

For Immediate Release

FREE FROM BACK PAIN IN A DAY -- COASTAL ORTHOPEDICS' PHYSICIANS FIRST IN BAY-AREA TO OFFER INNOVATIVE BACK PAIN PROCEDURE

Bradenton, FL (May 12, 2010) — Until recently, pain medication, steroid injections, and invasive surgeries were the only options available for back pain sufferers. Now those suffering from lower back pain caused by Lumbar spinal stenosis (LSS) have a new option. Coastal Orthopedics' physicians are the first in the area to offer Vertos *mild*, a minimally invasive back pain procedure that can have patients walking pain free in a day.

Coastal Orthopedics' pain management physician, Dr. Lora Brown, is the first to be trained in the *mild* procedure on Florida's west coast, and is Principle Investigator in a randomized clinical trial, which compares the effectiveness of first time ESI (Epidural Steroid Injections) vs. the *mild* procedure. "As conservative therapies lose their effectiveness, patients are left with the option of taking stronger opiates or undergoing major back surgery," said Brown, "It is my hope that this study can demonstrate that the *mild* procedure could be an earlier treatment option for those dealing with back pain."

The mild procedure is used to relieve the pain of LSS. The condition causes lower back pain, which affects 1.5 million individuals in the U.S. each year. LSS comes from the normal wear-and-tear effects of aging, more specifically; it is the thickening of ligaments in the spinal canal which in turn causes increased pressure and back pain. By using a small incision point, the *mild* procedure thins out this ligament and restores it back to its normal thickness, which takes the pressure off of the spine. When compared to previous options, the *mild* procedure offers immediate relief within hours after surgery and speedy recovery time without the use of large incisions or invasive implants.

Some local residents have already taken advantage of this innovative procedure. "With my busy lifestyle I couldn't afford such a long recovery time so it made sense to go with the less invasive surgical option which relieved my back pain almost immediately," said Phyllis Bywater of Palm Meadow. Jean Limbaugh of Bradenton was told by other doctors that she should be prepared to eventually use a walker or wheelchair, "Dr. Brown gave me the chance to not only live pain free but also maintain my mobility."

In addition to Dr. Brown, all pain management physicians at Coastal Orthopedics have been trained in the Vertos *mild* treatment.

About Coastal Orthopedics & Sports Medicine | Pain Management

Coastal Orthopedics & Sports Medicine | Pain Management has been serving the Sarasota-Bradenton area for over thirty years. Coastal Orthopedics is comprised of a group of over 20 specialty and sub-specialty trained orthopedic surgeons and pain management physicians focusing on the care and treatment of patients. Our pain management physicians work with patients to receive treatment focused on restoring activity through the reduction or elimination of pain associated with the musculoskeletal system through minimally invasive, interventional methods. For more information visit www.coastalorthopedics.com.

Press Contact-
Fawn Porter/aDeo Media
+1 407-833-9200 • fawn@adeo.com

###