

Vertebral Compression Fractures

Causes

The bones in your spine are called vertebrae. In a spinal compression fracture, the bone tissue of the vertebral body collapses. This condition is commonly caused by osteoporosis and less often by tumor or trauma.

Osteoporosis, which means “porous bones,” causes bones to become weak and brittle. Vertebral compression fractures (VCFs) due to osteoporosis often occur while doing something that causes relatively minor strain to the spine, such as opening a window or making the bed.

Symptoms

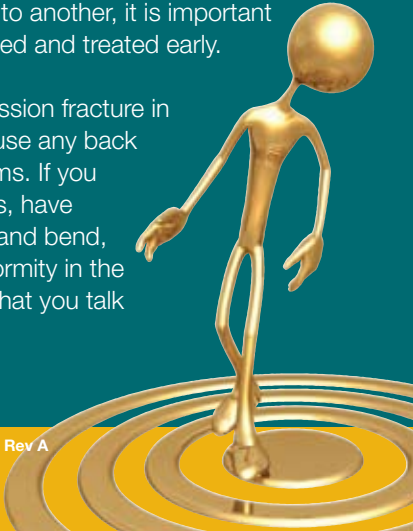
It is not uncommon for someone with back pain to be unaware of the fact that she or he has actually fractured a vertebra. The main indications of vertebral compression fractures typically include one or more of the following:

- Sudden onset of back pain
- Worsening back pain when standing or walking
- Limited spinal mobility
- Height loss
- Deformity and disability

Consequences

VCFs are usually followed by sharp back pain, and may lead to chronic pain, kyphosis or dowager’s hump, loss of height, and a progressive decline in health, often referred to as the “downward spiral.” Since one fracture can lead to another, it is important that VCFs be diagnosed and treated early.

Sometimes a compression fracture in the spine may not cause any back pain or other symptoms. If you experience height loss, have limited ability to twist and bend, and/or develop a deformity in the spine, it is important that you talk to your doctor.



Signs and Symptoms

This patient is experiencing acute back pain along with these additional symptoms and would benefit from seeing a specialist about a possible VCF.

Patient Information:

Patient Name: _____

Age: _____

Referring Physician: _____

Referring Physician Phone: _____

Patient Exhibited:

- Sudden onset of back pain
 - Pain located: _____
 - Pain that worsens when standing or walking
 - Pain interferes with patient’s ability to perform daily activities
 - Pain hasn’t responded to bed rest and medication
 - Limited spinal mobility
 - Family history of osteoporosis
 - Diagnosed with osteoporosis
 - Height loss
 - Deformity: _____
 - Disability: _____
 - Other symptoms: _____
- _____
- _____

Appt. Date & Time: _____

Do you suffer from back pain?

Now there’s an outpatient solution that safely and effectively reduces pain and improves mobility caused by vertebral compression fractures.



Relieving pain. Improving lives.

Most people regard back pain as an unavoidable consequence of aging. But for roughly 700,000 men and women the pain is a result of painful vertebral compression fractures. **Stryker Vertebroplasty** is a safe and effective procedure that offers quick relief, increased mobility, and restored quality of life without open surgery.



Treatment Options

Traditional treatment for vertebral compression fractures includes bed rest, pain medication, muscle relaxants, external back braces, and physical therapy. Patients who do not respond to conservative treatment or who continue to have severe pain may be helped by an outpatient procedure called Stryker Vertebroplasty.

This minimally invasive treatment is performed on an outpatient basis under local anesthesia, alleviating possible complications of general anesthesia and overnight hospital stays. It is quick and simple to perform, results in a 90% or better reduction in pain, and is covered by Medicare and most private insurers.

About Stryker Vertebroplasty

Stryker Vertebroplasty is a safe and effective treatment that relieves the pain associated with vertebral compression fractures without open surgery. The procedure involves injecting bone cement into the vertebra to stabilize the fracture. X-ray guidance is used to ensure accurate placement. Because the treatment brings quick relief and restores quality of life, the benefits of Stryker Vertebroplasty are significant.

Improved Quality of Life

- Dramatic reduction in pain
- Increased range of motion
- Return to previous levels of activity
- Protection against further collapse of the vertebra in the level treated

Strong Safety Profile

- Minimally invasive, outpatient procedure (no overnight hospital stay)
- Alleviates possible complications of general anesthesia and open surgery
- Quick recovery time
- Low complication rate



What You Can Expect with Stryker Vertebroplasty

Before Your Procedure

Your doctor will give you a physical exam and order x-rays and other imaging tests such as an MRI, CT, or a bone scan. These tests help to determine the location of the fractured vertebrae, how recently they occurred, and whether or not Stryker Vertebroplasty is the most appropriate treatment for you.

During Your Procedure

Stryker Vertebroplasty is performed while you are awake but sedated. Your back is numbed by a local anesthetic. Using x-ray guidance, a needle is inserted into the fractured vertebra through a small incision. When the needle is in the correct position, specially formulated bone cement is injected into the fractured vertebra, creating an internal cast that stabilizes the bone. The needle is then removed, and the incision is covered with a Band-Aid.[®]

After Your Procedure

Recovery time is rapid. After the procedure, you'll lie on your back for a short period of time while the cement continues to harden. Your vital signs will be monitored. Typically, patients are able to go home within one to two hours of treatment. Almost all patients undergoing Stryker Vertebroplasty experience 90% or greater reduction in pain within 24-48 hours and increased ability to perform daily activities shortly thereafter.

stryker[®]

How Stryker Vertebroplasty Works



1. A vertebral compression fracture



2. Under x-ray imaging, a needle is guided into the fractured vertebra



3. Bone cement is injected, filling the spaces within the vertebra



4. Stabilized vertebral body, relieves pain within 48 hours of the procedure