

Vertebral Compression Fractures - Indications and Pre-testing Requirements

- recent x-rays
(within one month)
- recent MRI with T2 weighted images
(within one month)
- unable to tolerate bracing (TLSO) and
difficulty with ADLs and ambulation

Spine patients - Indications and Pre-testing Requirements

- must have radicular symptoms
- not just mechanical or axial back pain
- should have begun conservative
treatment (NSAIDS, physical therapy,
+/- epidurals)
- recent x-rays
(within one month)
- recent MRIs
(within one month)
- individuals with myelopathy,
progressive neuro deficits (weakness,
numbness, sensation loss) will
schedule immediately
- if previous surgery with
instrumentation - should follow up
with operating surgeon first

Champion Orthopedics & Sports Medicine

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Spine Surgery

at

Charles Cole Memorial Hospital





Our Team Caring for Your Team

Champion Orthopedics & Sports Medicine

Dr. Terry Foust, D.O.

Dr. Terry Foust returned to his hometown of Coudersport to join Dr. Bradley Giannotti and Dr. Seth Shifrin as a member of the Champion Orthopedics and Sports Medicine team.



An orthopedic surgeon, Dr. Foust earned a medical degree at the Philadelphia College of Osteopathic Medicine. He specializes in spinal surgery and most recently served as chief resident in the orthopedic surgical department at Pinnacle Health System in Harrisburg.

Dr. Foust brings a unique and specialized service to Charles Cole Memorial Hospital by serving patients who typically had to travel several hours for spinal surgery.

Dr. Foust performs surgical procedures including:

- **Anterior Cervical Discectomy**
This surgery removes a herniated or diseased disc, relieving neck and radiating arm pain caused by pressure on the nerve roots.
- **Kyphoplasty**
This minimally invasive procedure stabilizes spine fractures and not only provides back pain relief but helps to straighten the spine.
- **Laminectomy**
This procedure involves removing a section of bone in the lower back which relieves pressure on the spinal cord and nerve roots caused by stenosis, a narrowing of the spinal canal.
- **Lumbar Disc Microsurgery**
This technique is used to remove the herniated vertebral disc to eliminate leg pain caused by nerve root compression.
- **Spinal Fusion**
This procedure corrects weakened joints or fractured bones that allow a vertebra to slip forward, pinching the nerve root and causing radiating pain down the legs and feet.

When to see a surgeon for low back pain

Considerations before seeing a spine surgeon

◆ Almost everyone will experience at least one episode of acute low back pain at some point in his or her life. While these episodes can be extremely painful and cause significant disruption in one's life, most episodes of low back pain will get better with time (about 2 to 12 weeks) and non-surgical care.

◆ Many patients with low back pain wonder if they will need back surgery and if and when they should consult a spine surgeon (an orthopedic spine surgeon or neurosurgeon who specializes in spine surgery). In most instances, it's advisable to start off with a physical exam by the family doctor (primary care physician) or from a chiropractor before seeing a spine surgeon.

◆ A primary care physician can prescribe medications, such as non-steroidal anti-inflammatory drugs (e.g. Motrin), or for severe episodes of low back pain, non-narcotic pain medications (such as Ultram), or a short course of narcotic pain medications. They can also order physical therapy and refer to a chiropractor.

◆ A chiropractor typically specializes in using mechanical means to alleviate the patient's low back pain, including an adjustment or one of many modalities.