



NEUROSURGERY AND SPINE

19 Limestone Drive, Suite 11  
Williamsville, NY 14221  
716-634-3500



## SPINAL PROCESS FIXATION

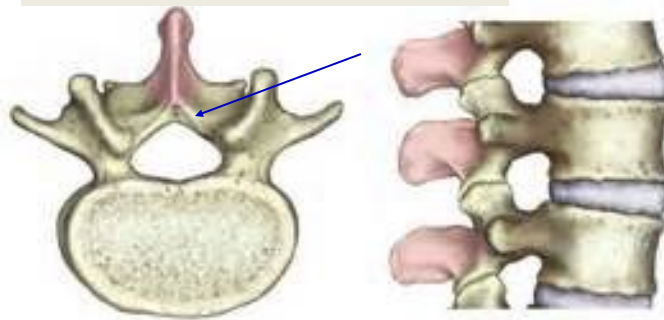
### WHAT IS THE SPINOUS PROCESS?

The spinous process is the bony protrusions felt from the back.

In the cervical, thoracic, and lumbar regions of the spine, the spinous processes of each vertebra serve as a site of attachment for various muscles and their ligaments.

#### Spinous Process

(this is the bone you feel if you run your  
Thumb down your back at the spine)



### WHEN IS SPINOUS PROCESS FIXATION USED?

Spinous process fixation may be used for:

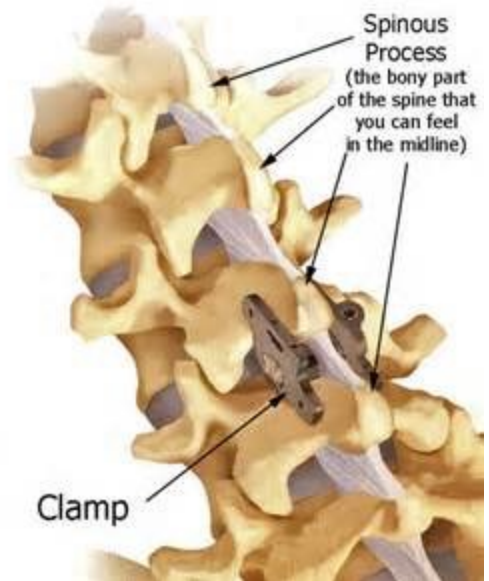
- Patients with degenerative disc disease, spondylolisthesis, trauma and/or tumor.
- Patients with symptoms such as low back pain and/or pain radiating through the hips and legs.
- Impaired ability to function within the moderate range of motion in the spine
- People who may have undergone at least six months of non-surgical treatment, including medications, injections, PT, restriction of activities or who were prescribed bed rest with no success

## SPINOUS PROCESS FIXATION PROCEDURES

The Axis team, led by Dr. Den Haese allows for a minimally invasive surgical approach to spinous process fixation from the back of the spine, using specialized surgical instruments and techniques. As the spinous process is very close to the skin of the outer back (you can feel them by running your fingers down your spine), these methods allow for easy access and fixation without negatively impacting muscle tissues and nerves.

When doing the fixation, Dr. DenHaese will make a small incision using special instrumentation to place a spinous process clamp to support the spine, plus bone graft material that trigger the body's fusion process to strengthen the spine.

Spinal fusion occurs when your body recognizes the bone graft material placed during surgery as a "broken bone", which the body then interprets as needing to be healed. The healing process "fuses" the necessary spinal structures together making them stronger and more stable.



When combined with other fusion approaches (from the side or front), the spinous process clamps help reinforce the fusion and protect excess movement.

Combined with the minimally invasive surgical techniques which Dr. DenHaese specializes in, the patient experiences less pain, less need for restrictions (e.g. bed rest) during the post-op period, and a quicker return to normal activities.

## RECOVERY

Everyone recovers at a different rate but in general, you will be up and walking on the first day of surgery, and will be home within 2-3 days.

You will be given a custom fitted brace to wear which will prevent you from making sudden or extreme moves and therefore will aid in your healing. Pain levels are generally lower with minimally invasive surgery and your specific pain will be assessed and treated throughout your post-op period.