

After successful spine surgery, Kenneth prepares for more adventures

Kenneth is an adrenaline seeker. He has completed ultra distance marathons, 100 - mile bicycle adventures, competed in the Eco-Challenge and has a history of motorcycle and off-road professional racing. While racing motorcycles and off-road cars, Kenneth survived some very dangerous accidents. As the years and adventures went by, Kenneth began noticing numbness in his hands and arms. At first, the numbness was bearable and did not hinder his active lifestyle.

In 2008, Kenneth noticed his numbness symptoms intensifying, to the point of not being able to fully use his hands and arms. Also, a near professional bowler, Kenneth was virtually unable to hold his bowling ball. He was unable to ride his bicycle for more than 15-20 minutes, or drive a car for more than an hour without stopping to get the feeling back into his hands. Kenneth knew something was seriously wrong and sought help from his family practitioner at the University of Nevada Medical Center in January 2009. His doctor ordered x-rays and after observation, prescribed an MRI. Kenneth was soon referred to Fellowship-trained spine surgeon and neurosurgeon Dr. James Lynch of SpineNevada.

While at first Kenneth was skeptical, Dr. Lynch and the SpineNevada team soon put him at ease and answered his questions with knowledge and compassion. Dr. Lynch explained in detail to Kenneth the findings of his x-rays and MRI. He pointed out the damaged areas and described the best way to treat the spine condition. Kenneth's condition was severe and would require an extensive multilevel reconstructive spine surgery. Dr. Lynch made certain that Kenneth understood the surgery needed and what to expect after surgery.

During surgery, Dr. Lynch performed a four level anterior cervical discectomy

with fusion. He removed the damaged discs from C3-C7 and replaced the cavities with 4 graft cages, 1 titanium plate and 12 titanium screws. When a piece of the shock-absorbing disc is



removed, the vertebrae structures may become less stable. Consequently, when a disc is removed a surgeon may fuse the vertebrae to prevent instability.

Kenneth's surgery was performed on February 14, 2009; he spent only two days in the hospital and was then released

to recover at home. He scaled back activities for about six weeks then started five weeks of physical therapy directed by the spine-specialized therapists at SpineNevada. Kenneth was prescribed a customized home exercise program to help restore core strength. His routine included core exercises with resistance bands several times a day - exercises that Kenneth still includes in his fitness regimen.

About 10 weeks after his surgery, Kenneth was able to start taking long walks and bicycle rides. In May 2009, Kenneth was able to drive from Denver, CO to Reno, NV, 16 hours straight without experiencing numbness in his hands or arms. In September 2009 he was able to complete the Disneyland Half Marathon, followed by the MS 150 bike ride on the next weekend. Today, Kenneth is feeling great and continuing to improve his fitness level. In 2010, he plans to complete multiple 100 - mile bike rides and an ultra distance run. In order to improve his bowling skills and endurance levels, Kenneth incorporates regular strength training workouts into his schedule.

"Before surgery," Kenneth notes, "I couldn't even pick up a bowling ball without pain. Now, I'm back at the lanes, and I'm trying to qualify for the Senior Professional Bowling Association Tour."

Recognizing the national trend toward a Center of Excellence approach for complex health problems, SpineNevada was founded by Dr. James Lynch (shown right), more than five years ago in Reno with the goal of improving the care of back and neck pain for the Reno community. Today, we are able to offer spine specialized care, including the latest minimally invasive surgical techniques, for the back and neck pain sufferer. SpineNevada includes all the necessary diagnostic testing and treatment in one place, this eliminates the

need for multiple referrals, delayed care and confusion.



Trend in medicine is a multidisciplinary approach, with non-surgical and surgical expertise together under one roof for patient benefit

As you know, medicine is becoming increasingly specialized — all for the benefit of the patient. Recognizing the national trend toward a Center of Excellence approach for complex health problems, we founded SpineNevada more than five years ago. It was a work in progress then, and it will always strive toward the goal of improving the care of back and neck pain for the Reno community.

Philosophically, we believe that the problem with spine care is that — from the patient's perspective — care is highly fragmented and biased. Too many times, the patient receives a silo-oriented method of care, strongly biased to the physician seen.



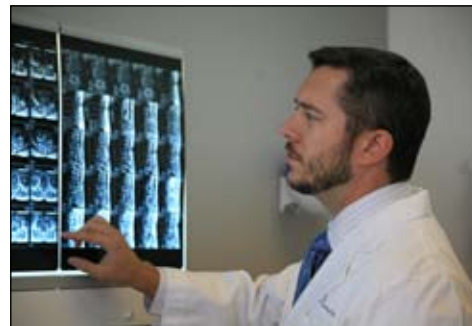
Managed care and employers have long believed that the only way to dilute specialty bias is to have complementary specialists under one roof for the benefit of the patient.

As a result, SpineNevada has worked hard over the years to

include a variety of complementary specialists for the benefit of the patient. We have a board-certified neurosurgeon who is one of a handful of spine surgeons with three spine fellowships, including Mayo Clinic training. He has expertise in new artificial disc technology and minimally invasive surgery. We include specialists in physical medicine who bring additional expertise in non-surgical spine care and spine-specialized physical therapists. We have two satellite offices in Sparks and Carson City for the convenience of the back pain sufferer. For several years, we have prescribed home exercise programs — something that is greatly desired by health plans and employers.

As a community service, we have an online spine resource at www.SpineNevada.com with symptom charts, medical illustrations, narrated videos on spine treatment in English and Spanish, and exercises that relieve back and neck pain. To our knowledge, this spine encyclopedia is the most comprehensive educational resource for back and neck pain sufferers in the State of Nevada. You are welcome to refer patients to that resource for information.

The message to patients that weaves through all of this communication is to exhaust non-surgical treatment options first before surgery.



While everyone likes to claim they are the best, we have already begun the process of tracking clinical outcomes, from use of pills, patient satisfaction, and return to function so we can publish a clinical outcome report card for employers and health insurance plans. We continue to move forward, and strive to be responsive to the physicians who refer patients to us and trust in us. If you have a question, or a patient needing a referral to our center, we would be pleased to respond. We look forward to being a resource for you and your patients, and we appreciate suggestions to help us improve.

Fellowship-trained spine surgeon and physiatrists

James J. Lynch, M.D., FRCSI

Board-certified Neurosurgeon
Fellowship-Trained Spine Surgeon

Dr. James Lynch is a board-certified neurosurgeon who specializes in complex spine surgery, cervical disorders, degenerative spine, spinal deformities, trauma, tumor infection and minimally invasive spine surgery. He has been elected to "Best Doctors of America" and received the "Top Neurosurgeons in US" award by consumer report. Dr. Lynch is one of a handful of spine surgeons with three fellowships in the specialty of spine surgery. He has also served as Chief of Neurosurgery at St. Mary's Hospital. Dr. Lynch has been published in leading journals including: *Spine: Journal of Neurosurgery* and *Neurosurgery*.



He earned his medical degree from Trinity College in Dublin, Ireland, followed by a residency at the Mayo Clinic in Rochester, MN. Dr. Lynch went on to complete a spine fellowship at the National Hospital for Neurology and Neurosurgery in Queens Square, London, UK, followed by a spine fellowship at Mayo Clinic and an additional spine fellowship under Volker Sonntag, MD, at the prestigious Barrow Neurological Institute in Phoenix, AZ. As a leading authority on Ambulatory Surgery Center (ASC) development, Dr. Lynch lectures at national meetings on outpatient spine surgery. He serves as Chairman and Director of Spine Programs at Surgery Center of Reno. Dr. Lynch is the founder of SpineNevada.

To refer a patient to SpineNevada for non-surgical treatment, 2nd opinion, surgical consult, spinal injections, EMGs or spine-specialized therapy, call us at 775.348.8800.

Jonathan D. Burns, M.D.

Board-certified Physical Medicine & Rehabilitation
Fellowship-Trained Pain Management Specialist

Dr. Burns joins SpineNevada after completing an interventional Spine and Musculoskeletal Medicine Fellowship at The SMART Clinic in Sandy, Utah. Dr. Burns specializes in the assessment, diagnosis and non-surgical treatment of back and neck pain problems. He is proficient in EMGs and pain-relieving spinal injections.



He completed a residency in Physical Medicine and Rehabilitation at Temple University Hospital in Philadelphia, where he also served as clinical instructor, elective coordinator and research coordinator. He is a member of the American Academy of Physical Medicine and Rehabilitation and the Physiatric Association of Spine, Sports & Occupational Rehabilitation.

Lisa M. Pitino, D.O.

Board-certified Physical Medicine & Rehabilitation
Fellowship-Trained Pain Management Specialist

Dr. Pitino joins SpineNevada after completing a Pain Management Fellowship at the University of Texas Health Science Center at San Antonio. Dr. Pitino specializes in the assessment, diagnosis and non-surgical treatment of back and neck pain problems. She is proficient in EMGs and pain-relieving spinal injections.



She completed a residency in Physical Medicine and Rehabilitation at the University of Texas Health Science Center at San Antonio. She is a member of the American Academy of Physical Medicine and Rehabilitation and the Physiatric Association of Spine, Sports & Occupational Rehabilitation.

SpineNevada Locations

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Online spine encyclopedia at
SpineNevada.com

Home Remedy Book

SpineNevada wants the patient to be well-informed about the causes of back and neck pain. Once an individual encounters back or neck pain, he or she is four times as likely to experience it again. This is why prevention is essential to long-term recovery. As a community service, we mail out a free, 36-page Home Remedy Book that has helped thousands of people with symptom relief. Contact us at 775.348.8800 and we can send about 20 copies for your office for you to hand out to your patients.

