

# New minimally invasive spine surgery sends patients home same day

**KATHY** began experiencing excruciating pain in her back that radiated into her leg at Christmas time. She also had weakness and numbness into her leg. "It was the worst pain I've ever experienced. I wasn't able to stand for more than a minute or two," she remembers. "It was like hot electricity running through your body." Soon Kathy was bedridden, but unable to sleep because of her symptoms.

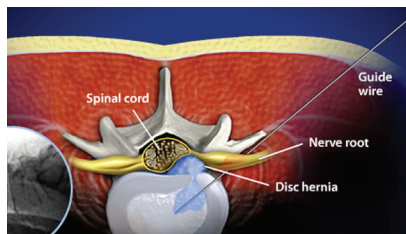
Not only did her pain remain, it worsened, so Kathy made an appointment with Dr. John Stokes, a fellowship-trained neurosurgeon at Seton Spine and Scoliosis Center. During her visit an MRI confirmed that she had a herniated disc. Dr. Stokes discussed with Kathy her treatment options, including a new minimally-invasive surgery known as the YESS procedure.

This technique is designed to relieve symptoms caused by herniated discs. With the YESS procedure, also known as Selective Endoscopic Discectomy, a trained spine surgeon uses a tiny probe with a camera to operate through a small incision and visualize the disc. The piece of herniated disc is then removed and pressure is taken off the nerve.

The YESS procedure involves



*Today, Kathy enjoys her active lifestyle. She works as a business consultant and enjoys taking walks for exercise and relaxation. She is thankful that the excruciating pain in her back and weakness into her leg is gone. "I am able to walk, work and get a night's sleep," Kathy exclaims.*



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an incision about 1/4 inch in size, or the size of a pencil eraser. The tiny incision causes less disruption to muscles and ligaments. This makes recovery much faster and less painful. Dr. Stokes performed the YESS procedure on Kathy and she was able to go home later the same day. Her relief from pain was nearly immediate. "Right after the procedure the shooting leg pain was gone and my weakness began to resolve," she remembers. Today, Kathy is back to work as a business consultant.



More information about spine conditions and home remedies for back or neck pain is on our Web site, [www.SetonSpineandScoliosis.com](http://www.SetonSpineandScoliosis.com). You can also download our free Back to Life Journal or request a copy of our 36-page Home Remedy Book by calling us at (512) 324-3580.



Seton Spine & Scoliosis Center in Austin, Texas, is a regional referral center for the treatment of back and neck pain and scoliosis (curvature of the spine). John Stokes, MD has practiced in Austin for more than seven years and has performed thousands of spinal procedures. Lee Moroz, MD is a board-certified Physical Medicine and Rehabilitation physician at Seton Spine & Scoliosis, a referral center for complex spinal problems for the region.



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