

## Gone fishing: Minimally invasive, robotic spine surgery helps man return to work and fun

Bad back? It's why many people seek medical care. Nonoperative approaches such as physical therapy are typical, first-line treatments for back pain. But minimally invasive, robotic spine surgery is improving recovery and long-term outcomes for some patients who need surgery.

Video	Audio
	Sonny Rivera's lower back pain was ...
James "Sonny" Rivera Spine surgery patient	"It was like a hot burning rod going down my leg whenever I stood too long or walked just a little short distance."
	A 2021 ATV accident made Sonny's back pain intolerable.
Mohamad Bydon, M.D. Neurosurgery Mayo Clinic	"He was having a lot of difficulties. Really was not able to participate in activities that he loved and enjoyed and wasn't able to work."
	If nonoperative options, like medication or physical therapy, are unsuccessful at treating back pain, surgery may be an option.
	Neurosurgeon Dr. Mohamad Bydon performed minimally invasive spinal fusion surgery for Sonny's compressed nerves and spinal instability.
	"Sonny's surgery was robotic. What that means to the patient is improved recovery, enhanced recovery, lower blood loss, lower risk of transfusion, additionally, better long-term outcomes."
	The minimally invasive approach allowed Sonny to be discharged the day after surgery.
	"I was really surprised about the recovery. I had no pain, and I was able to walk normally."

	"Sonny recovered so nicely and so well. And he sent us a picture of himself fishing, and he's going to be golfing. And so he's doing quite well."
	"So now I walk around, I don't have any problems. My wife notices that I'm in a better mood all the time. It was affecting me not only physically, but mentally. And now it's great."
	For the Mayo Clinic News Network, I'm Joel Streed.