



inspired
spine

Patient Information
& Log Book

Our Mission

Inspired Spine is a total spine care provider committed to advancing and improving the standard of care for treatment of back pain and other spine related ailments.

We are raising the standard of care for the most complex conditions with our unique minimally invasive procedures that make your recovery faster and easier.

Conditions Treated with Inspired Spine Surgery

Arthritis of the Spine
Degenerative Disc Disease
Facet Joint Syndrome
Herniated Disc
Myelopathy
Radiculopathy
Scoliosis
Spinal Stenosis
Spine Deformities
Spondylolisthesis (Degenerative)
Thoracic Spine Herniated Disc

Your Contact Information

Name

Address

City, State, Zip

Email

Phone

First Appointment Information

Date

Location

Dr.

**Inspired Spine
Toll Free Phone Number**

1(877) MYSPINE

**Inspired Spine
Health Center Locations**

Twin Cities, MN
Inspired Spine Health
Total Spine Care Center
1601 Hwy 13-E, Burnsville, MN 55337

Alexandria, MN
Tristate Brain & Spine Institute
6600 Hwy 29-S Alexandria, MN 56308

Crookston, MN
RiverView Health
323 S Minnesota St Crookston, MN 56716

Glenwood, MN
Glacial Ridge Health
10 4th Ave. SE Glenwood, MN 56334

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The Advantages of Inspired Spine minimally invasive spine surgery

Less Muscle Damage

- Our keyhole portal (smaller than a dime) protects back muscles and the surrounding tissue

Shorter Procedures

- Surgery can be performed in minutes - even complex surgeries completed within 1-2 hours

Outpatient Surgery

- For the first time in the history of spinal fusion it can be performed safely and routinely as an outpatient procedure.

Faster Recovery

- 95% of patients are walking 2-24 hours after surgery and generally return to basic daily activities within weeks.

Less Blood Loss

- 80% to 90% less blood loss than during traditional back surgery- not needing any cauterization

Faster Bone Fusion

- Blood supply to the bone remains intact during the procedure- resulting in 50% faster bone healing rates.

Disadvantages with Traditional Back Surgery

More Muscle Damage

- After open surgery all muscles are detached and not reconnected

Longer Procedures

- Surgery typically takes twice or three times as long. With each 30 minutes spent in surgery adds 17% to overall risk of the surgery

Inpatient Surgery

- Data is conclusive that inpatient or in hospital surgeries have generally higher risks associated with them, especially when dealing with infection rates.

Prolonged Recovery

- Only 5% of patients walk within the first 48 hours after surgery- patient will require months before returning to daily activities

More Blood Loss

- Significantly more blood loss, paired with more dead tissue from the cauterization of the tissue, causing more infection.

Delayed Bone Fusion

- All muscles are stripped from the bone, destroying the blood supply- delaying the healing rate of the bones.

Previous Surgeries

Facility Name	Date of Surgery	Type of Surgery	Type of Hardware used during Surgery

Pain Management Injections Completed Pre-Surgery

Facility Name	Date of Injection	Area of Body Treated	Results

Radiology Reporting

Please use the following chart to indicate if the specified condition applies to you

	Notes
<input type="checkbox"/> Metal Implants	
<input type="checkbox"/> Stimulator	
<input type="checkbox"/> Pump	
<input type="checkbox"/> Pace Maker	
<input type="checkbox"/> Kidney Disease	
<input type="checkbox"/> Stint/ Shunt/ Filter/ Coil	
<input type="checkbox"/> Contrast Allergy (CT)	
<input type="checkbox"/> Contrast Allergy (MRI)	

Diagnostic Procedures

Procedure	Facility Name	Date of Procedure	Area Treated & Results
<input type="checkbox"/> MRI <input type="checkbox"/> Mylogram <input type="checkbox"/> CT <input type="checkbox"/> Discogram			
<input type="checkbox"/> MRI <input type="checkbox"/> Mylogram <input type="checkbox"/> CT <input type="checkbox"/> Discogram			
<input type="checkbox"/> MRI <input type="checkbox"/> Mylogram <input type="checkbox"/> CT <input type="checkbox"/> Discogram			
<input type="checkbox"/> MRI <input type="checkbox"/> Mylogram <input type="checkbox"/> CT <input type="checkbox"/> Discogram			
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Procedure	Facility Name	Date of Procedure	Area Treated & Results
<input type="checkbox"/> MRI <input type="checkbox"/> Mylogram <input type="checkbox"/> CT <input type="checkbox"/> Discogram			
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Procedure	Facility Name	Date of Procedure	Area Treated & Results
<input type="checkbox"/> MRI <input type="checkbox"/> Mylogram <input type="checkbox"/> CT <input type="checkbox"/> Discogram			
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<input type="checkbox"/> MRI <input type="checkbox"/> Mylogram <input type="checkbox"/> CT <input type="checkbox"/> Discogram			

Physical Therapy Appointment Tracker

Clinic Name		Date	Area Treated
1	Results:		
2	Results:		
3	Results:		
4	Results:		
5	Results:		

Clinic Name	Date	Area Treated
1		
Results:		
2		
Results:		
3		
Results:		
4		
Results:		
5		
Results:		

Pre-Surgery Pain Tracker

Date of Surgery:

Timeline	Description of Pain	Pain Level (1-10)	
		Back	Legs
6 Months Before Surgery			
3 Months Before Surgery			
1 Month Before Surgery			

Please rate pain using 1 as 'No Pain' and 10 being 'Worst Possible Pain'

Post-Surgery Pain Tracker

Timeline	Description of Pain Has it changed?	Pain Level (1-10)	
		Back	Legs
6 Months Before Surgery			
3 Months Before Surgery			
1 Month Before Surgery			

Please rate pain using 1 as 'No Pain'
and 10 being 'Worst Possible Pain'

2019 Calendar

January

S	M	T	W	T	F	S
		1	2	3	4	5
6	7	8	9	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30	31		

February

S	M	T	W	T	F	S
					1	2
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28		

March

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17	18	19	20	21	22	23
24	25	26	27	28	29	30
31						

April

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14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30				

May

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12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30	31	

June

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July

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21	22	23	24	25	26	27
28	29	30	31			

August

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18	19	20	21	22	23	24
25	26	27	28	29	30	31

September

S	M	T	W	T	F	S
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22	23	24	25	26	27	28
29	30					

October

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27	28	29	30	31		

November

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					1	2
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24	25	26	27	28	29	30

December

S	M	T	W	T	F	S
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8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30	31				

2020 Calendar

January

S	M	T	W	T	F	S
			1	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
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February

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23	24	25	26	27	28	29

March

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22	23	24	25	26	27	28
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April

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			1	2	3	4
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19	20	21	22	23	24	25
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May

S	M	T	W	T	F	S
					1	2
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17	18	19	20	21	22	23
24	25	26	27	28	29	30
31						

June

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	1	2	3	4	5	6
7	8	9	10	11	12	13
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21	22	23	24	25	26	27
28	29	30				

July

S	M	T	W	T	F	S
			1	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30	31	

August

S	M	T	W	T	F	S
						1
2	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17	18	19	20	21	22
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30	31					

September

S	M	T	W	T	F	S
		1	2	3	4	5
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October

S	M	T	W	T	F	S
				1	2	3
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
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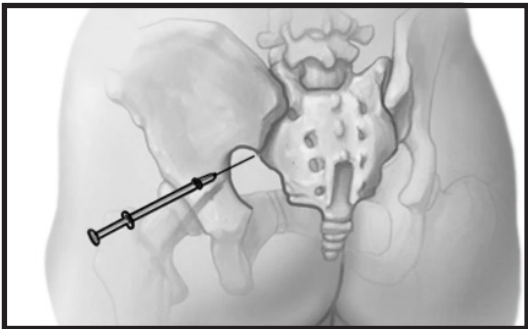
November

S	M	T	W	T	F	S
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30					

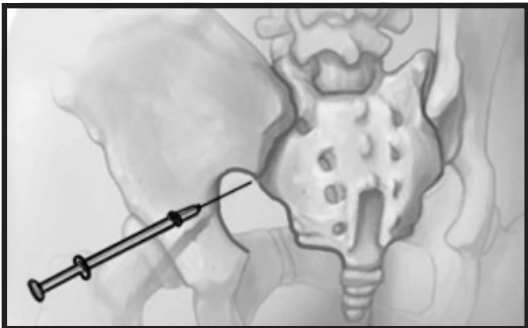
December

S	M	T	W	T	F	S
		1	2	3	4	5
6	7	8	9	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
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SI Injection

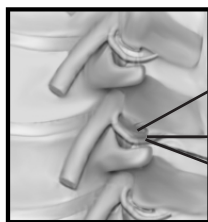
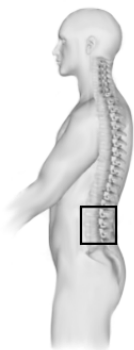


Sacroiliac Joint



Medicine Injected

Medial Branch Nerve Block



Facet Joint

Medial Branch

Needle Entry

Trigger Points

Upper Trapezius

Rhomboids

Lower Trapezius

Quadratus Lumborum

Piriformis

Occipital Ridge

Levator Scapulae

Rotator Cuffs

Iliac Crest

Gluteus Maximus

Important Terms Explained

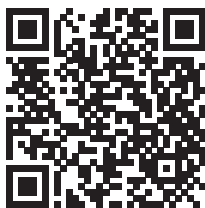
OLLIF: Oblique Lateral Lumbar Interbody Fusion

Oblique Lateral Lumbar Interbody Fusion is our specialty. This procedure is minimally invasive, and is used to achieve spinal fusion of the lumbar vertebrae. It can be completed with only a fraction of the risk involved during traditional back surgery, and in less than half the time.

OLLIF is distinct from *OLIF* in the way that we do not have to go through the abdomen to reach the operating area- significantly reducing the risk of complication.

Since the OLLIF Procedure is performed via a small keyhole portal (smaller than dime) on the patient's side, the surgeon doesn't have to move, remove, dissect, or alter major muscles, healthy bone structures, or the spinal cord.

Unlike other spinal fusions, it can often be performed as an outpatient surgery.



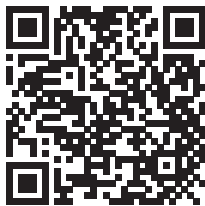
Important Terms Explained

MIS-DTIF: Minimally Invasive Surgery- Direct Thoracic Interbody Fusion

This procedure is a revolutionary, new technique that addresses thoracic disc disease without the need of a thoracotomy, collapsing the lung, or removal of a rib. Currently, Inspired Spine is the only provider in the world able to perform this procedure.

It is very effective in providing spinal pain relief in the chest area.

Minimally-Invasive Direct Thoracic Interbody Fusion (MIS-DTIF) is a minimally-invasive surgical procedure to achieve fusion of the thoracic vertebrae that is exclusive to Inspired Spine.



Important Terms Explained

Minimally Invasive Inspired Spine SI Joint Fusion Surgery

The goal of minimally invasive SI joint fusion, is to stabilize the dysfunctional SI joint. But this approach offers some key benefits the traditional open SI joint fusion procedure does not.

The Inspired Spine approach typically takes no more than an hour to perform and has fewer post-operative complications than open surgery.



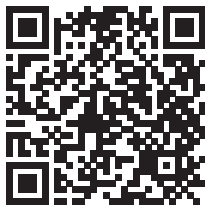
Important Terms Explained

Laminotomy

Laminotomy is a surgical procedure involving the removal of a portion of the lamina to relieve pressure over the spinal cord and/or the nerve roots. The lamina is a thin bony layer covering the spinal cord. Despite the removal of the lamina, the spinal cord remains protected by a bony column.

The procedure increases the space around the surrounding nerves and the spinal cord, relieving the pressure over them.

A laminotomy is also used to treat patients with spinal deformities.



Important Terms Explained

Inspired Spine Laminoplasty- Cervical Spine

Inspired Spine Laminoplasty (IS Laminoplasty) is a surgical technique for the management of spinal stenosis; an abnormal narrowing of the spinal canal in the neck. The aim of the surgery is to relieve the pressure over the spinal cord, alleviate pain and restore function, by reconstructing the back of the bone within the spinal canal without removal and exposure of the spinal cord.

The most common cause of spinal stenosis is age related degenerative arthritis. Degenerative changes of the spine, bone spurs, arthritis and disc herniation can also cause narrowing of the spinal canal. This can exert pressure over the spinal cord and/or the nerve roots causing pain in the neck or back, numbness, muscle weakness, and tingling sensation in the leg, foot, arm, or hand.



Nerve Irritation after OLLIF Surgery

At Inspired Spine, the rate of surgical nerve irritation has been under 15%. If you are one of the few patients who experiences nerve irritation, here are a few things you may experience, and some helpful information to help you understand what you are feeling.

During both minimally invasive and open spine surgeries, in order to enter the area they need to operate on, it is common for the surgeon to move nerves to the side.

Sometimes, when the nerve is moved, it can cause nerve irritation and result in numbness of the leg. It may also result in a tingling, or warm sensation down the leg.

Around 3-7 days after surgery the nerve symptoms may worsen. The nerve root irritation after OLLIF has a very good prognosis. At Inspired Spine we have an extensive protocol to manage nerve root irritation which includes epidural steroid injection, nerve blocks, and specific medications.



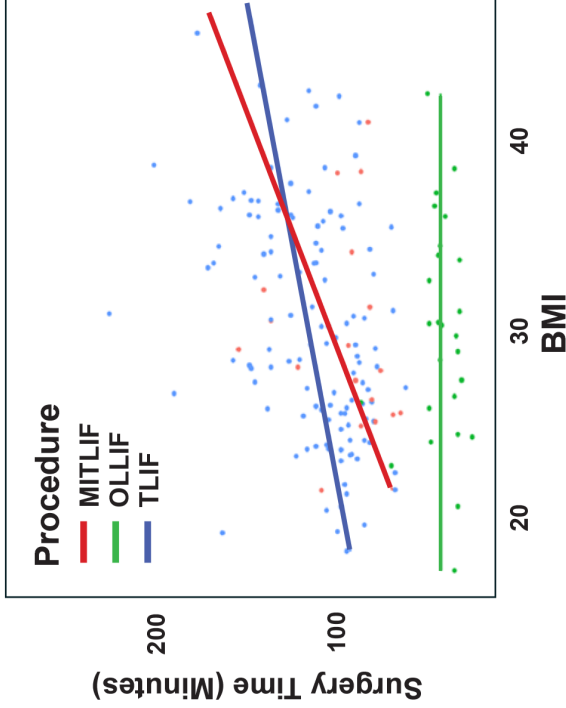
Notes

Key Facts:

With every additional 30 minutes spent in surgery, the risk of complication increases by 17%

Inspired Spine surgery can be completed in less than half the time of traditional open back surgeries

For the first time in the history of spine surgery, BMI does not significantly impact surgery times



Unsurpassed Spinal Care,
Inspired by You