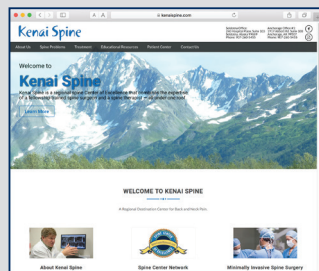


Kenai Spine

Educational Internet site with home remedies
& symptom charts at: KenaiSpine.com
Appointments & Referrals: 907-260-5455
MAIN OFFICE:
240 Hospital Place, #103 • Soldotna, Alaska 99669

Patient education tools for physicians



The best quality healthcare comes from an educated consumer. An online spine encyclopedia at KenaiSpine.com has home remedies and customized stretches that relieve simple cases of back pain. As a community service, Kenai Spine distributes a free 36-page Home Remedy Book.



Kenai Spine also provides a symptom chart that shows what symptoms are emergency issues that need to be seen in a couple days to prevent permanent paralysis of nerves and lifelong numbness/weakness in a hand or foot. Physicians can request 20 copies of these patient education tools via email at KenaiSpineCenter@gmail.com.



A leader in spine technology and care of the complex back & neck pain patient

Patients with back and neck pain often make a pilgrimage to multiple doctor offices. That's because many times, back problems can be misdiagnosed. For example, it's estimated that one in four cases of low back pain may be linked to the sacrum and its sacro-iliac joints (SI joints).

"Finding out the real underlying cause of a person's low back pain is crucial to proper treatment," explains Dr. Craig Humphreys, a fellowship-trained spine surgeon at Kenai Spine. "One symptom that can imply pain may be coming from the SI joint is when the person feels a pain in their low back right when they stand up from a chair and place weight on a specific leg. SI joint pain can be caused by a fall, or from repetitive jarring like distance running. Arthritis can also cause SI joint pain."

Kenai Spine is one of few spine centers in the State of Alaska to provide the iFuse bone implant technology that relieves SI joint pain symptoms. "We'll often start with nonsurgical treatment options like therapy, or an injection into the SI joint area," adds Dr. Humphreys. "But in some cases, surgery may be necessary to provide permanent relief of pain originating in the sacroiliac joint."

The iFuse system is designed to provide stabilization for the SI joint. Through minimally invasive spine surgery, small titanium implants are inserted across the sacroiliac joint to maximize post-surgical



SYMPTOMS OF SI JOINT PAIN:

- Pelvis/buttock pain
- Hip or groin pain
- Feeling of leg instability(buckling)
- Unable to sit for long periods
- Pain going from sitting to standing

stability and weight-bearing capacity. The procedure is done through a small incision and takes about an hour. The key benefits are that the iFuse Implant System is less invasive than traditional SI joint surgery. The iFuse Implant System uses a much smaller incision size and no bone grafting is needed as in traditional SI fusion.

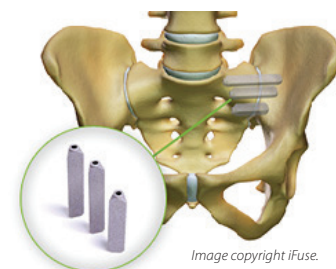
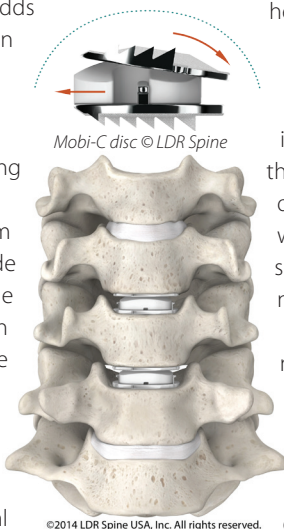


Image copyright iFuse.

Artificial disc replacement

Kenai Spine was one of the first spine centers in Alaska trained in the use of the FDA-approved artificial discs in the neck. Research has shown conclusively that artificial discs in the neck reduce the likelihood of future disc herniations at other levels. Kenai Spine now uses several different FDA approved discs, including Mobi-C, the Prestige cervical disc, and the M6 disc which replicates the shock absorption of the normal healthy disc.

Some patients may be candidates for lumbar artificial disc surgery. Kenai Spine is one of few spine centers in Alaska doing artificial disc



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Benefits of the artificial disc:

- Retains motion of the vertebrae.
- Prevents damage to other disc levels.
- No bone graft required.
- Quicker recovery & return to activity.
- Less painful surgery than a fusion.
- Less blood loss during surgery.

APPOINTMENTS:
907-260-5455

replacement in the low back.

Craig Humphreys is the co-inventor of the Balanced Back Disc for the low back. The disc is unique in that it enables the spine surgeon to install the artificial disc from the back, rather than through the abdomen. The Balanced Back disc also repairs problems with the facet joints around the herniated disc. In this sense, it is the only disc available that acts as a total joint replacement for the damaged spinal joint.



The O-arm provides Kenai Spine surgeons with precise surgical navigation technology.



O-arm navigation

Kenai Spine makes use of the most advanced O-arm surgical navigation technology available only at select number of hospitals in the U.S. The technology enables the surgeons to precisely place screws and instrumentation

during spine surgery. Kenai Spine is the only spine center in the State of Alaska to be included in SpineCenterNetwork.com, the only national listing of spine centers with fellowship-trained spine surgeons that emphasize non-surgical options and heavy patient education.

For more information, to refer a patient, or to request free patient education tools, physicians can e-mail KenaiSpineCenter@gmail.com.



The 4 benefits of a 2nd opinion

Because spine surgery is a serious decision, it is a good idea to obtain a second opinion. A second opinion can provide the following benefits:

1. Determine if all possible treatment options have been considered and if there are any other nonsurgical options — such as spinal injections or physical therapy — that can relieve symptoms without the need for surgery.
2. If spine surgery is necessary, what type of spine surgery should be performed. A complex fusion procedure may not be necessary.
3. Is there a new artificial disc that would provide a better outcome?
4. Help determine if the patient is a candidate for minimally invasive spine procedure in outpatient surgery. This may allow the patient to be home later that same afternoon, for a faster recovery and return to activity.

Kenai Spine

The Kenai Spine Team

S. CRAIG HUMPHREYS, MD

Board Certified Orthopedic Surgeon
Fellowship-Trained Spine Surgeon

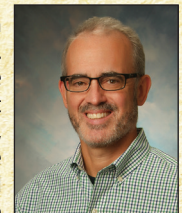
Dr. Craig Humphreys earned his undergraduate degree at the University of Notre Dame. Dr. Craig Humphreys grew up in Alaska, graduating from Dimond High School in 1981. During the summers, he worked on the North Slope at Prudhoe Bay to help pay for college at the University of Notre Dame and medical school in Chicago. He started his practice as a fellowship-trained orthopedic spine surgeon, the highest level of medical education. Over the course of 16 years in Tennessee, Dr. Humphreys successfully treated thousands of patients both conservatively and surgically. He returned home to Alaska in 2011 to continue his career, founding Kenai Spine, a regional spine center. Dr. Humphreys' practice philosophy is to explore and exhaust all non-surgical options in advance of the patient considering spine surgery. This includes the use of spine-specialized therapy and injections that can relieve pain symptoms.



JOHN L. ANDRESHAK, MD

Board Certified Orthopedic Surgeon
Fellowship-Trained Spine Surgeon

Dr. Andreshak has 20 years experience in the treatment of adult spine conditions. He specializes in degenerative spine conditions, artificial disc replacement in the cervical spine, spinal fusion, microdiscectomy and minimally invasive spine surgery. Dr. Andreshak relocated to Alaska from Chicago where he maintained an active spine surgery practice affiliated with the Northwestern Health System. He did his internship and residency at Loyola University Medical Center and then completed a fellowship in spine at the prestigious Mayo Clinic.



SUSAN REED, PA-C PHYSICIAN ASSISTANT

Susan Reed has 13 years of orthopedic experience. She graduated from Midwestern University in 2004 and began working at Northwestern Medicine Orthopaedics. There she assisted with spine, total joint, hand, trauma, arthroscopic and foot and ankle surgeries.



NICOLE ERB, RN CLINIC MANAGER

Nicole Erb is a registered nurse with more than 14 years of experience in orthopedics and spine. She is completing her Masters in Nursing along with an MBA.



Appointments & Referrals
907-260-5455

SOLDOTNA MAIN OFFICE:
240 Hospital Place, Suite 103
Soldotna, Alaska 99669

Educational spine encyclopedia at
KenaiSpine.com

BACK TO LIFE

