

Texas Spine & Scoliosis

MAIN OFFICE: 1004 West 32nd Street, Suite 200 • Austin, TX 78705
Appointments & Referrals: 512-324-3580
Educational online encyclopedia on spine at: TexasSpineandScoliosis.com

Back to an active retiree life after back surgery relieves pain symptoms

Leslie as a retiree looked forward to her evenings out dancing. Growing up she had a background in ballet. However dancing was far from reality for the past year as a cyst in her low back created severe pain in her low back which radiated down into her legs.

"I was in pain every day non-stop for a year," Leslie remembers. "The pain would start in my low back and radiate into both my legs and was worsening. Ultimately, I couldn't stand for more than five minutes at a time. I had to lean on something to take the pressure off my

legs. I live by myself as a retiree, so even grocery shopping was an ordeal.

"My first orthopedic surgeon thought the pain was caused by something in my hips," Leslie says. "But he saw on X-rays that I had a cyst in my low back that was the cause of the pain.

"That hip surgeon referred me to Dr. Alex Cruz at Texas Spine & Scoliosis. Dr. Cruz did more diagnostic tests and recommended a surgery that would address the cyst.

"On my first visit with Dr. Cruz he explained the cyst problem, how it was pressuring my sciatic nerve, and then how

he planned to remove it with surgery."

Leslie had a L5-S1 TLIF surgery (Transforaminal Lumbar Interbody Fusion). Waking up after surgery proved to be dramatic for Leslie.

"When I woke up after surgery, when I opened my eyes in recovery, there was no pain, it was gone," Leslie says. "From that moment on, the pain in the legs was gone. I'm still working through some tenderness in the low back from the surgery, but I'm now back to water aerobics and doing my exercises at my gym. I owe so much to Dr. Cruz who gave me my life back."



A cyst in Leslie's low back created extreme pain radiating into both her legs, preventing her from standing for five minutes. As a retiree living by herself, trips to the grocery store were a challenge. Dr. Cruz did a L5-S1 TLIF surgery to remove the cyst and stabilize the vertebrae. Leslie is now back at her gym and looking forward to dancing again.

