

# Suffering From Back Pain?

## New Procedure Could Help You Feel Better Faster

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**B**ack pain can affect virtually every aspect of a person's life. In many cases, it can be downright debilitating. For people with back pain, just getting out of bed in the morning can be extremely painful.

According to research, 80 percent of men and women will experience back pain at some point in their life. It has become one of the most expensive health issues in the United States. In fact, for people under the age of 45, it is the leading cause of ability restrictions; for people over age 45, it is the leading cause of disability.

Until now, the treatments for back pain have been expensive and invasive. The standard treatment is a surgery that involves large incisions and stripping away muscle and soft tissue. These procedures can lead to muscle scar tissue, dangerous blood loss, long hospital stays, and even longer periods of recovery or other complications.

A new Minnesota-based study published by spine specialist and leading neurosurgeon Dr. Hamid Abbasi and Healthcare Economist Christopher M. Murphy, MBA, depicts how a revolutionary new surgery, Oblique Lateral Lumbar Interbody Fusion (OLLIF), is less invasive, has a much faster recovery time, and is an overall easier procedure on your back.

The surgery, being performed by Dr. Abbasi in clinics across Minnesota, is changing people's lives.

OLLIF is a minimally invasive surgery that fuses the lumbar spine through an incision of only 10 mm. A faster surgery means reduced recovery time, and both are



important for getting people back to their daily lives with minimal pain.

OLLIF treats the causes of back pain, which include degenerative disc disease, herniated and bulging discs, scoliosis, spondylothesis and spinal stenosis.

"The OLLIF procedure represents the latest advancements in minimally invasive surgery. As healthcare organizations and the community learn about the procedure, we have seen a dramatic increase in the demand," Dr. Abbasi said.

### **Less time on the operating table**

Back surgeries typically fall into two groups. "Traditional invasive" surgeries involve one or more large incisions, which results in a longer recovery time. "Minimally invasive" surgery, on the other hand, uses small incisions and results in a fraction of the recovery time.

OLLIF is the fastest spinal fusion procedure with operating times as low as 45 minutes.

The research study conducted by Dr. Abbasi and Murphy compared 69 consecutive OLLIF surgeries to 55 consecutive traditional open surgeries that Dr. Abbasi performed. It found that OLLIF was able to cut operating time nearly in half. And according to the study, Dr. Abbasi was able to get patients back out the door in two-and-a-half days -- fifty percent faster than conventional surgery.

"Depending on the overall health of the patient prior to surgery, most of my patients are up and walking around two hours after their procedure. Patients return to non-strenuous activities one to two weeks after surgery. However, I have had many of my patients return to work in as little as three days after their procedure," Dr. Abbasi said.

In comparison, traditional surgery can require up to three months of at-home recovery time.

Additionally, because of reduced blood loss, OLLIF eliminates the need for transfusions by reducing blood loss by 90 percent.

### **Easier on your back and your pocketbook**

The study also found that OLLIF cuts expenses in half compared to the conventional surgery. Because the surgery involves less operating time and recovery time, the authors of the study determined that medical facilities were able to reduce expenses by up to 50 percent. Additionally, with the decrease in hospital length of stay and at-home recovery time, patients can return to their daily lives faster. Bottom line - the economic benefits this surgery provides are substantial.

"The OLLIF procedure is in every way superior to traditional spinal surgery that is

still so widely offered today. Once a patient is educated that they have a choice to elect such an advanced minimally invasive option, they choose the OLLIF every single time," Abbasi said.

Don't let the cost or recovery time stop you anymore, be among the many happy patients of Dr. Abbasi who can now walk pain free. Visit [backachedoctor.com](http://backachedoctor.com) or visit one of the clinic locations in Alexandria, Crookston, Burnsville, Edina and Maple Grove.

With OLLIF, treatment for your back pain has never been so accessible.

*The findings of the study published in the National Institute of Health were based on the clinic experience of Dr. Hamid Abbasi and Christopher M. Murphy, MBA. The content provided should be used as informational but should not replace specific physician orders or advice.*



**Dr. Hamid Abbasi**