

TRANSCRIPT OF MEDIA CLIPS-Non-invasive spine surgery offers hope after years of pain

Patient Tyler Stratman of Clinton, Illinois

Pain from his bulging disc became debilitating.

"Even walking down the street to get Starbucks, my whole entire body would just kind of charley horse. I would have to stop in between blocks and kind of do hamstring stretches and things like that. And you know I was only 33 years old. And so it was a huge, huge part of my life taken away." (:22)

At its peak, Stratman describes unbearable pain and sleepless nights.

"I don't think I slept for probably four to five days," Stratman explains. "I would have to go out in the middle of the night. We have a treadmill and I would have to go out at like three or four in the morning to walk just to relieve something – just so I wouldn't feel pain." (:22)

After surgery, Stratman had instant relief.

"It was an instant relief. The kind of like nugget charley horse I just felt like I had in my back for those years – it was just gone. I didn't feel it anymore." (:16)

Stratman says he's feeling better than ever.

"I'm better than I've ever been. I feel stronger than I ever have. My mobility is better than it ever has been. I feel more flexible and [I'm] sleeping fantastic." (:12)

Dr. Sohail Syed, neurosurgeon at OSF HealthCare specializing in spine and oncology surgeries

Non-invasive surgery allows for small incisions and less damage to tissue and bones.

"Rather than going through all that, you can sneak underneath the nerve. And the endoscopic camera has an angle on it so it lets you look around the corner and work in the natural hole that exists in the spine without removing any bone or tissue and go right to the disc, remove the disc that's pushing on the nerve or the bone spur and be in and out just using a one to two centimeter incision." (:26)

Stratman was an ideal candidate for non-invasive spine surgery due to both his condition and mindset.

"He was a great candidate for endoscopic spine surgery because of the type of disc herniation he had, the location, his age and his attitude," Dr. Syed emphasizes, "He was really willing to do the work required after to get the best benefit from the surgery." (:17)

For some older patients, Dr. Syed cautions it could mean a few months before they feel significantly better.

“While the nerve is being hurt, so is the muscle, so is the skin and for all of that to recover, it can take time – especially for older patients. So if you wake up feeling great, that’s awesome. But if you don’t, give it at least three months.” (:14)