



DON NEARY



Age: 52
Hometown: Camas, WA
Surgeon: Dr. Todd Kuether of Kuether Brain & Spine, Tualatin, OR
Procedure: XLIF®
Surgery Date: October 26, 2011

"My recovery from XLIF surgery was easier than the recovery from my first back surgery." -Don

Life Prior to Surgery: Don began experiencing back pain after an injury he suffered as a construction worker. As a result, he underwent spine surgery to correct a herniated disc. Unfortunately, Don continued to experience back pain. He decided to consult with another surgeon, and was told that he would

simply have to live with his condition. When Don sought out yet another opinion, he was given a similar answer. For seven years Don underwent pain management and struggled to maintain a normal life. Don tried a range of treatments, including a neuro-stimulator.


Desperate for a long-term solution, Don sought a consultation with Dr. Todd Kuether, who was able to offer Don a surgical solution. Shortly after this meeting, Don underwent a spine surgery procedure performed by Dr. Kuether. After reviewing a follow-up MRI, Dr. Kuether recommended that Don undergo a third surgery and suggested the minimally disruptive XLIF (eXtreme Lateral Interbody Fusion) procedure. Although he had already undergone two spine surgeries, Don was willing to try this innovative procedure to help ease his pain.

Situation Today: Don was walking within hours of his XLIF procedure. He stayed in the hospital for two days and felt that the recovery after having XLIF surgery was easier than his recovery from the previous surgeries. Don did not require any postoperative physical therapy, but he did wear a back brace for three months for extra stability. Don looks forward to his continued recovery and getting back to his favorite activities, such as hunting.

Important Note: As with any spine surgery, there are potential benefits and possible risks associated with the XLIF procedure. It is important that you discuss the possible risks and potential benefits of XLIF with your doctor prior to receiving treatment, and that you rely on your physician's judgment. Only your doctor can determine whether you are a suitable candidate for this procedure.

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LIFE after back surgery

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