



## Case Study: Mr. James Leroy

### Mr. James Leroy

After years of progressively intense lower back pain, James Leroy couldn't stand up for 10 minutes or walk more than 50 yards without taking a break. The pain had made even the most routine of tasks a major chore, but James just chalked the pain up to getting older. Over-the-counter pain medications - such as ibuprofen and aspirin - only dulled the symptoms, but didn't help with the searing pain.

After reaching the point of near immobility, James was referred to Dr. Mark D. Peterson, a spine surgeon for Southern Oregon Orthopedics in Medford, Oregon. Upon careful examination, Dr. Peterson determined that James was a perfect candidate for eXtreme Lateral Interbody Fusion (XLIF®), a pioneering surgical technique by NuVasive®.

Spinal fusion has remained a popular and effective technique to eliminate back instability, and the severe pain which often accompanies it. Traditional techniques enter the spinal column from the back or from the abdominal region. While these techniques remain effective, they involve significant disruption of tissue, muscles, and/or internal organs, resulting in hospital stays of several days and weeks of bed rest following the procedure.

However, the most advanced technique, lateral access spine surgery, is a safe and reproducible means of addressing certain disorders with an approach from the side of the patient. This approach does not require dissection or retraction of sensitive muscles, bones, ligaments, or nerves, and allows for more complete disc access. As a result, operating time is reduced, blood loss is minimized, and recovery time is significantly shorter.

For James' surgery, he was positioned on the surgical table on his side and Dr. Peterson made two small incisions: one over the side of his waist, and the other slightly behind the first, toward the back muscles. Utilizing a retractor and NeuroVision®, a nerve sensor technology, Dr. Peterson was able to create an opening the size of a golf ball, and fuse James' damaged vertebrae.

The entire procedure took less than three hours, James was walking within two hours, and was released from the hospital later that afternoon. While he experienced some minor discomfort at the incision site, within a week he had no site pain or back pain. Within two weeks, James was back to work and had resumed his normal activities.

In the three years since James underwent the XLIF procedure, he's had no complications and is very happy with the results. XLIF gave James his life back, and he couldn't be happier.



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### About NuVasive®

NuVasive is a medical device company focused on the design, development and marketing of products for the surgical treatment of spine disorders. The company's product portfolio is focused on applications in the over \$3.6 billion U.S. spine fusion market. The company's current principal product offering includes a minimally disruptive surgical platform called Maximum Access Surgery, or MAS,<sup>™</sup> as well as a growing offering of cervical and motion preservation products.