



LYN LAYMAN



"This surgery has been an absolute miracle. I want to shout from the rooftops how wonderful I feel."

Age: 64
Hometown: Salt Lake City, UT
Surgeon: Dr. Kade Huntsman, Salt Lake Orthopaedic Clinic, Utah
Indications: Degenerative disc disease, disc herniation
Procedure: XLIF®
Levels Treated: L3-4
Surgery Date: March 11, 2009

Life Prior to Surgery: Over ten years ago, Lyn began experiencing intermittent back pain. Years of overexertion due to heavy lifting and physical activities had taken a toll on her back and, as the back pain progressively worsened, she started looking for various pain relief options. Lyn tried yoga, physical therapy, and stretching, but she couldn't find relief and would often wake up in the middle of the night with severe pain. Since lying still only exacerbated her pain, Lyn felt like she had to continually move.

Eventually, her pain started affecting her moods and relationships with family and friends. She started taking pain medications and tried nerve-block treatments at a pain clinic but, to her dismay, her pain was constant and aggressive. Lyn was hesitant to undergo a surgical treatment because of the numerous horror stories she had heard about spine surgery. Nonetheless, her pain was inhibiting her active lifestyle and she decided she was determined to try anything for long term relief.

Lyn spoke with her daughter who works as an anesthesiologist for a spine surgeon to see if she had any recommendations for treatment. Her daughter suggested that Lyn make an appointment for a consultation with the surgeon for whom she works, Dr. Kade Huntsman. During the consultation, Dr. Huntsman told Lyn that he could probably help relieve about 40% of her pain if she underwent spine surgery.

Situation Today: Lyn underwent XLIF surgery in March 2009 and walked the same day as her procedure. She started exercising on an elliptical within a couple months of surgery and attended her first yoga class after four months. Lyn attributes her quick recovery to her active lifestyle and now feels like she has "90% less pain". She has resumed traveling and all her daily activities but is careful not to lift anything heavy. According to Lyn, "I want to shout from the rooftops how wonderful I feel!"

Important Note: As with any spine surgery, there are potential benefits and possible risks associated with the XLIF procedure. Individual results will vary. It is important that you discuss the possible risks and potential benefits of XLIF with your doctor prior to receiving treatment, and that you rely on your physician's judgment. Only your doctor can determine whether you are a suitable candidate for this procedure.

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