



ANA SILVA



"Chronic back pain made it hard to maintain my 'Aloha spirit.' My surgeon helped me get it back."

Age: 62

Hometown: Keauhou, HI

Procedure: eXtreme Lateral Interbody Fusion (XLIF®)

Surgery Date: February 2, 2011

Life Prior to Surgery: For 40 years, Ana loved being a registered nurse, but lifting and moving patients took a toll on her back over time. Ana tried a variety of conservative treatments, including muscle relaxants, physical therapy, and epidural injections. Unfortunately, relief was short-lived. The degree of pain grew worse and began to dominate her life. Eventually, she consulted with a surgeon who recommended the minimally disruptive XLIF procedure to address the bulging disc and annular tears he diagnosed.

Situation Today: Ana underwent XLIF surgery in February 2011. Much to her relief, she could walk shortly after surgery. In just a few days, Ana was back in her home. She took her physical therapy seriously and worked hard to improve her core muscle strength, which is important for a healthy back. Every week, she went for longer and longer walks. After just a month, Ana could perform most of her normal daily activities.


Ana even started a new business: teaching medical terminology to people interested in health careers. "I'd much rather be a healthcare provider than a patient," says Ana. "But I had such a wonderful surgeon—I now enjoy a better quality of life and I'm eager to share my experience with everyone. Don't let fear prevent you from seeking expert help!"

Important Note: As with any spine surgery, there are potential benefits and possible risks associated with the XLIF procedure. 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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LIFE after back surgery

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