

# BACK PROBLEM SOLVED

FHCN PHOTO BY AMANDA SMITH



Jack Ryder

Sierra Ryder

Dylan Ryder

**As anyone who's ever had the experience knows, a disc injury causes so much more than back pain. Fortunately, a committed team of spinal specialists – armed with the very latest in equipment and expertise – is dedicated to restoring mobility and pain-free living.**

A back injury is difficult enough to deal with, but Jack Ryder's job certainly didn't make it any easier. An aircraft mechanic who puts in between eight and twelve hours a day, he says his work became tough to endure.

"It was murder. I was on concrete floors, on my feet all day, lifting, bending, and crawling. It's a very physical job."

Also a busy father, a sportsman and a landlord, Jack notes that the third pursuit was the one that led to his recent injury. "I own some rental properties, so I was digging up a sewer line and hurt a disc in my back."

Despite the pain, Jack endured as best he could for several months. "It kept getting worse and worse and, finally, it got to

**TRINITY SPINE CENTER**  
 VICTOR M. HAYES, MD  
 FARHAN N. SIDDIQI, MD  
 JORIT WIJNMAALEN, DPT, MBA, MTC, CEAS

the point that I had to do something."

Since this was not his first back injury, he initially followed the same course of treatment that had been successful in the past. "I was taking injections, but they weren't working. I had used them for previous back injuries and they worked just fine, but now they weren't helping at all."

Part of the problem, Jack now admits, was not being proactive enough about his treatment. "I went with the injections, just going to any doctor, and I wasted time and money being miserable and toughing it out for no good reason."

Clearly, the time had come for a different approach.

### A solid recommendation

Because his wife works as a nurse practitioner at a local hospital, this time around Jack says he asked her to find out which doctors were said to offer the best in terms of education, technology and results. Based on positive word of mouth, he eagerly turned to Trinity Spine Center for help.

Uniquely qualified for Jack's situation, Victor M. Hayes, MD, is a board-certified spine surgeon with Trinity Spine Center, along with his partner, Farhan N. Siddiqi, MD. "Both Dr. Siddiqi and I are double-fellowship-trained spine specialists," says Dr. Hayes. "We work to heal patients with the least invasive treatment possible."

Performing what is known as the Yeung Endoscopic Spinal Surgery, or the YESS procedure, the doctors have used laser-assisted endoscopic discectomy, in place of more traditional spinal surgery, to help many patients.

"When you do a regular microdiscectomy, or a traditional open spinal surgery, you have to approach the spine, strip the muscles off of the spine, and resect bone," Dr. Hayes explains. "With this procedure, there's a small nick in the skin, and that's it; there is minimal to no disruption to the patient's anatomy. There is no cutting of the muscles or bone, and we enter the spine through a natural opening between two nerves. Afterward, there are no stitches."

According to Dr. Hayes, the YESS

procedure was initially developed by Dr. Tony Yeung. Drs. Siddiqi and Hayes are two of only three fellows who have trained exclusively with Dr. Yeung on this procedure.

"There aren't very many doctors who are fellowship-trained for this," he adds. "You want to go to a surgeon who is experienced in order to have the best outcome. Our experience also allows us to make a better determination about which patients are right for this procedure."

He notes that younger patients like Jack make great candidates for YESS because the procedure causes no disruption in the tissues and bone that would be compounded as the patient aged. Elderly patients are also recommended for YESS, he adds, because the procedure is performed under twilight sedation rather than general anesthesia.

"When it is appropriate, this is a great option for our patients," Dr. Siddiqi confirms. "There is virtually no scarring, and recovery time is far less than with a large, open surgery. Patients get back to their lives sooner and with much less pain."

### "Wonderful results"

Upon examination, Dr. Hayes determined that Jack's previous injections had not been delivered to the right area of his spine. Their first course of action was to give the injection procedure one last try.

"Dr. Hayes hit the spot," Jack shares. "He nailed it, but it was just too bad to fix with an injection. I thought it was nice that he tried something easy first, though."

After thoroughly discussing the options, doctor and patient decided the endoscopic transforaminal discectomy was the best choice. "Dr. Hayes explained that he would have a camera inside and, though he really wouldn't know until he got there, he would simply repair anything that was damaged. As a mechanic, that was easy for me to understand – working with tools and doing whatever it takes to get the job done."

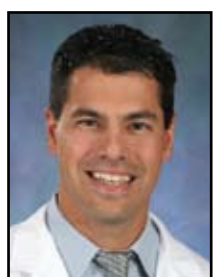
On a personal note, Jack says he was equally at ease with the doctors themselves. "They're just a great bunch of guys; it felt like I'd been working with them for years. They're easy to get along with and they explain things on a normal level instead of a medical level."

Following surgery, he's happy and back to his busy life. "I had wonderful results and a quick recovery. I try to remember that I was injured, so I don't hurt myself again, but now I always have something going on, between the kids and the rental properties, boating and fishing. I'm always doing something physical."

"I should have gone to Trinity Spine Center and had this taken care of a lot quicker. With our busy lives, we don't have time to waste." **FHCN**—Brenda Klettke



**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 LIJ Albert Einstein College of Medicine. 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 a BA in Biology and Economics and an MBA from Cornell University and an MS in Biochemistry from the University of Rochester. He received his medical degree from Cornell University Medical College. He completed his internship and residency at LIJ Albert Einstein College of Medicine 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.

**Jorit Wijnmaalen, DPT**, graduated from the University of Nijmegen with a BSPT degree in 1995. Since his graduation, he has worked in several healthcare settings, including home health, acute care, inpatient, outpatient, and rehabilitation. His focus has always been on clinical excellence and he became certified in NDT in 1999 and passed his Certification for Manual Therapy at the University of St. Augustine in 2000. He recently received his Doctorate degree in Physical Therapy, also from the University of St. Augustine. In addition to these clinical degrees, Dr. Wijnmaalen also has an MBA in Healthcare Administration from the American InterContinental University.

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 Trinity Spine Center, please visit  
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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.