

IS THE MINUTEMAN® RIGHT FOR ME?

If you suffer from chronic back and leg pain, and have not found relief from conservative treatments, your physician may have recommended minimally invasive spinal fusion. The following questions will help determine if the Minuteman® is right for you.

- **Does your back or leg pain worsen with prolonged standing or walking?**
- **Does your back or leg pain improve while you are sitting?**
- **Is your pain worse with prolonged sitting?**
- **Does leaning forward improve your pain?**
- **Is your pain relieved when resting?**

If you answered “yes” to any of these questions, you may be a candidate for implantation of the Minuteman®. For people who are not able to physically handle a more traditional fusion or long recovery, the Minuteman® may be a particularly good option.

It is important to talk to your doctor about the best way to treat your back and/or leg pain. Your physician will decide if minimally invasive spine surgery is the right choice for your condition. In cases of severe spinal degeneration, traditional lumbar fusion may be the only appropriate option.

MINIMALLY INVASIVE SPINAL FUSION

The Minuteman® offers a less invasive alternative to traditional fusion procedures. When it comes to stabilizing the spine, the Minuteman® has been shown to be comparable to screws and rods. This helps alleviate symptoms of back and leg pain.

During this procedure, a 1-inch incision is made on the side of your body, dilation is used to access the spine, and the Minuteman® is implanted with bone graft. The advantages of this approach are that it does not require dissection or retraction of the sensitive back muscles, bones, or nerves. This may lead to a shorter operative time, less blood loss, reduced hospital stay, and a faster recovery time.



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SPINALSIMPLICITY.COM



Minuteman®

Spinal Simplicity
Innovative simple solutions

SUFFERING FROM BACK OR LEG PAIN?

TAKE YOUR LIFE BACK WITH MINUTEMAN®
MINIMALLY INVASIVE SURGERY SYSTEM



This patient brochure is not a replacement for professional medical advice. Federal law (USA) restricts this device to sale by, or on the order of, a physician. See Instructions For Use (IFU) for a complete list of prescribing information about the Minuteman System.

*For more information, visit www.spinalsimplicity.com L106RevC00
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BACK AND LEG PAIN

Back pain affects millions of Americans every year and has a negative impact on lifestyles, jobs, relationships, and mental well-being.

Back pain is usually caused by the natural degeneration of the spine as we age. Severe degeneration can cause weakness or instability of your spine, which can lead to debilitating pain in the lower back. These painful symptoms can also extend into your buttocks, legs or feet.

While back and/or leg pain are extremely common, the symptoms and severity of the pain vary greatly. Your pain may be dull or sharp. It may be in one isolated area, or cover a broad area. The back pain may include shooting pain, numbness, tingling, and muscle weakness in the legs and feet. Pain that travels to the legs and feet is due to the degenerative process that causes nerves around the spine to become pinched.

Identifying your symptoms, along with accurate diagnosis of the underlying causes of the pain, is the first step to obtaining effective pain relief.



Minuteman®

SPINAL DEGENERATION

Spinal degeneration is a condition characterized by gradual wear and tear to the discs, joints, and bones of the spine. The cause of spinal degeneration is simple overuse or aging. As you age, the degenerative changes to your spine may include decreased disc height, instability, loss of joint cartilage, bone spurs (osteophytes), and thickened ligaments and bones.



Lumbar Spinal Stenosis is the narrowing of a spinal canal due to fluid loss within discs that can cause nerve impingement and lower back and leg pain.



Spondylolisthesis is a condition in which degenerated facet joints and discs can cause vertebral body slippage often leading to compression of nerves and back pain.



Degenerative Disc Disease occurs when loss of disc height and fluid takes place often causing back pain and leading to an onset of other conditions.

The discs serve as the cushion between each vertebra. Over time, these discs can become thinner and less flexible due to loss of fluid, or they can develop tiny tears and cracks that cause the disc to bulge, break open, or fragment. This decreases the disc's ability to cushion the vertebrae.

Spinal degeneration can lead to instability in the spine. This is when one vertebra slips forward over another vertebra, causing pain.

Arthritis is a form of spinal degeneration. Due to a loss of joint cartilage, bone spurs and thickened ligaments can develop and cause narrowing of the spinal canal. As a result, the spinal nerve roots may become pinched or irritated and cause pain that radiates down the leg.



TREATMENT OPTIONS

Treatment of your back and/or leg pain depends on the history and severity of the pain, as well as on test results that identify the source of the pain.

Your doctor may prescribe conservative treatment options such as rest, heat, medication, physical therapy, and/or cortisone injections.

If these treatments fail to provide long-lasting pain relief, then your doctor may recommend spinal fusion surgery. During this surgical procedure, two or more vertebrae are fused together to restrict the movement that is causing your pain. Traditionally, large stabilizing screws and rods are placed into the vertebrae to act as an internal brace and allow the fusion to occur. These implants are effective at immobilizing the spine, but require wide, posterior dissection to normal, healthy tissue for insertion.

In recent years, technological advancements have allowed more spinal conditions to be treated with minimally invasive surgical (MIS) techniques. MIS physicians use specialized instruments and implants through small incisions and can access your spine from the side of the body (lateral).