

Patient Testimonial



Dave, XLIF® Patient

Dave, a 51 year-old business owner, lives a very athletic lifestyle. Snowboarding, hiking, mountain biking, and golfing; Dave does it all. However, he was not always able to enjoy these various outdoor activities. Fifteen years ago, Dave started suffering from back pain. "It started in my lower back and just got worse and worse over the years. I am a really busy guy, my back pain slowed me down," Dave stated.

His back pain became so severe that Dave had to sacrifice playing golf, snowboarding, and the other outdoor activities he enjoyed. Dave had to restrict airplane travel for months which interfered with his job. He tried several nonsurgical options to alleviate his back pain, including electrothermal treatment, steroid injections, and pain medications, but he found little relief. "The pain medications just really messed with my head and my digestive system. They really reduced my quality of life," recalls Dave.

*Shortly after having the XLIF procedure
Dave visited Costa Rica where he went on a zip line.*

After yielding disappointing results from the nonsurgical treatment options, Dave made an appointment to see Dr. Khawar Siddique, a neurosurgeon at Perri & Siddique Spine Surgery, Inc. in Los Angeles, CA. "I originally went to Dr. Siddique for an artificial disc but there was too much damage," says Dave. After evaluating his condition, Dr. Siddique diagnosed Dave with degenerative disc disease and introduced Dave to the XLIF® (eXtreme Lateral Interbody Fusion) procedure by NuVasive®.

Unlike typical spine surgery approaches, the XLIF procedure accesses the spine laterally, through the patient's side. This minimally disruptive approach avoids disrupting major muscles, tissues, and organs that may otherwise be affected during a traditional spine surgery. The XLIF procedure merely requires two one-inch incisions, unlike the typical five-inch incision necessary with traditional open back surgery. The procedure also has patient benefits including but not limited to: reduced operative time, reduced blood loss and minimal scarring, reduced postoperative pain, and rapid return to normal activity.

Shortly after receiving Dr. Siddique's recommendation, Dave underwent XLIF surgery. Almost immediately after the procedure, Dave's lower back pain was alleviated. One day post surgery Dave was walking, and four days later he was able to climb stairs.

Today, Dave is back to hiking, traveling, golfing, and mountain biking. He was even able to enjoy water skiing with his grandson, an activity Dave admits he could not have done before having XLIF surgery. "Since I had the surgery my head is finally clear again. I even plan on going snowboarding this winter!"

As with any spine surgery, there are potential benefits and possible risks associated with the XLIF procedure. It is important that you discuss the potential risks, complications, and 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 treatment. You can find a surgeon in your area who performs the XLIF procedure by utilizing the Physician Locator on www.lateralaccess.org.