.

2. Mekhail, *Pain Practice*, 2021.

3. Data based on average of responder group at 1 year from MiDAS I study.

4. Averages based on clinical data from Cleveland Clinic study.

5. Jain, *Pain Manag.*, 2020.

What are the Expected Results?

A Minimally Invasive Lumbar Decompression is a treatment that provides pain relief for months to years. It is used if you have mild-to-moderate spinal stenosis. However, suppose your spine continues to degenerate (wear and tear) until you develop severe spinal stenosis. In that case, traditional back surgery may become necessary.

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