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**Disc Replacement Procedures at Texas Back Institute**  
*Leading spine surgeon hosts multiple clinical trials*

**Plano, TX. (May 25, 2009)** – For a patient suffering from a herniated disc, like Mary Arnold, back pain and limited mobility become a forced way of life. As a young mother, Mary wanted to be able to keep up with her daughter but the severe pain in her back and right leg was debilitating. Mary discovered Dr. Scott Blumenthal, a spine surgeon at the Texas Back Institute, who diagnosed Mary and performed a lumbar disc replacement: an innovative technology that replaces the affected disc with an artificial disc. As a result, Mary lives a full life and is pain free.

“Mary came to me in intense pain. She was frustrated that she was not able to actively play with her child,” explains Dr. Blumenthal, MD. “My goal is to get my patients back to life using the most advanced motion-preserving technologies available. For Mary, the solution was an artificial lumbar disc replacement.”

Dr. Blumenthal is one of the first surgeons to devote his practice to the research and application of artificial disc replacement. He is a leader in spinal arthroplasty, making strides in spinal research by working with a number of discs currently on the market and in trials.

Lumbar Disc Replacement, an alternative to spinal fusion, is designed to restore and maintain the normal height of the disc and simulate the physiologic function of a normal intervertebral disc. The artificial disc is intended to preserve motion at the affected level and prevent the onset of adjacent level disc degeneration.

Mary went into surgery and within days she felt relief. “The surgery greatly changed my life,” explains Mary. “There were times prior to the surgery that the pain was so intense that I prayed to God to either heal me or kill me.” Since her surgery, Mary has been able to get her life back, actively taking care of her family and traveling as much as possible.

Mary is one of the many patients suffering from chronic back pain and unable to find relief, who sought out the services of Dr. Blumenthal, and the Texas Back Institute. In addition to being a leading spinal surgeon, Dr. Blumenthal serves as a clinical assistant professor of orthopedic surgery at the University of Texas Southwestern in Dallas and as a spine consultant for the Dallas Mavericks.

Dr. Blumenthal is currently involved in multiple clinical trials involving artificial disc replacement. Potential candidates who wish to be screened for any study can contact Vickie Arford at 972.403.5544. For more information on clinical trials involving disc replacement, visit [www.texasback.com](http://www.texasback.com) or call 1 800 247 BACK (2225).