



COLIN MIYABARA

Age: 59

Hometown: Aiea, HI

Surgeon: Dr. Jon Graham of Jon F. Graham, MD, LLC, Honolulu, HI

Indications: Lower back pain with bilateral leg pain, right>left

Procedure: XLIF®

Levels Treated: L4-5

Surgery Date: August 10, 2011

“I feel like a new man after undergoing spine surgery with Dr. Graham!” -Colin

Life Prior to Surgery: In August 2008, Colin was driving when he was hit by a drunk driver. After the accident, he struggled with soreness in his lower back. Colin began physical therapy in an attempt to relieve his back soreness and increasing pain. Prior to the car accident, Colin had always been very active, enjoying activities like soccer and softball. To his dismay, Colin's pain following the car accident inhibited his ability to run. When conservative treatments failed to provide long term relief, he decided to explore surgical options. Colin underwent an MRI and his physical therapist referred him to Dr. Jon Graham. After a consultation, Dr. Graham recommended that Colin undergo the minimally disruptive XLIF procedure.

Situation Today: Colin underwent the XLIF procedure in August 2011 and walked the same night as the surgery. Although Colin was sore, he immediately noticed that his chronic back pain had disappeared. Colin returned home after 2 days in the hospital and then began walking daily. He used a walker for one week post-op and then transferred to a cane. Before he knew it, Colin was walking with his dog again. Although Colin still has some minor numbness in his right thigh, he enjoys walking 2-3 times per day for at least 45 minutes. He hopes to resume one of his favorite activities, golf, in the near future!

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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