

# Minimally invasive surgery at the forefront of spinal care

**HEARING THE WORDS** "spinal surgery" or "fusion" would make most patients nervous. Today, the trend has moved towards less invasive, less painful outpatient spinal procedures with outcomes that exceed more traditional open spinal surgery, says Daveed D. Frazier, M.D., the medical director of New York City Spine Surgery PLLC, with offices in Morristown, NJ and NYC. Spinal fusion surgeries stabilize the spine and have historically been a large operation with certain consequences. New surgical techniques, such as MIS surgery (minimally invasive spine surgery), improve the results of lumbar fusions. MIS surgeries cause less pain, produce less trauma to tissues and tend to offer faster recovery time which often means patients can go home within hours after surgery. In addition, a patient's outcome is equal or better to that of traditional open surgery.

One of the revolutionary MIS techniques, called XLIF (extreme lateral interbody fusion), has changed the face of spinal surgery, says Dr. Frazier. During the XLIF procedure the lumbar spine is approached from the side through a small skin incision rather than the common and more invasive approach from the back or front of the spine. "This is one of the greatest advancements in three decades in spinal surgery," Dr. Frazier says. Dr. Frazier recommends that patients research their doctor's training and expertise in MIS procedures. "I encourage patients to make sure their physician is well trained and has the volume of cases to support their expertise," he says. "A surgeon needs the depth of experience from performing open surgery in order to excel at MIS techniques."



## Daveed D. Frazier, M.D.

New York City Spine Surgery PLLC will help you overcome or manage your spine condition so you don't have to live in pain. Daveed D. Frazier, M.D. is the medical director of New York City Spine Surgery and for over 20 years he has specialized in non-surgical and minimally invasive surgical treatments for back/neck pain and spine-related disorders. Dr. Frazier is a Harvard-trained, board-certified orthopedic spine surgeon, a published author, the recipient of many top surgeon awards and has held academic appointments at Columbia University College of Physicians and Surgeons and New York's SUNY Downstate among his many achievements.

### SERVICES:

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We offer alternative therapies, bracing, endoscopic laser spine surgery, medication, minimally invasive spine surgery, pain management for spinal disorders and physical therapy. We look forward to helping you alleviate your pain.

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