

FINDING THE BETTER WAY BACK™ FROM CHRONIC BACK OR LEG PAIN

MAY 2010



ABOUT DR. GRADY MCBRIDE AND THE ORLANDO ORTHOPAEDIC CENTER

*Board Certified in Orthopaedic Surgery Specializing in Cervical and Lumbar Spinal Surgery
Scoliosis and Adult Spinal Reconstruction*

Dr. McBride combines his training in engineering physics with his skills as an orthopaedic surgeon to treat a variety of neck and lower back disorders. His advanced training in scoliosis and spinal deformity has helped him to apply his knowledge and skills to this very difficult problem.

A native of Oklahoma City, Oklahoma, Dr. McBride earned both his B.S. degree in engineering physics and his M.D. degree from the University of Oklahoma. He completed his residency in orthopaedic surgery at the University of Utah Affiliated Hospitals, and later studied prosthetics and rehabilitation at the University of California Los Angeles. He studied biomedical engineering at the University of Utah, Department

of Chemical Engineering and Material Sciences. Dr. McBride also completed a one-year John H. Moe Scoliosis Fellowship at Twin Cities Scoliosis Center in Minneapolis. He is board certified by the American College of Spine Surgery. Because of this training, he has chosen to specialize in cervical and lumbar spinal disorders and scoliosis.

Dr. McBride is currently a member of the American Medical Association, the Florida Medical Association, and the Orange County Medical Society. He is also a member of the Florida Orthopaedic Society and the Scoliosis Research Association and the Association of Bone and Joint Surgeons. He is certified by the American Board of Orthopaedic Surgery and is a Fellow of the American Academy of



Orthopaedic Surgeons. Dr. McBride has also served as chairman of the Department of Orthopaedic Surgery at Lucerne Medical Center and Florida Hospital Orlando.

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IT'S ALL DOWNHILL FROM HERE: BOB'S STORY

Growing up in the Sunshine State of Florida, Bob's favorite sport was skiing—on frozen water . . . as in snow.

Beginning in the first grade, Bob's family took a big trip to Colorado every winter, and he became an accomplished skier. Back home in Florida, Bob—a gifted athlete—played the traditional sports of football, basketball, and baseball, but his love was always skiing.

His back started bothering him in his late twenties—probably from overuse. He still played basketball, snow skied, and jogged half-marathons, but he often paid the price afterward. “There were times I would have to sleep on the floor for many days to recuperate,” he said.

In 2008, in deeper pain, Bob sought medical attention from a neurosurgeon and an orthopaedic doctor. A spinal fusion was needed, they said, followed by six months of rehabilitation. “I was scared to death of the operation, so I decided not to have one.”

A year later, Dr. Grady McBride with the Orlando Orthopaedic Center explained that a new minimally disruptive procedure known as XLIF® (eXtreme Lateral Interbody Fusion) could help repair a fracture at L4-5 as well as his disc degeneration. The surgeon felt he could have Bob back doing things in half the time—three months—plus perform a better repair on his back with this procedure. To a father in his early forties who loved to take his family skiing at Beaver Creek in Colorado and remain active, this prognosis sounded wonderful.

“Still, I was nervous because everybody I had spoken with told me back surgery was really hard, that I'd be miserable, and it would take a long time before I could do anything again,” he said.

The surgery on a Monday morning with Dr. McBride took longer than expected because of a broken vertebrae and a

damaged disc. “I still walked on Tuesday,” Bob said with amazement. “I went to the bathroom on my own, and I didn't need help from anybody. Two days later, they sent me home with a potty seat and a walker, but I didn't need those things because I could already use the bathroom and walk around.

“On Friday, a physical therapist dropped by to give me some exercises to do with the walker, but I was already walking with no problem. On Saturday morning, Denise said, ‘I'm going to walk the dogs,’ and I replied that I wanted to go with her. I walked a half-mile without the walker. Sunday I made two loops, then three miles on Monday. One week post-op, I was really feeling great and barely using painkillers.”

Bob continued rehabilitation and enrolled in yoga classes to regain flexibility so that he could reach a goal in the back of his mind, which was skiing again in Beaver Creek with his two high-school-age children during Christmas break. Dr. McBride smiled when informed of Bob's desire, and told him there would be no way he would be skiing within six months of surgery.

“Well, I was right,” beamed Bob. “I skied at Beaver Creek on December 30 with my kids from 8:30 a.m. until closing time. I was hesitant that first day on the slopes, but the fact is I had my surgery in July and skied in December . . . amazing!”



Today, Bob enjoys numerous activities, including skiing and snowboarding with his family.

ABOUT THE BETTER WAY BACK

The Better Way Back is a patient support and advocacy program developed and funded by NuVasive®, Inc., for patients suffering from chronic back or leg pain. Our mission is to provide hope, education, and support to the millions of patients suffering from spine disorders, and motivate them to seek treatment and live their lives successfully and free of pain. Together, we can show others the path to The Better Way Back.

Visit www.thebetterwayback.org for more information.



It is important that you discuss the possible risks and potential benefits of the XLIF procedure with your doctor prior to receiving treatment, and that you rely on your physician's judgment. Only your doctor can determine whether or not you are a suitable candidate for this treatment.

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