

“It’s a miracle in my life and I am grateful for it.”

Larry Gatlin



• North
• American
• Spine

Location: *Austin, TX*

Occupation: *Grammy Award Winning Country Music Singer*

Diagnosis: *Disc bulge L3 – 5 with facet arthritis*

Procedure: *Minimally Invasive Laser Procedure – Lumbar*

LIFE BEFORE SURGERY:

I’ve had a very active life, but for 47 years there has never been a day where I didn’t have pain shoot down my right leg, some days worse than others. After millions of miles of flying and sleeping on airplanes and buses about a year ago, I got my knee scoped and I think the favoring that is what kind of pushed all that stuff so far out of line. I found out about these kind folks (North American Spine) by reading an airline magazine during a flight and something about the advertisement said, “Larry, go do this.” One thing I want people to know is that these folks did not solicit me, they did not come to me and say, “Let’s make a commercial.” I found these people and I looked them up. My problem wasn’t that the pain just hurts, but that it just drains you. You know you want to go out and play with the kids but you can’t and then you can’t help but be just terribly depressed. I did not want to stay in the dark about what was going on with my body and my back, so I investigated.

LIEFE AFTER SURGERY:

I am a new man. The little bit of soreness I have now is a lot different than a whole lot of pain. The little soreness of have today, 2 Advil 3 times a day, diet soda and The Lord’s Prayer and I’m good to go. The day of the surgery, I walked in at 10:30, I walked out at 2:30 and for the next 10 days I took 2 halves of a pain pill and that was only because I had to fly to Toronto to sing with my brothers in a concert. That night we went to bed and the next morning I woke up and there was a little drop of blood on the sheets and that’s it. What’s really amazing is for the first couple of nights, you’re afraid to sneeze or do anything that might harm your back, but it never kept me awake at night, never once. I’m a happy camper. It’s a miracle in my life and I am grateful for it.

“A 180 degree change.”

Marsha J.



• North
• American
• Spine

Age: 56

Occupation: *Public Speaker & Former Registered Nurse*

Diagnosis: *Bulging/Herniated Disc, Degenerative Disc Disease*

Procedure: *Minimally Invasive Laser Procedure — Lumbar*

LIFE BEFORE SURGERY:

I had an injury 20 years ago. I was rollerblading with my kids and fell and injured two discs. 10 years later I had major back surgery — it was debilitating. I was in the hospital for a week and I had a recovery that lasted several months. The surgeon said in ten years, I might have issues. Ten years later, almost to the day, I had an issue with a disc. I had severe pain down my leg, my back, I could hardly move. It was pretty severe and I didn't know what to do at that point. Required help with everything from standing up to meal preparation and everything you can imagine that you can't do laying flat on your back. My previous surgeon's school of thought was what he had done before — major back surgery — and we were not going to do that again. I was very active and I was laying on the couch for months in pain and I couldn't sit up, I couldn't do anything. It was awful.

EXPERIENCE WITH NORTH AMERICAN SPINE TEAM

My Patient Coordinator was amazing. Very thorough, just spectacular. She really alleviated a lot of my fears. I felt like we became friends. I felt so comfortable immediately with her. She actually called me on the phone and talked to me and was very pleasant, and I could ask her anything. She coordinated everything. They're all very friendly. It's small enough that you have a lot of personal care and it feels like they really care about you.

LIFE AFTER SURGERY:

I guess it was maybe 30 minutes of surgery. I got out, felt great, went and had lunch with my sister and my husband and took a nap and then I was home. Everybody was amazed. I learned to eat flat on my back because I couldn't sit up. It was nice to sit at a table and have a meal. We actually flew to San Francisco 2 days after my surgery for a seminar and I stood up for 16 hours teaching a class and felt great. I was blown away by the results. A 180 degree change. Pain was gone and only mild ache on day of surgery. No longer required pain medications and able to sit without pain for the first time in 4 months. I am thrilled and believe the procedure was 100% successful to accomplish what was expected.

“I am 5 weeks out of surgery
and every day feels better.”

Chris G.

Age: 38

Occupation: *Inventory Manager*

Diagnosis: *Bulging/Herniated Disc, Sciatica, Spinal Stenosis*

Procedure: *Minimally Invasive Laser Procedure — Lumbar*

LIFE BEFORE SURGERY:

I would wake in the morning, take 5-6 Advil to get going. I would take 5-6 Advil every few hours throughout the day to help with pain. By the time I got home at night I was not hardly able to walk from leg pain. Playing with my kids, fishing, hiking, hunting, and just sitting in the floor and playing Lego's was out of the question. My work was suffering. I could not get a good night's sleep. I was falling asleep while driving to locations. I could not be intimate with my wife. She would spend 30 minutes every night rubbing and massaging my back so I could try to sleep. My life was a series of events from one painful moment to the next.

LIFE AFTER SURGERY:

I walked out of surgery feeling better than I went in. The surgical pain was less than my back and leg pain. I sat in the car and cried for 30 minutes because for the first time in 20 years, my leg did not hurt. At first it was like I had lost a friend. Then I realized it was the friend that slept on the couch, never paid rent and drank all my beer. I am 5 weeks out of surgery and every day feels better. I have not had any surgical pain since day 5. I have not had any back or leg pain since surgery. I have lost 15 lbs just by being able to walk around more. Can't wait to start lifting weights again. I am following my limits although I feel like I could lift a ton. I can put my shoes on and take them off. I sit on the floor and play all kinds of games. Me and my three boys have been fishing twice. My wife and I have enjoyed more intimacy in the last few weeks than we did the last few years. Thanks for giving my life back. Note: I have never dealt with customer service so great and I am starting a customer service training for my retail stores mapped after the service I received from North American Spine.

“Life is beautiful and wonderful again.”

Connie N.

Age: *25*

Occupation: *Hairstylist*

Diagnosis: *Bulging/Herniated Disc, Sciatica, Spinal Stenosis*

Procedure: *Lumbar Laminectomy*

LIFE BEFORE SURGERY:

Not great. I was miserable and depressed. I couldn't sleep, I took pain killers every 4-5 hours, I would just work and go home and lay down. Laying down even hurt. Sitting hurt, standing hurt. I couldn't enjoy a normal sit down dinner.

LIFE AFTER SURGERY:

After a month of resting and recovering, I was back to work, back to exercising, and happy that I can continue my life before the pain. I have full range of motion, it feels like I have a new back, a new life. Life is beautiful and wonderful again.

“Immediately after my procedure my headache was gone...I can’t remember the last time I hadn’t had a headache.”

Kim T.



• North
• American
• Spine

Age: **42**

Occupation: *Nursing Home Administrator*

Location: *Clarence, MO*

Diagnosis: *Bulging/Herniated Disc*

Procedure: *Minimally Invasive Laser Procedure – Cervical*

LIFE BEFORE SURGERY:

Before I had my procedure there was not a day go by that I was not in some type of pain. I visited the chiropractor at least once if not twice a week due to headaches, pain in my arm and pain in my index finger for the past year and a half. The pain sometimes got bad enough it mimicked heart issues due to tightness in my chest. With my job I found out that the more I would lift or help transfer residents, the worse my symptoms were and back to the chiropractor I would go. He finally suggested a MRI, or I should say that I finally gave into getting a MRI. With that being complete I found that I had a bulging disc in C5 & C6 which was causing all of my pain. I tried to deal with it and do physical therapy, but it didn't help at all. I weighed all of my options and decided that North American Spine was the best option for me.

LIFE AFTER SURGERY:

Immediately after my procedure was finished in the recovery room, my headache was completely gone. I can't remember the last time that I hadn't had a headache. My recovery was fast, but you have to follow the rules. Just because it was laser doesn't mean that it won't take you at least 6 weeks to feel your best. Make sure to watch your lifting restrictions and rest and go back at it as your body allows. I went back to work part time a week after my procedure and then full time after that. I completed my exercises and watched my restrictions. I can do everything now, but I am more in tuned with my body and if it hurts or is uncomfortable, I don't do it! I am not as young as I use to be, but was given a second chance with little down time thanks to North American Spine and I plan on protecting it. It is so nice to not have headaches or rely on ibuprofen every day! Life is GREAT!

“My thoracic back area is
100% pain free!!!”

Steve C.

Age: 68

Occupation: *State Park Interpreter*

Diagnosis: *Bulging/Herniated Disc, Degenerative Disc Disease*

Procedure: *Minimally Invasive Laser Procedure — Lumbar & Thoracic*

LIFE BEFORE SURGERY:

I am 68 years old. Back in high school (probably 1962) I injured my back in PE class. For 46 years I have had off and on excruciating pain in my thoracic area. I would go to a chiropractor 3 or 4 times a year with varying degrees of temporary relief, if any.

LIFE AFTER SURGERY:

After my surgery this last April 2014, my thoracic back area is 100% pain free!!! The lumbar area of my back responded well to the surgery. I do not have the sharp pain I have had for years. At this time I am still strengthening my lower back to relieve achiness. Part of my lower back ache is that I have about 100 pounds of weight to lose. North American Spine did their part of the work. The rest is mine to do.

“I had so much relief after the procedure I could not believe it.”

Jessica B.

Age: 39

Occupation: *Corrections Officer*

Diagnosis: *Bulging/Herniated Disc*

Procedure: *Minimally Invasive Laser Procedure — Lumbar*

LIFE BEFORE SURGERY:

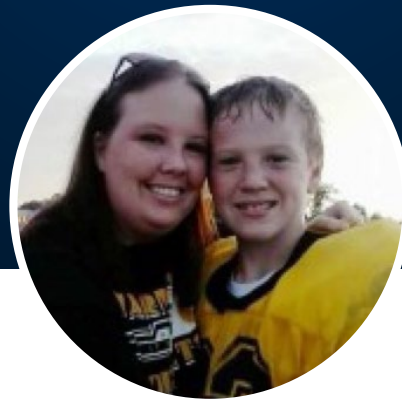
My lifestyle before the procedure was very painful and limited in activity. It hurt every day to get out of bed. Daily I had a ritual that took 45 minutes to an hour just to be able to get out of bed, and when I did get out of bed I still was very stiff and had to shuffle to walk. There was constant pressure in my lower back and my right leg was always in pain. If I tried to turn to do something my back would really grab me and bring me to my knees. I was constantly taking 600 mgs of Motrin three times a day or more. I knew I needed to do something about my back because I was too young to not be able to live a normal life.

LIFE AFTER SURGERY:

I had so much relief after the procedure I could not believe it. There was some minor discomfort at the incision site, but nothing like what I was going through prior to the procedure. The first couple days I was very slow and it was hard to sleep. After the first week everything began to get easier. I was so scared the pain was going to come back that I made sure to do exactly what the doctor said. I slowly reincorporated my daily living activities, like being able to dress myself and walking around for longer periods. I have made some lifestyle changes that will continue to help me keep my back health and pain free for years to come.

“My kids got their momma back. I got my life back.”

Chrissy H.



• North
• American
• Spine

Age: 36

Diagnosis: *Bulging/Herniated Disc*

Procedure: *Minimally Invasive Procedure – Lumbar & Cervical*

LIFE BEFORE SURGERY:

My life was put on hold because of the pain. I couldn't do the one thing that I enjoyed most, which is being my kids' biggest fan at their sports. I ended up losing my job and marriage, I was addicted to pain pills, and became very depressed, stressed out, hateful and irritated because of the pain. I lost a lot of sleep over the pain. My kids lost their momma because I was completely focused on the pain. I couldn't stand, sit, or walk for over 10 minute periods. Life was awful.

LIFE AFTER SURGERY:

After the procedure, I have had some ups and downs regarding the healing process. I had several rounds of steroids and have gained some weight, but I would take that every day, all day over what I endured before the procedures. My kids got their momma back. I got my life back. I'm a much better person to be around. I'm happier. My life has taken a turn for the better. I enjoy watching my kids play sports. My headaches are gone and I sleep much better. I'M ME AGAIN YAAAAYYYYYY!!

“I was playing golf three weeks after.”

Tony D.

Age: *62*

Occupation: *Auto Repair*

Diagnosis: *Spinal Stenosis*

Procedure: *Laminectomy*

LIFE BEFORE SURGERY:

Always had pain in lower back region, could not walk more than a hundred yards without having to stop and rest my legs. Feet were always numb and legs were painful with numbness in the thigh area. Could not walk long distances when I hunted or golfed. Was always needing to turn from side to side when I slept. Could not sleep on my back. Could not stand in one place for more than five or more minutes.

LIFE AFTER SURGERY:

I walked two miles without any leg pain or numbness two days after the procedure. I was playing golf three weeks after and went archery hunting six weeks later. No problems walking and very little back pain. The only pain I feel now is intermittent pain in my left upper hip and, which was probably already there, just didn't know it because of the back pain I had before.

“It now has been 3 months since surgery and I cannot get over how much better I feel.”

Arden S.



• North
• American
• Spine

Age: 63

Diagnosis: *Herniated Disc*

Procedure: *360 Fusion*

LIFE BEFORE SURGERY:

My lifestyle before surgery was very limited. I always had lower back pain, no matter what I tried. As time passed, my lower back would slip out more often, even while wearing a back brace. Over the last two years, I had pains down both legs. I was going to the chiropractor for adjustments about weekly and once a month for spinal decompression. Over a three-year time span, I had two MRIs, two epidural steroid injections, spinal decompression treatments and countless chiropractic adjustments. After hearing a commercial on TV about North American Spine, I contacted them.

LIFE AFTER SURGERY:

After I scheduled my surgery, I asked my doctor if I would be recovered enough to go on a cruise 8 weeks after surgery. He assured me that there will be no issues. The people at North American Spine worked really hard to get my surgery scheduled in time for me to heal before my cruise.

As the days went by, I just kept getting better. I had no back pains or pains down the legs. It now has been 3 months since surgery and I cannot get over how much better I feel. I get up in the morning and able to bend over the bathroom sink to wash and shave my face without any pain. I have driven to Houston and back without back pain. Before surgery, when I would drive to Houston, I would stop at a rest area and my back would hurt so bad. I would need to stretch and walk around to loosen everything up; nowadays, have absolutely no back pain.

I am now bass fishing on my boat every weekend without pain. Just this last weekend, I built a three panel wood fence with a gate, which included digging post holes. I kind figured I would be sore the next day but I did not experience any back pain. I had back pain for well over 40 years so it became a part of life. I was worried how surgery would turn out but now that I have had the surgery, I cannot express how wonderful life is without back pain. Thank you North American Spine.

“My back is 100% pain free!”

Mary K.

Age: 47

Occupation: *Customer Service Representative*

Diagnosis: *Bulging/Herniated Disc, Degenerative Disc Disease*

Procedure: *Extreme Lateral Interbody Fusion*

LIFE BEFORE SURGERY:

Before the procedure, I had shooting pain in my lower back, down my right buttock, down my right hip, down my right thigh and down to my right foot. The pain started in August 2015 and became worse during an 11 month period. I could only walk for about four minutes then I had to quickly find a place to sit down. Often, the pain was so great I would miss work once a week. Household chores like sweeping, mopping and doing laundry was a challenge as I had to stop every ten minutes. I was taking prescription and OTC drugs which had little effect on my condition. Physical therapy and back injections did not relieve me of my pain. In short, life was miserable.

LIFE AFTER SURGERY:

On July 26, 2016, I had my back surgery. Within 24 hours of the surgery, I did not have any pain in my back, right buttock, down my right hip, down my thigh or in my right foot. I used a walker for 10 days and stopped using it. I wear a back brace to prevent me from bending, lifting and twisting. The second week after surgery I went to the mall and walked around with a friend. The fourth week after surgery I am throwing out the garbage, climbing stairs and going to the grocery store by myself and pain free. On August 29, 2016, I will returned to my former employer and am once again gainfully employed. My back is 100% pain free!

“CALL. ASK. Make a move. You won’t regret it!”

Sara H.



• North
• American
• Spine

Age: 54

Diagnosis: *Spondylosis*

Procedure: *Minimally Invasive Laser Spine Surgery – Cervical and Anterior Lumbar Interbody Fusion*

HOW WAS YOUR EXPERIENCE WITH THE NORTH AMERICAN SPINE TEAM?

Patient Care Manager: From the first to last call my patient care manager was professional, kind and courteous.

Doctor: My physician was a helpful presence in my procedure from the first call to the last visit.

Compared to Other Healthcare Experiences: I have no problems with North American Spine!

WHY DID YOU CHOOSE NORTH AMERICAN SPINE?

Previous procedures brought me back!

WHAT WAS YOUR LIFESTYLE LIKE BEFORE SURGERY?

Debilitating. Pain down backside and down legs prevented any quality of life. [Treatments tried include] Injections, physical therapy, chiropractic care, acupuncture, massage therapy, diet and exercise, and both prescription and over-the-counter medications.

WHAT IS YOUR LIFE LIKE NOW, AFTER SURGERY?

After five weeks out, Mobility is getting better every day. I’m looking forward to my strength and exercise training!

WHAT WOULD YOU SAY TO SOMEONE CONTEMPLATING HAVING A PROCEDURE WITH NORTH AMERICAN SPINE?

CALL. ASK. Make a move. You won’t regret it!

“I am amazed at the difference in how I feel.”

James A.



• North
• American
• Spine

Age: 55

Diagnosis: *Bulging/Herniated Disc, Spinal Stenosis*

Procedure: *Minimally Invasive Laser Procedure – Lumbar*

LIFE BEFORE SURGERY:

Prior to my procedure I was in constant pain. I was taking hydrocodone daily and it barely made the pain bearable. I could do very limited physical activity and I went home to rest several hours each day. I had feelings of guilt about not giving enough time to my job. I never really felt like doing anything at all. I did not sleep well at night because of the pain and there was no position which did not hurt. The constant pain affected my attitude and my personality and limited the activities I was able to do with others.

LIFE AFTER SURGERY:

Following my procedure the pain was gone almost immediately. After the pain from the actual procedure ended (about a month) I have been almost totally pain free. I can still tell when I try to do too much but I have more energy. I am more cheerful. I am able to bend and lift things which I have not been able to do in a very long time. I now get up in the mornings ready to accomplish something and wanting to get things done. I am amazed at the difference in how I feel. People who know me comment they can tell I feel better because of the expression on my face and the fact I am no longer limping all the time.

To read more patient testimonials, please visit:
NorthAmericanSpine.com/patient-reviews