



ALI MAYER



"I am so grateful and feel confident that I will continue to recover and get stronger!"

Age: 60
Hometown: New York
Surgeon: Dr. Rayshad Oshtory of Pacific Heights Spine Center, San Francisco, CA
Procedure: XLIF®
Surgery Date: June 6 2011

Life Prior to Surgery: Ali suffered from scoliosis and hypolordosis, an abnormal curvature of the spine which greatly affected her posture. Nevertheless, she had always led an active lifestyle as a gymnast, swimmer, and athlete. In 1986, while tiling a kitchen floor, Ali first began to experience back pain. Her pain gradually increased and began to limit her activities. Conservative treatments, such as epidural injections, failed to provide Ali with long term relief. Pain medication alone helped her manage her pain, though the medications caused additional complications.

In June 2008, Ali underwent cervical and lumbar surgical procedures. Subsequently, she was forced to take a medical leave from her job as a high school teacher in order to recuperate. To Ali's dismay, the procedures failed to provide her with the relief she sought. In November 2012, she underwent yet another spine surgery, which yielded similar results. Desperate for relief, Ali underwent a fourth procedure before scheduling a consultation with Dr. Rayshad Oshtory.

Ali was referred to Dr. Oshtory by her pain management physician. After examining her condition, Dr. Oshtory was confident that the minimally disruptive XLIF (eXtreme Lateral Interbody Fusion) procedure would provide Ali with the relief she sought. Although she was anxious to undergo another spine surgery, Ali no longer wanted her pain to inhibit her capabilities. She "needed to live a normal life."

Situation Today: Ali remained at the hospital for two weeks after her XLIF procedure in order to rebuild her strength. She struggled with post-op incision pain, but it eventually subsided. In fact, within six weeks of the procedure Ali no longer required any pain medication. In addition, she was able to stand up straight with great posture.

Today, Ali continues to walk daily and hopes to join a swim program soon. She is optimistic about her recovery and looks forward to resuming her active lifestyle in the near future. Ali is very grateful to Dr. Oshtory for giving her her life back. For Ali, being pain-free has been the greatest gift imaginable.

Important Note: As with any spine surgery, there are potential benefits and possible risks associated with the XLIF procedure. It is important that you discuss the possible risks and potential benefits of XLIF with your doctor prior to receiving treatment, and that you rely on your physician's judgment. Only your doctor can determine whether you are a suitable candidate for this procedure.