

**stryker**<sup>®</sup>

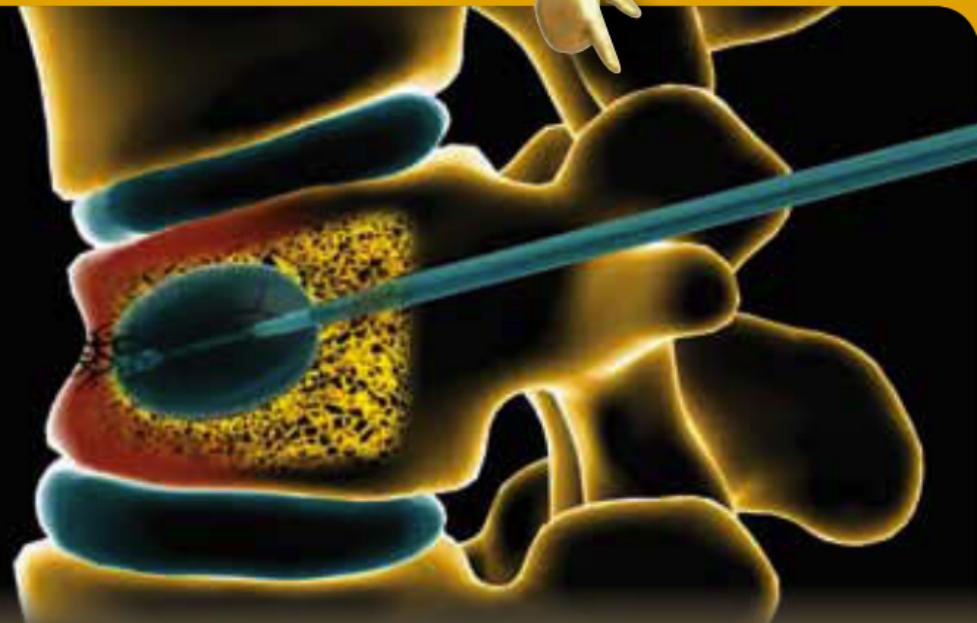
# You don't have to live with back pain.

For millions of Americans back pain is a daily fact of life.

But for many patients it doesn't have to be, thanks to an outpatient procedure called **Vertebral Augmentation**.

Also called balloon kyphoplasty, vertebral augmentation has been shown in many patients to relieve pain, increase mobility, and improve quality of life.<sup>1,2,3,4,5,6,7</sup>

[www.HelpingBacks.com](http://www.HelpingBacks.com)

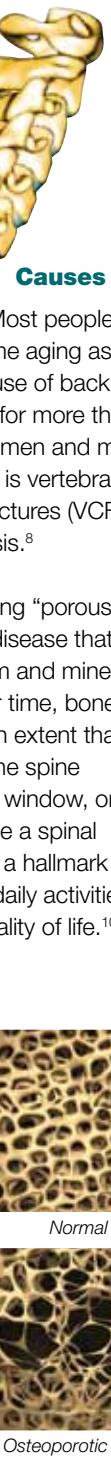


**Stryker Interventional Spine**

Relieving pain. Improving lives.

VCF

# Vertebral Compression Fractures



## Causes

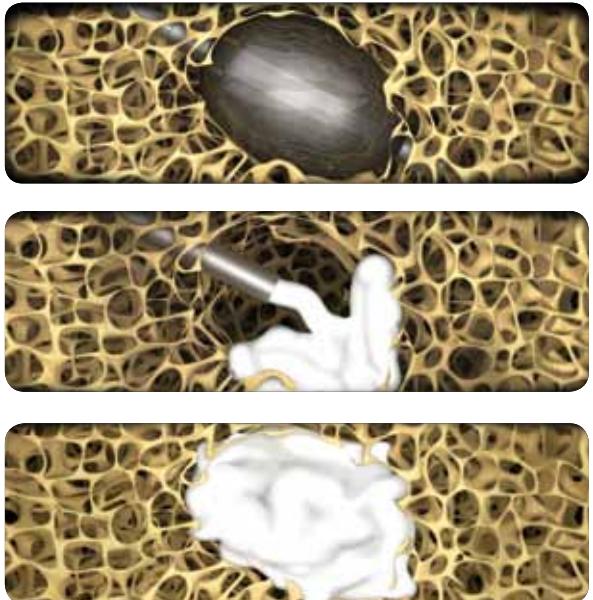
Most people blame aging as the cause of back pain. But for more than 700,000 women and men, the true cause is vertebral compression fractures (VCFs) due to osteoporosis.<sup>8</sup>

Osteoporosis, meaning “porous bones,” is a gradual disease that slowly extracts calcium and minerals from your bones. Over time, bones can weaken to such an extent that even minor strains to the spine like tripping, opening a window, or bending over can cause a spinal fracture.<sup>9,10,11</sup> VCFs are a hallmark of osteoporosis, limiting daily activities and compromising quality of life.<sup>10</sup>



## Treatment Options

Conservative therapy for vertebral compression fractures includes bed rest, pain medication, muscle relaxants, external back braces, and physical therapy. If there is little or no pain relief, your doctor may recommend **vertebral augmentation**.



This minimally invasive procedure is done on an outpatient basis and usually requires only local anesthetic and mild sedation, eliminating many of the complications that result from open surgery. In some instances, general anesthesia is advised with a short hospital stay.<sup>14,15</sup> For many patients, vertebral augmentation results in enhanced procedural efficiency and is covered by Medicare and most private insurers.<sup>1,2,3,4,5,6,7</sup>

Vertebral augmentation allows you to resume many of the physical activities that you love. Best of all, it alleviates pain in approximately 90 percent of patients.<sup>13</sup>

## What You Can Expect with Stryker Vertebral Augmentation



### Before Your Procedure

Your doctor will do a physical exam and order x-rays and/or other imaging tests such as an MRI, CT, or bone scan. These tests help to determine the location of the fractured vertebra, how recently it occurred, and whether or not vertebral augmentation is the most appropriate treatment. If you are pregnant, please tell your doctor before undergoing a vertebral augmentation.



### During Your Procedure

Generally, vertebral augmentation is performed while you are awake but sedated. Your back is numbed by a local anesthetic. Using x-ray guidance, a balloon is inserted into the fractured vertebra through a small incision. The balloon is then inflated, creating a void or cavity. Once the void is established, the balloon is deflated and removed. The void is then filled with bone cement to stabilize the fracture. As it hardens, the cement forms an internal cast that holds the vertebra in place. The incision is covered with a Band-Aid®. During balloon inflation and removal, complications may occur. These include embolism of fat, thrombus, or other materials; retropulsed vertebral fragments; pneumothorax; or pedicle fracture.



### After Your Procedure

After the procedure, you'll lie on your back for a short period of time while the cement continues to harden. Your vital signs will be monitored. Typically, patients are able to go home within a few hours of treatment. If you have any signs of wound infection, bleeding, or hematoma, contact your healthcare provider immediately.

## How the Procedure Works

A series of six sequential images showing the steps of vertebral augmentation:

- A vertebral compression fracture.
- Under x-ray guidance, a balloon is inserted into the fractured vertebra.
- Balloon is inflated, creating a void.
- Balloon is deflated and removed.
- Void is filled with bone cement, forming an internal cast.
- Stabilized vertebral body relieves pain within a week of the procedure.



# Potential Benefits of Vertebral Augmentation

- Rapid and sustained pain relief<sup>1,2,3,4,5,6,7</sup>
- Increased mobility<sup>1,2,3,4,5,7</sup>
- Improved quality of life<sup>1,2,3,4</sup>
- Low complication rate<sup>1,3</sup>



## Symptoms

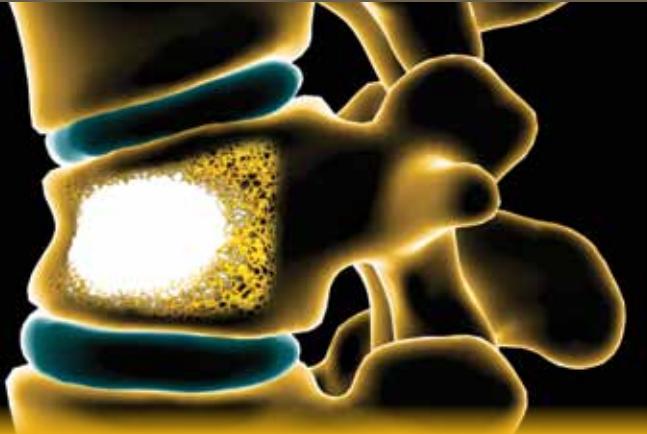
It is not uncommon to be unaware that you have fractured vertebrae. That's because in some cases, a VCF can occur with no pain at all.<sup>11</sup> Typically, however, VCFs are indicated by one or more of the following symptoms:<sup>12</sup>

- Sudden onset of back pain
- Back pain that worsens when standing or walking
- Limited spinal mobility
- Height loss, deformity, and/or disability

## Consequences

Often, VCFs are followed by sharp back pain and may lead to chronic pain, kyphosis or dowager's hump, loss of height, and declining health. This progression is often referred to as the "downward spiral."<sup>10</sup> Since one fracture can lead to another, it is important that VCFs be diagnosed and treated early.

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Learn more about **Stryker**  
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our latest solution for VCFs.

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