

New Technology Provides Relief for Patients Suffering from Low Back Pain—Degenerative Disc Disease

John had been suffering from back pain for years. He had tried physical and injection therapy; these modalities had only provided him with temporary relief of his back pain. He was unable to golf at full capacity and had difficulty performing at work.

Over time, the back pain became more profound and unrelenting forcing John to stop competing in golf tournaments due to the fact that he was unable to complete an 18-hole game. Ultimately his condition reached the point where his passion for golf was out weighed by the continual pain that disabled his performance. John knew he needed to take action.

By the time John consulted Dr. Michael Janssen his condition was debilitating; he had gone through injection and exercise therapy and was at his wit's end. His physical condition had taken a toll on his golf game gradually increasing his handicap. His capability to compete in the game he loved had diminished and he could no longer compete in local tournaments.



John did not want to go through a fusion and after doing research decided he wanted to have motion preserving technology. With consultation from Dr. Michael Janssen, John learned that his condition could be helped since only one level of lumbar disease was present. After a significant work up and evaluation, John was informed he could qualify for the lumbar clinical trial involving an artificial disc replacement. He proceeded with surgery and had a minimal stay of 24-hours in the hospital. He returned to work after five days (he is a roofing contractor) and to his passion of golf in eight weeks. By having an artificial disc replacement, John is competitive in golf again. His handicap has gone to a "9". He loves the game of golf and is able to exercise again.

John feels that no one should suffer from back pain especially with the modern technology available today. He feels that he is back to an active lifestyle now. He is no longer in a cycle of having pain anymore.

Left: Lumbar disc decompression; Right: ProDisc Lumbar implant



Dr. Michael Janssen is a leading innovator in the field of non-fusion technology specializing in treatment of adult degenerative cervical and lumbar disc disease using artificial disc replacement. His practice includes treatment of spinal deformities, tumors, and fractures.

As the Chairman and President of SERI and the Musculoskeletal Learning Center (MLC), Dr. Janssen is committed to research discovery in musculoskeletal instability and degenerative conditions and providing education to surgeons across the globe. He is the Principal Investigator of the ProDisc® (Spine Solutions, Synthes) cervical and lumbar clinical trial studies, and recently led the country with the highest performance of randomized trials out of the participating clinics. Dr. Janssen currently is serving a three year term as Chairman of AO Spine International with a continued investment toward spine education and advancements.

