

## New spine procedure for spinal stenosis

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A new minimally invasive surgery for the treatment of **lumbar spinal stenosis** (LSS) is now available at The Medical Center of Aurora. LSS is a common spinal problem suffered mainly by the middle-aged and elderly population and is often associated with debilitating pain in the back and legs.

The new approach involves surgically implanting an **X-STOP®** (a titanium alloy implant) in a minimally invasive, reversible procedure that takes less than one hour and does not typically require general anesthesia. It is a low-risk alternative to current LSS treatment options, and has been clinically proven to relieve symptoms in many patients.

“This new procedure fills a gap between the conservative therapies, such as analgesics and injections, and the more invasive procedures such as laminectomy” said **Dr. John Oro’**.

The **X-STOP** procedure is best for those patients with pain on walking that is relieved by sitting or bending forward. The **X STOP** device is implanted between the spinous processes, limits the extension of the lumbar spine that occurs with standing. It keeps the canal open in the lower spine that carries nerves to the legs, thereby relieving the pain.



FIGURE

The **X-STOP** device is inserted through a midline incision in the back and is placed between the spinous processes to prevent nerve canal narrowing that occurs with standing and walking.