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**By Chris at 11:23 am, Feb 26, 2020**



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TREATMENTS (/SPINE-AND-BACK-PAIN-

TREATMENT-OPTIONS/)

CONDITIONS (/SPINE-AND-BACK-PAIN-

CONDITIONS/)

PATIENTS & FAMILIES (/PATIENT

EDUCATION/)

# Treatment Options

## Conditions

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## Treatment Options

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[Spine and Back Pain Treatment Options \(/spine-and-back-pain-treatment-options/\)](#)

[Arthrodesis and Artificial Ankylosis \(/arthrodesis-and-artificial-ankylosis/\)](#)

[Artificial Disc Replacement \(/artificial-disc-replacement/\)](#)

[Cervical Corpectomy Nerve Decompression \(/cervical-corpectomy-nerve-decompression/\)](#)

[Cervical Discectomy and Fusion \(/cervical-discectomy-and-fusion/\)](#)

[Cervical Laminectomy \(/cervical-laminectomy/\)](#)

[Cervical Laminoforaminotomy \(/cervical-laminoforaminotomy/\)](#)

[Injections for Back and Neck Pain \(/injections-for-back-and-neck-pain/\)](#)

[Kyphoplasty \(/kyphoplasty/\)](#)

[Minimally Invasive Spine Treatment \(/minimally-invasive-spine-treatment/\)](#)

[Radiofrequency Ablation \(/radiofrequency-ablation/\)](#)

[Spinal Cord Stimulator Trial and Implant \(/spinal-cord-stimulator-trial-and-implant/\)](#)

## Kyphoplasty

Kyphoplasty is a minimally invasive procedure that is performed to restore and stabilize the bone. It is most commonly used to treat spinal fractures caused by osteoporosis (thinning of the bones) or trauma, and is typically more successful at relieving pain when performed within two months of the fracture. Spinal fractures can cause significant disability if untreated, and kyphoplasty may be recommended if more conservative treatments have been unsuccessful at resolving symptoms.

Kyphoplasty specifically involves creating space within the vertebra and injecting cement into the bone through a balloon-like device.

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1:32

## Kyphoplasty (Balloon Vertebroplasty)

## Procedure

During this minimally invasive procedure, the surgeon makes a very small incision in the skin under general anesthesia and inserts a narrow tube to reach the fractured vertebra.

Using a special X-ray for guidance, the surgeon then inserts a tiny balloon catheter back into the correct position before filling the cavity that is created with bone cement. The incision is closed after the instruments are removed, and the procedure is complete.

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[Transforaminal Lumbar Interbody Fusion \(/transforaminal-lumbar-interbody-fusion/\)](#)

[Vertebroplasty \(/treatment/vertebroplasty/\)](#)

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## Meet the Spine Center Team

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## Recovery and Physical Therapy

Kyphoplasty is usually an outpatient procedure, and most patients are discharged the next day, depending upon the number of vertebrae treated. Some pain relief and there is usually minimal pain at the incision site.

Because the procedure is minimally invasive, there are numerous post-operative open surgery: a quicker recovery time, less pain, a lower risk of infection and mobility. Walking is encouraged the same day of surgery, and normal activities within a few days. Patients are encouraged to avoid heavy lifting and strenuous activity following surgery.

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