



## RANDY'S STORY



"I was asked by my physical therapist, 'what do you want to do after you're done with rehab? What is your goal?' I said I wanted to do everything I did before on the ranch. I want to get back to my old days."

### RANDY NAKOA, PATIENT AMBASSADOR

Age: 75

Hometown: Waimea, HI

Surgeons: Dr. Jon Graham of Jon F. Graham, MD, LLC, Honolulu, HI and Dr. Morris Mitsunaga of Bone and Joint Clinic of Hawaii, Honolulu, HI

Indications: Degenerative disc disease

Procedure: XLIF®

Levels treated: L4-5

Surgery date: June 24, 2009

**Life Prior to Surgery:** Randy was born a rancher, a real cowboy who did everything on the ranch that needed to get done. Decades of intense physical labor took a toll on Randy's back. One day, while working on a fence line, severe pain radiated from his waist down to his toes. He tried numerous conservative treatments like physical therapy, prescription medications and exercise to relieve the pain, but nothing seemed to work long enough for him


to get back to doing what he loved – working on his ranch. His pain worsened to the point where he couldn't even step over something only six inches tall. Randy decided to consult Dr. Jon Graham and Dr. Morris Mitsunaga, who recommended that he undergo the minimally disruptive XLIF procedure.

**Situation Today:** After a successful surgery, Randy was up and walking after only 6 hours. The sciatic nerve pain in the back of his legs had disappeared and Randy was able to take a shower the same day as surgery. He was released from the hospital in three days and began physical therapy immediately. The rehabilitative treatments became an important part of Randy's daily routine. His motivation stemmed from a strong desire to return to the daily activities he had enjoyed so much prior to his struggle with chronic pain. Slowly, Randy resumed doing chores around the ranch with no pain in his back. Today, Randy is able to do all of the activities on his ranch, including training his horses.

**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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