

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

Low back surgery resolves herniated disc and gets Pat back to work

Pat had a job as a plant manager which involved plenty of walking throughout the plant to supervise and oversee production. But a herniated disc in her low back radiated pain and weakness down into her leg.

Her journey over the next year involved several non-surgical treatment options, including acupuncture, multiple chiropractic visits and spinal injections. But none of the treatments relieved the pain in her legs which was now worsening.



Pat's herniated disc and low back pain radiating into her leg threatened to land her in a wheelchair. After trying acupuncture, chiropractic and spinal injections, she realized that spine surgery was needed to repair the disc and stabilize the low back. That involved a lumbar fusion from L3-5. Pat is now pain free and back at the plant as a manager which involves lengthy walks through the plant.

She began to worry if a wheelchair was in her future.

Consequently, she went to a spine surgeon. "He examined my X-rays and said my problem needed a special type of spine surgery that he couldn't do," Pat remembers.

"That orthopedic surgeon referred me to Dr. Alex Cruz at Texas Spine & Scoliosis. Dr. Cruz evaluated me and recommended a L3-5 lumbar fusion surgery that would relieve the symptoms from the herniated disc and then stabilize the lumbar vertebrae. Dr. Cruz performed the necessary surgery which immediately relieved the pain symptoms.

"Dr. Cruz changed my life," Pat adds. I went from worrying about being in a

wheelchair to now being able to walk my dog again, and walk through the plant to do my job. It's incredible I have no pain after the surgery."

Part of her recovery included a therapy treatment plan with spine therapists at Texas Spine and Scoliosis to strengthen the ligaments and muscles in the back to prevent a future strain or disc herniation at another level.

"I completed my post surgery therapy program ahead of schedule," notes Pat. "The therapist was impressed with me being able to do all the recommended exercises. The therapist keeps telling me how remarkable the outcome is and how well the surgery went. I highly recommend Dr. Cruz, he helped me immensely."

