

See the Difference

When conservative care fails to alleviate pain, these doctors offer a specialized endoscopic procedure with impressive results.

TRINITY SPINE CENTER

VICTOR M. HAYES, MD
FARHAN N. SIDDIQI, MD

“I’d been having back problems most of my life,” says Butch St. Jacques. “I used to be a gymnast, and I coached women’s gymnastics for twenty years. The pain goes back probably into the early Seventies, and it’s been bothering me since.”

In 2002, Butch had a laminectomy on three different vertebrae; Butch says he developed scar tissue from that procedure.

“I was still in a lot of pain,” he confirms. “I was getting cortisone shots three or four times a year, sometimes more, and taking a lot of ibuprofen because I don’t do hard drugs at all. Finally, my doctor recommended that I see Dr. Hayes.”

Dr. Victor Hayes of the Trinity Spine Center, along with his colleague Dr. Farhan Siddiqi, is a board-certified, fellowship-trained spine surgeon.

“I went over and saw him and they did another MRI and looked at my back,” Butch notes. “He didn’t just jump right into surgery at all. He wanted to try a conservative approach.”

Conservative care first

“Both Dr. Siddiqi and I are double fellowship-trained spine specialists, experienced in a comprehensive range of treatments,” says Dr. Hayes. “At Trinity Spine Center, we want to heal patients with the most

minimally invasive treatment possible.”

“Though Dr. Hayes and I are surgeons,” Dr. Siddiqi comments, “we are also very conservative. We see surgery as a last option.”

“Mr. St. Jacques is an interesting patient because he had a previous laminectomy procedure where they took the pressure off his nerves,” Dr. Hayes explains, “but he had persistent back pain from that because the joints had broken down after his surgery. We started with some injections, which he responded well to. When the injections wore off, however, endoscopic rhizotomy was an option for him.”

Drs. Hayes and Siddiqi are two of very few doctors in the country who perform endoscopic rhizotomy, and also teach a course on the procedure for other physicians.

“We are more experienced than any other doctor performing this procedure anywhere in Florida,” Dr. Hayes asserts.

More effective option

Rhizotomy is a therapeutic procedure designed to decrease and/or eliminate pain arising from degenerative facet joints within the spine. The procedure involves cauterizing the nerves that innervate the facet joints with highly localized heat. By destroying these



Butch St. Jacques

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nerves, the communication link that signals pain from the spine to the brain can be broken.

“These nerves have one function,” Dr. Hayes informs, “and that is to stimulate pain. Patients who have arthritis in their back, or who have had previous surgery, may have back pain caused by these nerves. We can ablate those nerves safely because their only function is to cause pain.”

In a traditional rhizotomy, or radiofrequency rhizotomy (RF), nerves are cauterized via a needle positioned with an “instant” x-ray, or fluoroscope. However, an endoscopic rhizotomy uses far more exact means to isolate the nerves.

“There are pain management doctors who perform radiofrequency rhizotomies, but the difference is that they don’t use a camera,” Dr. Hayes observes. “This endoscopic technique is more effective at actually accomplishing the goal.”

During the procedure, the surgeon makes several small incisions in the back through which they insert the endoscope, or camera. The surgeon utilizes muscle-spreading techniques to access the nerves, causing no internal trauma, and facilitating a faster recovery.

“Once we have the endoscope in place,” Dr. Hayes continues, “we can actually see the nerve and cauterize it under direct visualization. We’ve had a tremendous amount of success with this procedure.”

Dr. Hayes assures that endoscopic rhizotomy is an advantageous procedure for people who have had previous surgery as it avoids

more iatrogenic damage to the muscle.

“When someone has had back surgery, you want to do as little damage to the muscles as possible because every time you cut through those muscles, you’re further injuring them. I also recommend this technique for younger patients who have failed all conservative care but who still have persistent back pain.”

One of the best advantages of the endoscopic rhizotomy, Dr. Hayes explains, is that it is usually performed as an outpatient procedure and demands little to no recovery time from the patient.

“There’s very little down time because there is no trauma to the tissues,” the doctor continues. “Additionally, there’s no risk of internal scarring around the nerves, which often can lead to failed back surgery syndrome.”

“One hundred percent”

Drs. Siddiqi and Hayes performed Butch’s endoscopic rhizotomy in December of 2008.

“I woke up from the procedure and I felt fine,” Butch assures. “A day later, I was back to work – one hundred percent.”

“The whole thing has been really, really good. Dr. Hayes has called me a couple of times at home just to check on me, which totally surprised me. That is just unheard of from a doctor, so he does take a lot of personal interest in his patients. Both he and Dr. Siddiqi were involved in the surgery, and I can’t speak highly enough for both of them. It’s just been a wonderful experience” **FHCN**—Raechelle Wilson



After a specialized endoscopic procedure, Butch St. Jacques was back to work and out of pain.

For more information on Trinity Spine Center, please visit www.trinity-spine.com.



Victor M. Hayes, MD, is a board-certified spine surgeon and is fellowship-trained in both endoscopic spinal surgery and reconstructive spinal surgery. Dr. Hayes received his medical degree from Cornell University Medical College and completed his internship and residency at Long Island Jewish Medical Center. Dr. Hayes is a member of the North American Spine Society, the American Academy of Orthopaedic Surgeons, and the American Board of Orthopaedic Surgeons.



Farhan N. Siddiqi, MD, is a board-certified spine surgeon and is fellowship-trained in both endoscopic spinal surgery and reconstructive spinal surgery. Dr. Siddiqi holds an MS in Biochemistry from the University of Rochester and received his medical degree from Cornell University Medical College. He completed his internship and residency at Long Island Jewish Medical Center and is a member of the North American Spine Society, the American Association of Neurological Surgeons, the American Academy of Orthopaedic Surgeons, and the American Board of Orthopaedic Surgeons.

More knowledge, more care

“It’s important for people who suffer from back pain to get a specialist’s opinion,” Dr. Hayes stresses. “Patients need to understand all of their options so that they do not suffer for a long time or become too reliant on potentially addictive pain medications.”

Dr. Siddiqi concurs, noting that many patients with back problems are tempted to treat only the pain. He is careful to point out that medication is not always the best solution and can even make a back problem worse by masking a degenerating condition.

“When someone is in pain, typically what they will change is the way that they live,” says Dr. Hayes. “Well, that’s not the answer; the answer is to get help when

that happens. You shouldn’t lose hope,” he continues. “If you go to a surgeon and he says there’s nothing that can be done, that’s not necessarily true. We treat quite a few people whom other surgeons have told that there’s nothing they can do. We have a lot of different techniques and procedures, from complex spinal reconstruction to advanced minimally invasive procedures.

“Dr. Siddiqi and I attend all procedures together,” Dr. Hayes adds, “so our patients have two surgeons involved in their care. We have the same specialized training and have been working together since medical school. That kind of camaraderie and cooperative expertise is something few other practices can offer.”

Don’t let pain control your life...

Dr. Siddiqi and Dr. Hayes are spine specialists trained in the most advanced reconstructive and minimally invasive techniques available today. The goal of Trinity Spine Center is to reserve major reconstructive spinal surgery as a last option and strive to improve patients’ lives with the least amount of surgery possible. For more information, please call **(727) 372-9922** for the new, state-of-the-art office located at **2040 Short Ave., Suite 100**, in Trinity.