

Mayo Clinic News Network

Title: Mayo Clinic Minute: Minimally invasive spine surgery – Date: Oct 16, 2017

Intro: Eighty percent of adults experience low [back pain](#) at some point in their lifetime, according to the [National Institutes of Health](#). A recent study found more than a quarter of adults reported having low back pain during the past three months. And those are just complaints about the *lower* back.

"The overwhelming majority of people will experience back or neck pain at some point in their lives," says [Dr. Mohamad Bydon](#), a [Mayo Clinic](#) neurologic surgeon. "Back and neck pain are two of the top-five reasons for [individuals] to see their doctor."

"The first person that you want to talk to is your primary care provider," says Dr. Bydon. He says treatments generally begin with the least intrusive remedies first. "You know: rest, ice packs, heat packs, physical therapy, [anti-inflammatory] injections. And if those things don't succeed in alleviating the pain, then you may need to see a surgeon to discuss the problem."

If surgery seems to be the best choice for long-term relief, Dr. Bydon says to ask if a minimally invasive surgical approach may be an option. For the right patients, it can offer several advantages.

Video

Audio

Total running time [0:59]	/// VIDEO
Dennis Douda speaking	Back pain: It's the most common cause of job-related disability.
Dr. Mohamad Bydon	"There are many joints in the back, and each of them can degenerate and can cause pain. And, so, this is part of the reason that people have so many back problems."
Dennis Douda speaking	Pain might originate near a bulge in one of the cushioning discs between the bones, called vertebrae.
Dr. Mohamad Bydon	"Generally, bulging discs don't cause enough pain that they need surgery. Beyond a bulging disc, would be a herniated disc where the disc actually herniates out of that bulge and can then proceed to directly compress one nerve root or multiple nerve roots."
Dennis Douda speaking	The goals of surgery are to relieve pressure on the nerves, without adding to the injury.
TITLE: Dr. Mohamad Bydon, M.D. Neurologic surgery Mayo Clinic	"In minimally invasive spine surgery, we preserve the midline attachments of the muscles to the tendons to the bones."
Dennis Douda speaking	Surgical access may be through a small tube or a tiny cut, but the advantages are the same.

Dr. Mohamad Bydon	"Decreased pain, lower length of stay, increased patient satisfaction, return to work, and, you know, [it reduces] a lot of the issues that people may have around surgery."
Dennis Douda speaking	For the Mayo Clinic News Network, I'm Dennis Douda.

Anchor tag: Dr. Bydon says a few proactive steps go a long way toward preventing or minimizing back pain. "Certainly, good posture, of course, strengthening. Those are important areas. Strengthening of the musculature around the back, those are important areas to help prevent back pain and to help slow down the rate of degeneration."