

Interspinous Spacer Implant (ISSI)

Minimally Invasive Vertebral Spacer

An ISSI is an “H” shaped titanium implant inserted between the spinous processes (the bony projections off each vertebra). Sedation or general anesthesia is utilized. ISSI is indicated for patients with back and/or leg pain/weakness that is worse with standing and walking and is relieved with sitting or leaning forward. You must undergo at least six months of conservative non-operative treatment before having this procedure.

Surgical Consult Referral

In some cases, you may be referred to a spine surgeon if these procedures are not appropriate for you. We believe in a team oriented and collaborative approach by providing you the most comprehensive solution for your LSS.

For more information visit our website
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Lumbar Spinal Stenosis

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Feel Better...Live Better

What is Spinal Stenosis?

Overview

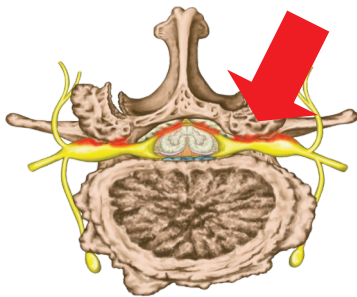
The spinal column contains open spaces that create passageways for the spinal cord and the spinal nerves. Spinal stenosis is a narrowing of (or an intrusion into) these openings. This can cause a compression of the nerves. Spinal stenosis most commonly affects the cervical and lumbar regions of the spine.

Anatomy

Each vertebra has a large opening at the rear called the spinal canal. In the cervical and thoracic regions of the spine, the spinal cord travels through this space. In the lumbar region of the spine, this opening contains a bundle of nerve roots. Openings called foramina branch away from the spinal canal. These spaces provide pathways for the nerve roots that travel from the spine to other parts of the body.

Stenosis

In a spine with stenosis, one or more of these openings are narrowed. The spinal nerves can become compressed against the vertebral bone. This can interfere with nerve function. It can cause pain in the spine or in other parts of the body.



Lumbar Spinal Stenosis

Causes

Spinal stenosis is most commonly caused by excessive growth of bone or ligaments that compress the nerves in the spine. This happens normally with age. In rare cases, it can be caused by fractures or tumor infiltration. Finally, in some cases, a person is born with a small spinal canal that does not provide adequate space for the nerves (congenital stenosis).

Treatment of LSS:

If you have experienced and suffered from LSS, let our practice with board-certified pain physicians be your premier center for lumbar spinal stenosis solutions. It starts with making the proper diagnosis. Your pain may be from LSS but it can also be similar to other types of spinal disorders. To accurately determine your source of pain, you will be directed to the most appropriate, evidence based treatment. You will have a thorough clinical evaluation with review of your medical history and performance of a physical examination. Studies may be done such as MRI, CT, flexion/extension x-rays (X-rays taken with you bending forward and back), EMG, and/or bone density testing.

We will then tailor the optimal solution for you ranging from simple blocks (facet joint blocks, lumbar epidural blocks) to minimally invasive procedures (MILD, lumbar spacer, SCS).

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Spinal Cord Stimulator

A spinal cord stimulator (SCS) is a small device placed surgically under your skin. Light sedation is most often utilized. A thin wire carries electrical impulses from a programmable pulse generator to the nerve fibers of the spinal cord. The SCS can be turned on or off. The SCS stimulates the nerves in the area where your pain is felt. Pain is reduced because the electrical impulses modify and mask the pain signal from reaching your brain. Stimulation does not eliminate the source of pain. It simply interferes with the signal to the brain. The amount of pain relief varies for each person.

MILD

(Minimally Invasive Lumbar Decompression)

In this procedure, the enlarged ligament (ligamentum flavum) causing your stenosis is trimmed back. MILD is a safe, minimally invasive, fluoroscopically (X-ray) guided procedure that may help patients stand longer and walk farther with less pain. MILD is preformed with a small (aspirin pill sized) incision requiring no sutures. It is accomplished under light sedation and does not involve implants. MILD safely decompresses the spinal canal leaving the structural integrity of the spine intact; unlike more invasive alternatives such as laminectomy surgery.