

The latest minimally invasive technology available today at SpineNevada

There is now a new device that helps correct spinal stenosis. SpineNevada surgeons are proficient in the new X-STOP® Interspinous Process Decompression (IPD®) system. X-STOP, shown below, is the first minimally invasive alternative to conventional lumbar spinal stenosis (LSS) surgery approved in the United States. The X-STOP implant has been clinically proven to greatly improve the most common symptoms of lumbar spinal stenosis, including symptom severity, physical function and patient satisfaction. LSS is a degenerative disease that is often associated with the narrowing of the spinal canal.

The X-STOP implant is designed to limit extension of the lumbar spine and therefore maintains the spine in a neutral or slightly flexed position, which increases the area of the spinal canal and decompresses the nerves. The X-STOP procedure is performed under local or general anesthesia and has a low rate of complications.

The X-STOP procedure offers a less invasive option that was not available until now. Before this technology, common stenosis treatments included non-surgical therapies such as NSAIDs or injections to invasive procedures such as lumbar laminectomy, the most common surgical



option.

SpineNevada partners with Surgery Center of Reno to provide the latest spine technology. Because the Surgery Center of Reno is located on the Saint Mary's Hospital campus, it is the only free standing surgery center in Reno that has direct hospital access if the need arises to transfer to a higher level of care. 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.



X-STOP Facts

- **What is X-STOP?** The first minimally invasive alternative to conventional stenosis surgery or laminectomy.
- **Who will benefit most?** Stenosis patients, aged 50+, suffering symptoms of severe pain and weakness in the back and legs and who are able to relieve symptoms when they bend forward or flex their spines.
- **How does X-STOP work?** The X-STOP implant is placed between the spinous processes (bony structures that stick out of the vertebrae) of the symptomatic discs during a minimally invasive procedure.



Patients can be referred to www.SpineNevada.com where they can download medical illustrations on all spine surgeries, including X-Stop.

New injection suite offers pain sufferers a way back to activity



SpineNevada is pleased to announce the addition of an internal injection suite complete with a C-arm scanner for the benefit of patients. By having an internal injection suite, patients no longer have to wait for a pain-relieving injection, or drive around town to multiple locations.

Physical therapy and injection therapy are the two most common tools used by a spine center to help patients recover from back or neck pain without surgery. While physical therapy is the safest treatment option, intense pain sometimes prevents a patient from entering physical therapy. Injections can often relieve pain long enough to begin therapy and start special exercises. In addition, injections can act as a diagnostic tool by providing a spine specialist with key insight into the possible causes of back or neck pain symptoms.

Expanded Physical Therapy Suite in Reno

SpineNevada is growing in Reno with the addition of a larger, state of the art physical therapy gym. The new gym is located on the 5th floor of our Reno office building.

Unlike a general PT gym where a variety of problems are treated, the SpineNevada PT gym includes spine-specialized physical therapists that have advanced training in spine therapy techniques.

Along with the expanded PT gym, we have added two non-surgical spine specialists. Dr. Jonathan Burns and Dr. Lisa Pitino are physical medicine and rehabilitation physicians, fellowship-trained in spine. Both are proficient in EMGs and pain-relieving spinal injections, and will be involved in the diagnosis and non-surgical treatment of back and neck pain.



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 will send you a copy.



Fellowship-trained spine surgeons and physiatrists, all under one roof

James J. Lynch, M.D., FRCSI

*Board-certified Neurosurgeon
Fellowship-Trained Spine Surgeon*

Dr. James Lynch is a board-certified neurological surgeon 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 has been selected for Becker's Orthopedic & Spine Review's list of "50 of the Best Spine Specialists in America". 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.



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.



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SpineNevada Locations: Reno and Sparks

Reno Main Clinic

75 Pringle Way
Suite 502 & 605
Reno, NV 89502



Sparks Clinic

2385 E. Prater Way
Suite 204
Sparks, NV 89434



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