

Texas Back Institute Marks 10-Year Anniversary of First Artificial Disc Replacement Surgery in United States

*Procedure performed by Dr. Scott Blumenthal, pioneering
principal investigator of first artificial device approved in nation*

For Immediate Release

Plano, Texas (April 13, 2010) – Texas Back Institute, the largest freestanding spine specialty clinic in the United States, is marking the 10-year milestone as being the first practice to perform an artificial disc replacement (ADR) surgical procedure in the nation. [Dr. Scott Blumenthal](#) performed the first surgery that has since been performed on tens of thousands of patients nationwide.

“For Americans with chronic back pain who haven’t responded to extensive non-surgical therapies, the ADR procedure can help many qualified candidates regain fulfilling, active lives,” said Dr. Blumenthal, whose served as the principal investigator for the [Charité](#) artificial disc, the first ADR device approved for use in the United States.

Dr. Blumenthal, whose personal motto is ‘refuse to fuse,’ added, “Our goal is to get patients back to life using the most advanced motion-preserving technologies. Texas Back Institute and our research arm, [SpineMark Clinical Research Organization](#), have been at the forefront of improving the overall quality of life for patients suffering with spine-related health issues. As physicians and as researchers, we remain committed to this goal.”

During artificial disc replacement surgery, the damaged disc is removed and replaced with an artificial disc designed to allow for replication of normal motion. The hospital stay for this procedure is approximately one to two days.

As little as one decade ago, Americans suffering from chronic, disabling pain caused by degenerated discs had only one surgical option, spinal fusion, if non-surgical treatment options didn’t work. Artificial disc replacement research, which occurred over four decades and continues today, was driven by the potential to overcome drawbacks to spinal fusion that include loss of motion and flexibility; permanently altered motion characteristics and biomechanics; and potential for accelerated degeneration of the discs above and below the fused level that can lead to more pain and the need for more back surgery.

Today, the ADR is a common medical procedure, and demand for the procedure is growing. According to a Life Science Intelligence (LSI) Report published in 2008, the U.S. market for artificial disc replacement was projected to grow 44 percent between 2007 and 2013. This anticipated market growth is due to projections of increased reimbursement approvals by insurance companies as well as a rapidly growing aging population of active “Boomer” generation adults.

For more information about Texas Back Institute and Dr. Blumenthal, please visit www.texasback.com.

About Texas Back Institute

Texas Back Institute, one of the largest freestanding multispecialty spine clinics in the United States, was established in 1977 and provides comprehensive medical care for back and neck pain. Texas Back Institute is a back care leader specializing in spinal arthroplasty, minimally invasive spine surgery, degenerative disk disease and spinal deformation. As an academic health care organization, Texas Back Institute has trained hundreds of physicians, scientists and allied health professionals. Its research institution employs state-of-the-art technology and is involved in many clinical trials, including artificial discs. Texas Back Institute's professional staff includes board-certified spine surgeons, general surgeons, internists, physiatrists, pain specialists, exercise physiologists, and a team of physical and occupational therapists. Texas Back Institute has locations in Dallas, Denton, Fort Worth, Mansfield, McKinney, Plano, Rockwall, Trophy Club and Wichita Falls, Tyler, Odessa, Texas, and Phoenix and Gilbert, Arizona. For more information, visit www.texasback.com.

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