

# SOUTH CAROLINA SPINE CENTER

Advanced spine care services of



## GREENWOOD MAIN OFFICE:

115 Academy Avenue  
Greenwood, SC 29646

REFERRALS: 888-526-8806 FAX: 864-725-5799  
SCSpineCenter.org

## South Carolina Spine Surgeons provide new iFuse bone graft implant for chronic pain issues linked to sacro-iliac joint problems

It's estimated that one in four cases of low back pain may be linked to the sacrum and its sacro-iliac joints (SI joints).

"When a person feels a pain in their low back when they stand up from a chair and place weight on a specific leg, it could be caused by the sacroiliac joint," explains Dr. Greg McLoughlin, a fellowship-trained spine surgeon at South Carolina Spine Center. "An SI joint can be inflamed by falling down, or from repetitive motions like distance running. In other cases arthritis can cause problems with an SI joint."

South Carolina Spine Center is one of few spine centers in the State of South Carolina to provide the new iFuse bone implant technology that relieves SI joint pain symptoms.

"We first try non-surgical options which can include injections into the SI joint area using C-arm fluoroscopy for guidance," adds Dr. Karl Boellert, a fellowship-trained

specialist in spinal injections. "Rhizotomy is also an option to address the problematic nerves in the SI joint."

If spine surgery is needed for sacroiliac joint pain, however, the spine surgeons at South Carolina Spine Center are trained in the iFuse Implant System — a new minimally invasive surgical option to alleviate some causes of sacroiliac joint pain.

The iFuse system is designed to provide stabilization for the SI joint. Small titanium implants are inserted across the sacroiliac joint to maximize post-surgical stability and weight bearing capacity. The procedure is done through a small incision and takes about an hour.

The iFuse Implant System is the only sacroiliac joint fusion system with multiple clinical studies demonstrating that treatment improved patient function, decreased pain, and better quality of life. The iFuse Implant System for sacroiliac joint pain has been

performed on over 25,000 patients.

An SI joint fusion is performed through a small incision about an inch long by the side of patient's buttock. During the procedure, fluoroscopy provides the surgeon with live imaging. Typically three implants are inserted, depending on the patient's body size.

The key benefits are that the iFuse Implant System is less invasive than traditional SI joint surgery. The iFuse Implant System uses a much smaller incision size and no bone grafting is needed as in traditional SI fusion.

A patient who has the symptoms related to SI joint problems can receive an evaluation by calling South Carolina Spine Center at 888-526-8806.



*IS CHRONIC PAIN LINKED TO THE S.I. JOINT? According to one study, 22% of people with chronic low back pain ultimately were diagnosed with problems related to their sacro-iliac joint. Main symptoms of SI joint problems include pelvis or buttock pain; sensations of numbness/tingling/weakness in a leg; difficult sitting; and pain upon standing from a sitting position. The new iFuse implant system is a minimally invasive procedure that enables the trained spine surgeons at South Carolina Spine Center to fuse the SI Joint to relieve pain symptoms. The new SI Joint technology eliminates the need for a bone graft or other screws or rods.*

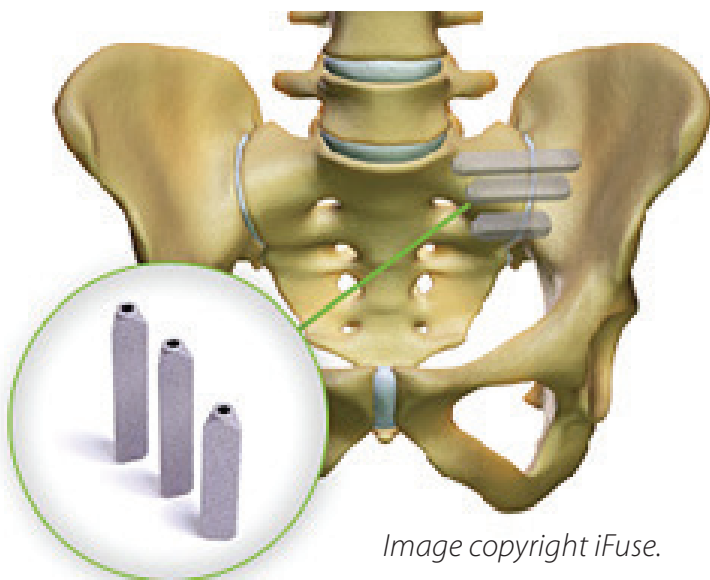
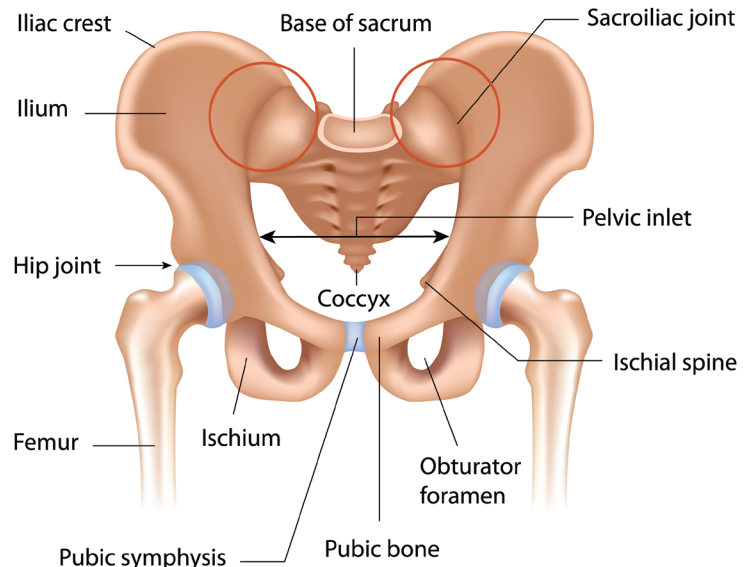


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# COOLIEF\* injections: A new non-surgical treatment option

Dr. Karl Boellert is now using COOLIEF\*, the latest technology that uses cooled radiofrequency energy to safely target the sensory nerves causing pain. The COOLIEF\* system circulates water through the device to create a larger treatment area. The procedure is a new treatment alternative for patients with facet arthritis, where previous treatments provided shorter relief of symptoms.

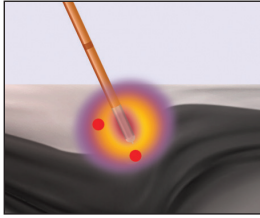


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South Carolina Spine Center is the only spine center in the state of South Carolina to be included in Spine Center Network, an exclusive national listing of credentialed spine centers of excellence, and the only program to publish a Clinical Outcome Report Card for insurance companies.



Other validation of quality was provided by BlueBlue BlueShield of South Carolina which designated South Carolina Spine Center as a Blue Distinction® Center.

Designated as a



for Spine Surgery



# The 4 Benefits of a Second Opinion

For those back and neck pain sufferers who have exhausted nonsurgical treatment options, spine surgery may be the next step in resolving pain or serious symptoms like numbness or weakness in a hand or foot.

Because spine surgery is a serious decision, it is a good idea to obtain a second opinion. A second opinion from a spine center can provide patients the following benefits:

1. Determine if all possible treatment options have been considered and if there are any other nonsurgical options, such as injection or physical therapy, that can relieve symptoms without the need for surgery.
2. If spine surgery is necessary, what type of spine surgery should be performed.

One surgeon may recommend a complex, multiple level fusion while a more proficient surgeon may recommend a less invasive surgery. South Carolina Spine Center also is able to provide artificial disc replacement for certain neck problems.

3. Provide a review of a patient's detailed history and recent MRI. Those patients who have emergent symptoms can see a spine surgeon within 24-48 hours.

4. Determine if the patient is a candidate for minimally invasive spine surgery which can involve a tiny incision that gets the patient home the same day for a faster, less painful recovery. Second opinions can be set up by calling 888-526-8806.

## UNDERSTANDING YOUR BACK OR NECK SYMPTOMS: WHEN YOU CAN USE WATCHFUL WAITING & WHEN YOU CANNOT

NOTE: A person may use "watchful waiting" for a few days for symptoms of muscle strain or even radiating pain into an arm or leg. However, ANY WEAKNESS OR NUMBNESS in an arm or leg, or loss of control of bowel or bladder, are emergency symptoms. You need to see a spine specialist promptly (as noted below) to prevent the symptoms from becoming permanent.

**PAIN LIMITED TO THE NECK:**  
Neck pain can be caused by traumatic injury, like whiplash from a car accident, or muscle or ligament strain. See our Home Remedies section on our Internet site. If pain persists beyond a week, you should see a spine specialist to determine the underlying cause.

**LOSS OF BOWEL OR BLADDER CONTROL:** This is a SERIOUS emergency symptom (cauda equina) that needs to be treated immediately by a spine surgeon within 24 hours. If you experience these symptoms at night or on the weekend, go to the emergency room. If not treated quickly, the person may lose control over their bowel and bladder permanently.

**RADIATING PAIN INTO THE LEG:** Pain that radiates into a leg below the knee can imply a herniated disc in the low back. But many times radiating pain can be treated non-surgically. Radiating pain should be seen by a spine specialist within 2 weeks.

**NUMBNESS OR WEAKNESS IN LEG OR FOOT:** Numbness or weakness in the leg or foot is a SERIOUS disc-related symptom that is NOT appropriate for watchful waiting. Left untreated, the symptom can become permanent. You should see a spine specialist within 3 days.

**TRAUMA / FALL/ACCIDENT:** Any time you fall, are in a car accident, or could have fractured a bone in your back, you should see a spine specialist immediately!

**FOOT DROP / WEAKNESS IN FOOT:**  
If pain, weakness or numbness extends into the foot so that you are unable to lift your toe as you walk, that is called Foot Drop, which is an emergency disc-related symptom. You need a spine specialist within 48 hours. If not treated promptly, it could lead to permanent weakness in the foot.

**FEVER, DROWSINESS, SEVERE HEADACHE, NAUSEA, VOMITING, UNUSUAL SENSITIVITY TO LIGHT?**  
Other symptoms may be unrelated to a back or neck problem, like cervical meningitis. This can be serious. You should consult a physician immediately for any of the above symptoms.

**RADIATING PAIN IN THE ARM:** Pain that radiates into an arm below the elbow can imply a herniated disc in the neck. Many times, radiating pain can be treated non-surgically. Radiating pain should be seen by a spine specialist within 2 weeks.

**NUMBNESS OR WEAKNESS IN ARM OR HAND:** Numbness or weakness in the arm or hand is a more serious disc-related symptom that is NOT appropriate for watchful waiting. Left untreated, the symptom can become permanent. You should see a spine specialist within 3 days.

**PAIN LIMITED TO THE LOW BACK:** Pain that is limited to the low back may be the result of muscle strain. While pain spasms can be excruciating, muscle strain problems do not require surgery. See our Home Remedies section on our Internet site for special stretches that can relieve pain, and the proper use of anti-inflammatories. While less common, a kidney injection or kidney stone may also cause low back pain symptoms. Consequently, you should consult a spine specialist accordingly for symptoms that persist beyond 5 days to determine the cause of your symptoms and the best treatment options, including a customized home exercise program that will make the back stronger, more flexible and resistant to future strain.



Those who self diagnose and self treat themselves do so at their own risk. We accept no responsibility for any problems that may result from the use or misuse of educational information intended to be helpful guidance. Copyright © 2015 Prizm - All Rights Reserved

## SOUTH CAROLINA SPINE CENTER

Advanced spine care services of



**Karl Boellert, MD**, Board-Certified Physical Medicine & Rehabilitation, Fellowship-Trained in Spine  
**Mathew Gowans, MD**, Board-Certified Physical Medicine & Rehabilitation  
**Michael Kilburn, MD; Sumeer Lal, MD; and Gregory McLoughlin, MD**  
 Board-Certified & Fellowship-Trained Spine Neurosurgeons

**Greenwood Main Office:** 115 Academy Avenue | Greenwood, SC 29646  
**Appointments & 2nd opinions:** 888-526-8806  
**E-mail:** SCspinecenter@selfregional.org | **Web:** SCSpineCenter.org