

Mayo Clinic trained spine surgeon uses minimally invasive spine surgery to help back & neck pain patients back to activity

Spine Physicians Institute is a freestanding spine center located in North Dallas and features one of the few Mayo Clinic trained spine surgeons in the State of Texas.

Back and neck pain patients come to the Dallas spine center from across Dallas and North Texas suburbs. Additionally, patients from Mexico also travel to the center for minimally invasive spine surgery and other advanced spine care not readily available in Mexico.

"The spine center is a work in progress," explains Dr. Venkat Sethuraman, a fellowship-trained spine surgeon who trained at the Mayo Clinic main office in Rochester, Minnesota. "Our goal is to have a multi-disciplinary spine center."

Minimally invasive spine surgery

Spine Physicians Institute emphasizes non-surgical treatment options like spinal injections and spine therapy. But

once non-surgical options have been exhausted and the patient still has serious symptoms like radiating pain or numbness and weakness into an arm or leg, spine surgery may be necessary. Otherwise, the symptoms of numbness and weakness in a hand or foot can become permanent and lifelong.

Using tubular retractors the size of a ballpoint pen, Dr. Sethuraman is able to operate through a half-inch incision. Conversely many spine surgeons still operate through a 3-inch incision.

Minimally invasive spine surgery takes significant training, but it provides great benefits to the patient. A shorter incision provides a less painful and faster return to activity. Most patients are able to go home the same day.

Artificial Disc Capabilities

Each year in the U.S., more than



Minimally Invasive Spine Surgery: The benefits to the patient:

- Smaller incision (half inch vs. 3 inches)
- Typically home same day vs. hospital stay
- Less disruption to muscles & ligaments
- Less blood loss or need for outside blood
- Less post-surgical pain, less drugs
- Less painful recovery
- Quicker return to activity



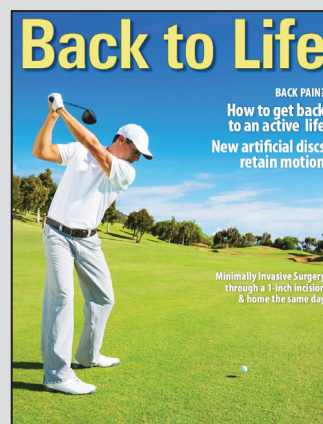
Spine Physicians Institute is a freestanding spine center conveniently located in North Dallas near LBJ Freeway (I-635) near Webb Chapel. The building also includes space for spine therapy.

SpinePhysiciansInstitute is one of two spine centers in Texas to be listed on SpineCenterNetwork.com. To be listed on Spine Center Network, a spine program emphasizes patient education, minimally invasive spine surgery techniques, motion preservation and non-surgical treatment options in advance of surgery.



Patient education tools for physicians

We believe the best healthcare quality comes from an informed consumer. As a community service, Spine Physicians Institute distributes to physicians a 36-page Home Remedy Book for back and neck pain, a symptom chart, and a Back to Life Journal that has detailed information about treatment options for spine problems. Our educational spine encyclopedia at SpinePhysiciansInstitute.com has home remedies and symptom charts that show when it's necessary to see the doctor. Call us for 20 copies of any of these tools for your patients and we'll send them to you free.



200,000 spinal fusion surgeries are performed. During a fusion procedure, the damaged disc is replaced with bone from a patient's hip or from a bone bank. Fusion surgery causes two vertebrae to become locked in place which can lead to further disc herniation with the discs above and below the herniated disc.

In 2019, at the North American Spine Society annual meeting, research

was presented that documented that the artificial disc in the neck reduced the incidence of "adjacent segment disease", that is, herniation of other levels above and below a fusion. "The goal with motion preservation is to retain the normal rotation of the neck and lessen the need for any future surgery at other levels in the neck," explains Dr. Sethuraman. "With herniated discs in the neck, there are only

six discs to provide all the needed rotation. If you fuse one level you have less motion in the neck which then causes other discs to herniate. This is called adjacent segment disease."

Not all disc herniations qualify for disc replacement, however. More information is at SpinePhysiciansInstitute.com or by calling 972-741-7189 for an evaluation.



Dr. Sethuraman uses the Prodisc C options to retain motion in the neck when a disc herniation may require an ACDF.



Benefits of the artificial disc:

- Retains motion of the vertebrae.
- Prevents damage to other disc levels.
- No bone graft required.
- Quicker recovery & return to activity.
- Less painful surgery than a fusion.
- Less blood loss during surgery.

Venkat Sethuraman, MD • Mayo Clinic trained spine surgeon

PHYSICIAN PROFILE

Venkat Sethuraman, MD

Board Certified Orthopedic Surgeon

Fellowship-trained in Spine Surgery

at the Mayo Clinic

Specializing in Minimally Invasive Spine Surgery

Dr. Venkat Sethuraman is a board-certified orthopedic surgeon, fellowship trained in spine surgery at the Mayo Clinic in Rochester, Minnesota. He has done more than 1,000 spine surgeries over his 20 years in practice in the Dallas area.

Unlike other spine surgeons who often spend 30% of their time on brain disorders or treatment of knees and hips, Dr. Sethuraman focuses 100% on the care of back and neck pain and other complex spine problems.

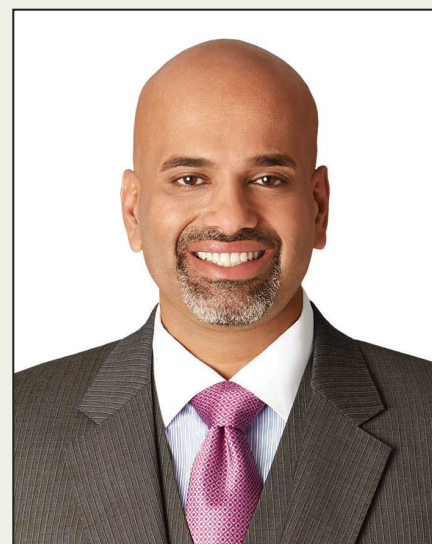
Dr. Sethuraman is proficient in minimally invasive spine surgery techniques enabling outpatient surgery through a half-inch incision. He stays current on the newest advances in spine surgery and non-surgical treatment options. He is referred patients from across the Dallas area and

its suburbs, as well as patients who travel from Mexico for advanced spine care.

Dr. Sethuraman completed a fellowship in spine surgery at the renowned Mayo Clinic in Rochester, Minnesota. A fellowship is the most advanced and specialized physician training available.

He received his Bachelor of Science degree in 1994 at Rutgers University graduating magna cum laude. He earned his medical degree at the Medical College of Pennsylvania in 1998. He completed an internship in General Surgery at Thomas Jefferson University Hospital along with his residency in Orthopaedic Surgery. Following his residency, he went to the world famous Mayo Clinic in Rochester, Minnesota, where he completed a spine surgery fellowship. Dr. Sethuraman is a member of the American Academy of Orthopedic Surgeons, the North American Spine Society, and the Mayo Clinic Alumni Association.

Recognizing the challenges of developing a freestanding spine center and a modern medical practice, in 2017 Dr. Sethuraman completed a Masters in Business Administration (MBA) from



the prestigious Wharton School at University of Pennsylvania.

Dr. Venkat Sethuraman has a main office in Dallas, Texas conveniently located near LBJ Freeway at Webb Chapel Rd. Dr. Sethuraman is affiliated with multiple hospitals in the Dallas area, including Texas Institute for Surgery at Texas Health Presbyterian Dallas and Crescent Medical Center Lancaster.



Spine Physicians
INSTITUTE

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