



“I have my everyday
life back.”

I'm back to
my favorite activities, including yardwork

MARTHA WOODMAN
88 YEARS OLD
PATIENT AMBASSADOR
BACK SINCE APRIL 2012

The Better Way Back® is a support and education program for individuals considering spine surgery. At the heart of the program are Patient Ambassadors like Martha, who have undergone minimally disruptive spine surgery. They know first-hand what you're going through and they've volunteered to share their stories and help answer your questions.

Speak to one of Dr. Oshtory's Patient Ambassadors, like Martha. CALL 1.800.745.7099.

To learn more about The Better Way Back, visit www.TheBetterWayBack.org



Pacific Heights
Spine Center

there is
LIFE after back surgery

the better way
BACK
THEBETTERWAYBACK.ORG

To learn more about the XLIF procedure, visit WWW.NUVASIVE.COM.

As with any spine surgery, there are potential benefits and possible risks associated with the XLIF procedure. Individual results will vary. 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. Patient Ambassadors are non-paid volunteers and can only speak about their own experiences. Your experience may be different. Patient Ambassadors do not represent their surgeons or NuVasive®, Inc. and they are not medical professionals. Information you receive from Patient Ambassadors cannot replace the relationship that you have with your healthcare professional.