

Spinal stenosis is a painful condition in which the spine is narrowed, putting pressure on the spinal cord and its surrounding nerves. It affects between 8 percent and 11 percent of the U.S. population, and most commonly those over 55 years of age. At the Illinois Pain Institute, physicians specialize in the treatment of spinal stenosis through minimally-invasive procedures that relieve spinal pressure at its roots.

WHERE DOES THE PAIN FROM SPINAL STENOSIS OCCUR?

Spinal stenosis, which is often attributable to age-related arthritis, can cause progressive pain in the back, legs, groin, and buttocks. Its precise impact depends on each individual patient. The pressure that patients experience may make it difficult to walk or stand and may cause numbness or weakness in addition to pain.

HOW IS SPINAL STENOSIS DIAGNOSED?

Narrowing of the spine can happen in one or more areas, including the center of the spine, the nerve branches, and the area between the bones of the spine.

The experience of pain is rarely the same between two people. Illinois Pain Institute specialists use a patient's medical history along with lab testing and comprehensive diagnostic imaging to trace spinal stenosis to its point of origin so that treatment can be targeted to the precise area that pain is emanating from.

TRADITIONAL TREATMENTS

Treatments for spinal stenosis generally fall into two categories: medical injection therapy and surgical. Medical treatments include non-steroid anti-inflammatory drugs (NAISDs), steroid injections, and physical therapy. Until Vertiflex, surgical treatments included various types of spinal surgery, such as laminectomies and spinal fusions.

VERTIFLEX FOR THE TREATMENT OF SPINAL STENOSIS IS COVERED BY MEDICARE AND SOME OTHER INSURANCES

The Vertiflex Superior Interspinous Spacer is one of the most innovative and effective treatments for spinal stenosis. Vertiflex is a minimally

invasive spinal implant system that works to preserve motion in the back and relieve nerve pressure caused by a narrowing of the spine. The expandable and reversible implant is customizable to allow physicians to adapt it to each patient's unique anatomy.

WHO IS A CANDIDATE FOR VERTIFLEX?

Vertiflex is considered a safe and effective treatment option for patients whose spinal stenosis has not responded to more conservative treatments such as medications or injections. Illinois Pain Institute specialists consider candidacy based on each patient's situation, and all patients must be free of any conditions that would warrant a more extensive treatment. Their pain must be worse on standing and alleviated when bending forward or sitting.

WILL VERTIFLEX WORK FOR YOU?

Among patients who participated in a clinical trial for Vertiflex, 90 percent expressed overall satisfaction with their Superior implant 60 months after the procedure. Individual outcome data varies, but the Illinois Pain Institute team can give you all the information you need to determine whether Vertiflex would be a proper course of action for your spinal stenosis treatment. The patient's pain must be worse on standing and alleviated with bending forward or sitting.

Contact Illinois Pain Institute to learn more.

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Terri Dallas-Prunskis, M.D. and John Prunskis, M.D., FIPP

Founded by Barrington-area husband and wife team over 25 years ago, Dr. Terri Dallas-Prunskis was chairman of the pain program at the University of Chicago and Dr. John Prunskis was the most requested anesthesiologist and pain physician at a major suburban hospital, so after they married, they decided to start the first multi-site private pain practice in the Chicago area.

KNOWLEDGEABLE PHYSICIAN TEAM

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ABOUT ILLINOIS PAIN INSTITUTE

Illinois Pain Institute (IPI) precisely diagnoses and treats the cause of painful conditions. As the longest-established multisite pain practice in the Chicago area, IPI's outstanding outcomes have been independently verified by the major insurance companies of Illinois.

Conditions treated include: joint, neck, back, and pelvic pain, sciatica, headaches, failed surgery, CRPS, and much more.

