Difficulty walking distances
Decreased endurance for physical activities

Treatment Options for Spinal Stenosis
Once diagnosed with spinal stenosis, treating the condition usually starts with conservative options. Patients may feel relief from the following non-surgical options:
- Rest or restricted activity
- Medication (including NSAIDs)
- Physical therapy & Exercise
- Injection therapy

Surgical Treatment Options
If non-surgical treatment options do not offer lasting relief, a surgical procedure may be recommended. The ultimate goal of surgery is to increase the area of the spinal canal by relieving pressure on the spinal sac and nerves that are trying to extend to the rest of the body. There are a number of surgical treatments that can help relieve symptoms caused by spinal stenosis. SpineNevada is the first center in Northern Nevada to offer the coflex® device as an alternative to traditional surgery with fusion.

To request a consultation with SpineNevada for non-surgical treatment such as injection or physical therapy, or a second opinion before spine surgery, please call 775-348-8800.

The statements contained herein are not provided by Paradigm Spine except as specifically noted, and are not intended to constitute claims regarding the safety or efficacy of the product. This advertisement is wholly paid for by SpineNevada and does not constitute an endorsement of or by Paradigm Spine.

Dr. James Lynch at SpineNevada Minimally Invasive Spine Institute recently became the first in Northern Nevada to use the coflex® device for the treatment of Spinal Stenosis. This non-fusion treatment option can help spinal stenosis patients return to activity faster than with decompression and fusion.

SpineNevada understands that patients value the ability to maintain an active lifestyle. Back or neck pain conditions — including spinal stenosis — can limit activity. If working around the house, grocery shopping or walking for exercise means pain, numbness, or weakness in your lower extremities, SpineNevada is in the position to help.

About Spinal Stenosis
Spinal stenosis is a condition that can develop as a person ages, particularly in those over 50. It is the narrowing of the spinal canal, which places pressure on the spinal cord and nerves because there is not enough room. The primary cause of stenosis is degenerative disc disease or osteoarthritis. It resembles placing a ring on your finger. If the finger becomes injured or inflamed, the ring constricts and causes pain.

Symptoms of Lumbar Spinal Stenosis
Patients with lumbar spinal stenosis often experience the following symptoms. Symptoms may worsen with standing or walking:
- Dull or aching back pain that spreads to the legs
- Numbness and “pins and needles” in legs, calves or buttocks
- Weakness or loss of balance

About the coflex® device

Four important factors about the coflex® device:
1. Protects & Maintains Surgical Decompression
   The spine surgeon will first perform a decompression to remove bone, facet, ligament and / or disc segment from the narrowing spinal canal. The titanium coflex® device is placed to help maintain the decompression.
2. Stabilization
   The coflex® device keeps the spine stable after surgical decompression & maintains foraminal height of the spine where the coflex® is implanted.
3. Non-Fusion
   The coflex® device allows for physiologic motion, including flexion and extension, that allows for the spinal segment to maintain appropriate motion after surgical stabilization.
4. Less Invasive
   The coflex® device is implanted through a single small, incision in the back.

Illustration above demonstrates the coflex® device placed on the laminar bone. Image ©Paradigm Spine.
Comparison of the coflex® device vs. traditional stenosis surgery with fusion

<table>
<thead>
<tr>
<th>POST SURGICAL SYMPTOM RELIEF</th>
<th>coflex® Solution*</th>
<th>Traditional Surgery with Fusion</th>
</tr>
</thead>
<tbody>
<tr>
<td>At 6 weeks, 90% of coflex® patients showed relief of their spinal stenosis symptoms. At 2 years, 88% of coflex® patients showed lasting relief of their spinal stenosis symptoms</td>
<td>At 6 weeks, 77% of fusion patients showed relief of their spinal stenosis symptoms. At 2 years, 78% of fusion patients showed lasting relief of their spinal stenosis symptoms</td>
<td></td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>PATIENT SATISFACTION</th>
<th>coflex® patients were satisfied with their outcome</th>
<th>At 2 years, 87% of fusion patients were satisfied with their outcome</th>
</tr>
</thead>
<tbody>
<tr>
<td>coflex® surgeries take approximately 98 minutes, 36% faster than traditional fusion surgeries. The average amount of blood loss during surgery with the coflex® device is 110cc.</td>
<td>Fusion surgeries take approximately 153 minutes. The average amount of blood loss during the fusion solution is 349cc.</td>
<td></td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>SURGICAL TIME &amp; BLOOD LOSS</th>
<th>coflex® patients spend approximately 1.9 days in the hospital.</th>
<th>Fusion patients spend approximately 3.2 days in the hospital.</th>
</tr>
</thead>
<tbody>
<tr>
<td>At 2 years, coflex® patients retained their pre-operative range of motion (within 10%) at the area of treatment. Coflex® patients retained their pre-operative range of motion (within 15%) at the areas below and above the treatment area.</td>
<td>At 6 weeks, 90% of coflex® patients showed relief of their spinal stenosis symptoms. At 2 years, 88% of coflex® patients showed lasting relief of their spinal stenosis symptoms</td>
<td></td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>LENGTH OF HOSPITAL STAY</th>
<th>POST SURGICAL STABILIZATION AND RANGE OF MOTION</th>
</tr>
</thead>
<tbody>
<tr>
<td>Fusion patients saw a 25-50% increase in unnatural motion at the areas below and above the treatment area.</td>
<td></td>
</tr>
</tbody>
</table>

*Data in this table is based on validated clinical measurements from a randomized FDA clinical study comparing the coflex® Interlaminar Technology to pedicle screw fusion surgery for moderate to severe spinal stenosis. Every patient is different; therefore, results may vary. All data is on file at Paradigm Spine, LLC.

FELLOWSHIP-TRAINED NEUROSURGEONS & NON-SURGICAL SPECIALISTS — UNDER ONE ROOF

James J. Lynch, MD, FRCSI, FAANS
Board-certified Neurosurgeon
Fellowship-Trained Spine Surgeon

Dr. James Lynch is a Board-Certified Spinal Neurosurgeon with over 20 years of experience, who specializes in complex spine, cervical disorders, degenerative spine, spinal deformities, and minimally invasive spine surgery. Dr. Lynch is one of a handful of spine surgeons with three fellowships in the specialty of spine. Dr. Lynch was selected to Becker’s Orthopedic and Spine Review’s list of Fifty of the Best Spine Specialists in America. Dr. Lynch received his neurosurgical training at Mayo Clinic with further spine fellowship at Barrow Neurological Institute. He received the Becker’s Leadership Award in 2013. Dr. Lynch is recognized nationally as a leader in outpatient spine surgery and minimally invasive spine surgery. Active in the community, Dr. Lynch serves as a Board Member for the High Fives Spinal Cord Injury Foundation.

Edward C. Perry III, MD
Board-eligible Neurosurgeon
Fellowship-Trained Spine Surgeon

Dr. Edward Perry joined the SpineNevada team after completing fellowship training in complex spine at the Vanderbilt University Medical Center in Nashville in the Department of Neurosurgery. Dr. Perry completed his residency in Neurological Surgery at Loyola University Medical Center. As a specialist in spinal neurosurgery, he emphasizes non-surgical treatment options in advance of surgery, holding that as the last resort for patients. If surgery is necessary, Dr. Perry has expertise in minimally invasive spine surgery techniques, major deformity and reconstruction techniques, revision spine surgery and spinal cord tumor removal. Dr. Perry is a member of the American Association of Neurological Surgeons and the Congress of Neurological Surgeons.

Jonathan D. Burns, MD
Board-certified in Physical Medicine
Fellowship-Trained in Interventional Pain Management

Dr. Jonathan Burns completed an interventional Spine and Musculoskeletal Medicine Fellowship at The SMART Clinic in Sandy, Utah. He completed a residency in Physical Medicine and Rehabilitation at Temple University Hospital in Philadelphia. 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. Dr. Burns is experienced in treating musculoskeletal pain including chronic back and neck pain, whiplash injuries, myofascial pain, facet syndrome, neuropathic pain, complex regional syndrome (CRS), peripheral neuralgia, and other pain conditions. He is a member of the American Academy of Physical Medicine and Rehabilitation and the Orthopedic Association of Spin., Sports & Occupational Rehabilitation.

James P. Murphy, MD
Board-certified in Physical Medicine
Fellowship-Trained in Pain Medicine

Dr. James Murphy has expertise in diagnosing and treating injuries to the spine, joints, muscles, tendons and nerves throughout the body. He was Chief Resident and a Clinical Instructor at Temple University School of Medicine. Dr. Murphy then performed both his residency in PM&R and his Fellowship in Pain Medicine at Temple University Hospital. Dr. Murphy practiced six years in California after completing his fellowship. Dr. Murphy has extensive training in performing spinal procedures and joint injections including epidurals, facet joint nerve blocks, radio-frequency neurotomy and spinal cord stimulators. Dr. Murphy’s goal is to provide patients with the ability to make the best decisions about their body, functioning and pain.

SpineNevada is the only spine center in the State of Nevada to be included in SpineCenterNetwork.com — the only national listing of credentialed spine centers. To be included, a spine center must have spine surgeons and physical medicine physicians; spine therapists; an emphasis on non-surgical capabilities; and report clinical outcomes.

Office in Reno:
9990 Double R Blvd.
Suite 200
Reno, NV 89521

Office in Sparks:
2385 E. Prater Way
Suite 204
Sparks, NV 89434

Office in Carson City:
1470 Medical Parkway
Suite 220
Carson City, NV 89703

FOR REFERRALS & APPOINTMENTS: 775.348.8800 | EDUCATIONAL WEBSITE AT SPINENEVADA.COM