

Novel surgery puts equestrian with hurt spine 'back in saddle' within 24 hrs



A 61-year-old businessman, who had injured his spine while horse riding, is all set to get back to his equestrian passion, thanks to a new technique attempted by the Lilavati hospital doctors. In fact, Bihar resident Ram Lakhan Singh was back on his feet just 24 hours after the novel surgery.

The doctors said Singh came to them with a severe lower back pain that was restricting almost all his movements. "The patient liked horse riding. On several occasions, he fell off the horse and hurt himself. Over the years, his spine got affected. When we first examined him, he had a stiff back and his movements were severely restricted," said Dr PS Ramani, neuro and spinal surgeon, Lilavati hospital.

He doctor further said Singh could not even walk comfortably for more than 10 minutes. "A check-up showed that his spine was extremely rough and degenerated, with instability at two spots. The pathology in the spine had compressed the nerve roots, resulting in these difficulties," said Ramani.

Doctors then decided to go for a minimally invasive surgery on the spine using micro-surgical techniques. "The patient's spine was degenerated at multiple levels and there was instability at two levels. We imported four implants from Germany and placed them using the minimally invasive technique. The implant was designed in such a way so as to keep the vertebrae apart and maintain the inter-vertebral space," said Ramani.

The surgery went on for six hours. "Unlike conventional surgery, this procedure gives flexibility and quick recovery to patient post surgery. Within 24 hours, Singh was able to bend down after a long time," Ramani added.