

## Back Surgery? Uh.....Maybe.

Almost everyone has "back trouble" at some point during their life. It comes in all shapes and sizes so to speak.

Very lucky is the person over twenty five who has never had significant back trouble.

It can last a few days and be greatly annoying or be there aggravating you for the rest of your life once it starts.

The degree of back problems that humans have is perhaps the price we pay for walking upright. Meaning that the problems we have pertaining to our back are many times more than our animal friends who walk on four legs.

I'm not sitting here telling you the price is too high for gosh sakes! I think mankind has gotten a lot more done walking on two legs than four!

### **THE BACK IS COMPLEX**

Compared with all the other things I deal with as an Orthopaedic Surgeon the back is impossibly complex.

Vertebrae: Cervical 7, Thoracic 12, lumbar 5, sacrum and coccyx. Throw in all the discs, ligaments, nerves, muscles, facet joints etc. The anatomy is complicated and the number of things that can go wrong with a back is a very long list.

The diagnosis of back pain needs to be as precise as possible making treatment much more effective.

### **SURGERY ??**

Spine surgery has become very popular in recent years as more doctors are taking special training in this subspecialty. I'm afraid if you have a hammer (back surgery) everything looks like a nail (patient with back problem). If the doctor makes the potential outcome sound very good, many patients of all ages are saying yes to surgery in hopes it can help them. Frequently it can, if done for very specific reasons like a ruptured disc or spinal stenosis. Occasionally bones in the spine may need to be fused together to try to relieve the back and possibly leg pain.

Just remember, as a surgeon who does back surgery, I'm telling you it can take days, weeks and sometimes months for back symptoms from different conditions to resolve.

But in a very high percent of cases it can resolve with time, rest and then exercise, medication, physical therapy, epidural steroids.

There are very few back conditions that require surgery right away. Beware not being given different choices and time to decide.

We've only scratched the surface. More information to follow.

All Orthopaedic Surgery problems can be evaluated by Dr. Haverbush at Lakeview Community Wellness Center in Lakeview or at the office in Alma at 315 Warwick Dr., Alma, Michigan.

Please call 989-463-6092 to schedule an appointment.

Future Lakeview Community Wellness Center Clinic dates are July 11 and July 25, 2008.

And don't forget we will be happy to answer question from readers. You can E-mail me at [orthopodsurgeon@hotmail.com](mailto:orthopodsurgeon@hotmail.com) or write to me at 315 Warwick Dr., Alma, Michigan, 48801.

Our goal is simple. To help people return to more pain-free functional lives.

Be well.

Dr. Haverbush