

Endoscopic Spine Surgery Program

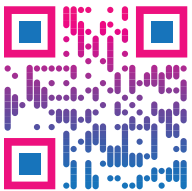
The most ultra-minimally invasive option
available for back and leg pain relief

What is endoscopic spine surgery?

Endoscopic spine surgery is an ultra-minimally invasive procedure that uses a tiny camera and specialized instruments to treat spine conditions through a very small incision. This technique protects the surrounding muscles and allows the surgeon to see the spine clearly using a tiny access point only a few millimeters in size.

This technique allows surgeons to address disc herniations, nerve compression and other conditions with less tissue disruption than traditional open or even standard minimally invasive surgery.

How this technique is used



Scan this QR code to watch a video of M. Craig McMains, MD, OrthoIndy spine surgeon, as he explains this new ultra-minimally invasive approach.

Who should consider this surgery?

Endoscopic surgery may be an option for patients who have been told they need:

- A microdiscectomy
- A decompression
- Treatment for sciatica or nerve compression
- A spinal fusion

If you've been told you need spine surgery — especially if you've been told you need a spinal fusion — come see if spinal endoscopy can give you a better, faster recovery.

Patient Success Story

I previously treated a patient with a standard minimally invasive microdiscectomy. A year later, she returned with a similar issue at a different level, and we were able to treat her through our spinal endoscopy program.

She told me her recovery was faster and she experienced less pain than after her first surgery. Today, her pain is completely resolved, and she was able to return to work and the activities she enjoys much more quickly.

Based on outcomes like hers, if I ever needed surgery for a disc herniation, I would choose an endoscopic approach.



— M. Craig
McMains, MD

ORTHOINDY SPINE

Patient benefits

Ultra-minimally endoscopic spine surgery offers several advantages, including:

- **Smaller incisions:** the incision is the size of a poke hole.
- **Less disruption to muscles and ligaments:** the camera and instruments pass through natural tissue planes, reducing the need for cutting.
- **Less post-operative pain:** minimal tissue disturbance can reduce the need for pain medicine after surgery.
- **Faster recovery:** many patients return to daily activity sooner than with traditional techniques.
- **Effective relief of nerve compression:** this approach allows direct treatment of disc herniations and nerve impingement that cause back or leg pain.

Insurance coverage and billing

- Some insurance plans do not yet consider endoscopic spine surgery a covered service. Coverage varies by insurer and specific plan.
- Before surgery, your benefits will be reviewed. If this procedure is not covered under your plan, you may be responsible for out-of-pocket costs.

Financial responsibility

Patients with an insurance plan that does not yet consider endoscopic spine surgery as a covered service will be asked to sign a waiver acknowledging that they will be personally responsible for the balance of any charges not covered by their insurance plan.

Our team will provide an estimate and will answer your questions about coverage and payment.

Questions?

Please ask your OrthoIndy spine specialist if endoscopic surgery is right for you. We are here to support you and help you understand all your options for treatment and recovery. To reach one of our staff members and schedule an appointment, call **317.802.2000**.

Your surgeon will determine whether this technique is appropriate after reviewing your imaging and evaluating your symptoms.

M. Craig McMains, MD
Orthopedic Spine Surgeon

