



JULIE MAY LUNAS



Age: 29

Hometown: Mililani, HI

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

Procedure: XLIF®

Surgery Date: September 2010

"Every day I feel better and better."

Life Prior to Surgery: Julie, an ICU nurse, sustained an injury to her back while lifting a patient. Due to the severity of this injury, she developed neuropathy to both legs, scoliosis, and lower back pain. Julie tried conservative treatment options for approximately eight months, including chiropractic therapy, physical therapy, pain medications, and epidurals, but nothing provided her with long-term relief. Then, Julie decided to research surgical options to relieve her pain. She scheduled a

consultation with Dr. Jon Graham and Dr. Morris Mitsunaga. The XLIF procedure was determined to be her best option and Julie decided to proceed with surgery.

Situation Today: The XLIF procedure Julie underwent in September 2010 proved to be successful. She spent three days in the hospital but was up and walking with the help of a physical therapist by the second day. Following her discharge, she needed minimal help and participated in rehabilitation, including physical and aqua therapy, within two weeks of her surgery. Today, Julie is walking taller and straighter and her legs no longer hurt. She is back at work as a full time nurse and feels stronger every day. She enjoys hiking, going for long walks and light jogs, and working out pain-free.

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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