

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

NOVEMBER 2010



ABOUT DR. STEPHEN R. GOLL, M.D.

Board Certified in Orthopaedic Surgery, Specializing in Cervical & Lumbar Spine Surgery, and Adult Spinal Reconstruction.

A native of Philadelphia, PA, Dr. Goll joined our practice after four years as an U.S. Air Force orthopaedic surgeon. His last active duty assignment was as Chief of the Spinal Surgery Service at the Wright-Patterson USAF Medical Center in Dayton, Ohio. He also served as an assistant clinical professor at Wright State University School of Medicine and at the Uniformed Services University of the Health Sciences in Washington D.C.

After earning a bachelor's degree in biology from Cornell University in Ithaca, NY, Dr. Goll received his medical degree from Jefferson Medical College in Philadelphia, PA. He completed both his surgical internship and orthopaedic surgery residency at the Hospital of the University of Pennsylvania, where he received the

DeForrest Willard Award for Outstanding Senior Resident. Following his residency, Dr. Goll completed a fellowship in spinal surgery at both Thomas Jefferson University Hospital and Pennsylvania Hospital in Philadelphia. He has contributed to numerous professional journals, and has lectured to both national and international audiences on a variety of topics related to spinal surgery.

Dr. Goll is board certified as a diplomate of the American Board of Orthopaedic Surgery and the American Board of Spinal Surgery. He is a Fellow in the American Academy of Orthopaedic Surgeons and the North American Spine Society. He is a member of the American Medical Association, the Florida Medical Association and the Orange County Medical Society. He has previously served as



the Chairman of the Department of Orthopaedic Surgery at both Orlando Regional Medical Center and Florida Hospital.

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A RUNNER FINDS HER SECOND WIND

Robin Lumpkin is a very active forty-nine-year-old woman. These days you can find her painting on large canvases and running whenever she gets the chance. In fact, Robin loves participating in half marathons and running cross-country. "I feel great after running a few miles," says Robin. "My head is clear and I feel like I can conquer the day." Robin, however, was not always able to lead such an active lifestyle.

For the past seven years, Robin suffered from severe arthritis in her back, a condition that is inherent in her family. Over time her pain became progressively worse and started interfering with her daily activities. "Not only did I have to give up my favorite activities of running and painting, but something as simple as a long car ride became unbearable," recalls Robin. "I would have to stop, stand up, and walk around before I could continue." Robin's back pain became so severe that often when she woke up in the morning, the shooting "electricity-type" pain would make her fall to her knees.

Robin was determined to find a solution for her pain so that she could start running again. She decided to tackle her back pain by applying the same strategies she uses to prepare for a marathon. "I knew that I would need to mentally prepare myself and be ready for the challenges that lay before me," explains Robin. "I had made up my mind to be proactive about my back pain and that's how it was going to be."

Robin tried various conservative (nonsurgical) treatment options including pain medication, chiropractic treatment, physical therapy, and lifestyle changes. Unfortunately, these efforts did little to relieve Robin's back pain, so she decided to seek out professional help. Robin's search for a reputable spine surgeon was quite easy; her referral to Orlando Orthopaedic Center came from her own husband after he was seen at the clinic for a degenerative hip condition. They both knew that the Center's surgeons were extraordinary in their patient care, as well as diagnostic and surgical abilities. "We had immediate respect for Orlando Orthopaedic Center," explains Robin.

Robin met with Stephen R. Goll, M.D., an orthopaedic spine surgeon at the Orlando Orthopaedic Center, who specializes in cervical and lumbar spine surgery as well as adult spinal reconstruction. During Robin's initial consultation with Dr. Goll, he ordered an MRI and the results confirmed that Robin was suffering from advanced lumbar degenerative disc disease with spine instability at L2-3. Dr. Goll discussed conservative treatment options with Robin, including the continuation of symptomatic treatment such as medication, therapeutic exercise for core strengthening, and pain management. Dr. Goll also proposed an interesting minimally invasive surgical option called XLIF®

(eXtreme Lateral Interbody Fusion). Dr. Goll was specially trained to perform this promising new surgical technique and has since experienced amazing patient results. After assessing Robin's condition, Dr. Goll determined that she would be a perfect candidate for the XLIF procedure.

Unlike typical spine surgery approaches, the XLIF procedure, developed by NuVasive®, accesses the spine laterally, through the patient's side. This minimally invasive procedure allows the surgeon to access the anterior side of the spine, while avoiding the abdominal incision of an anterior approach, and XLIF does not require dissection or retraction of the sensitive back muscles, bones, or ligaments that is typical of traditional posterior approaches. This means that compared with other traditional procedures, XLIF provides patients with benefits including minimal scarring, reduced postoperative pain, shorter hospital stay, and a faster return to normal activity.

Robin took Dr. Goll's advice and underwent XLIF surgery on Tuesday, September 16, 2008. Within one day Robin was walking and she returned home after spending only two days in the hospital. Robin was amazed at how quickly her pain faded away and how swiftly she recovered. Only a week and a half after surgery Robin started walking two miles each day. Robin says her overall quality of life has improved and she is now able to resume hobbies that her back pain had previously prevented her from taking part in, such as painting and running. "Before surgery I was in constant pain," recalls Robin. "I no longer rely on pain medication and my pain is completely gone. I have no pain!" Robin feels that she has been given the gift of a healthy lifestyle after suffering from back pain for so many years.

Like many runners who suffer from injury or pain, Robin was in a hurry to recover. Two and a half months post-surgery, Robin reported that she ran three-and-a-half miles one day. "I thought I would never run again," exclaims Robin. In addition, Robin has decided to enter a half marathon within the next year. Robin is thrilled that she found relief from her back pain and is now able to return to her active lifestyle again.



TODAY, ROBIN IS ABLE TO PURSUE HER LOVE OF ART AND TRAINING FOR HALF-MARATHONS

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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