



Progressive Spine and Orthopaedics Offers Herniated Disc Treatment

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Joshua S. Rovner, MD, at Progressive Spine and Orthopaedics - Englewood, NJ, has announced that they can provide herniated disc treatment in Englewood and neighboring areas. Dr. Rovner is a spine surgeon and a neck and back pain specialist, who is board-certified by the American Board of Orthopedic Surgeons to practice in New Jersey and New York. He wants to point out that when lower back pain occurs at the same time with pain in one or both legs or buttocks, it may indicate the presence of a lumbar disc herniation. This is usually called a "herniated disc," "slipped disc," or "ruptured disc." If the pain is felt in the neck, arms, or shoulders, it may be a cervical disc herniation. The "pinched nerve," "herniated disc," or "ruptured disc" is found in the upper spine.

In order to diagnose lumbar disc herniation, Dr. Rovner will perform a complete physical exam, including a comprehensive examination of the patient's test results and medical history. He will determine the exact cause of the symptoms and may order additional tests when necessary. He will inform the patient about the diagnosis, including the risks and benefits of each treatment alternative. He will then work with the patient to decide on the best possible treatment. Those who are interested in learning more about the services provided by Dr. Rovner may want to follow his Facebook page.

He will only suggest lumbar surgery as the last option. For lumbar disc herniation, he may recommend physical therapy, steroid injections, modified activity, medication, or a combination of these options. Nevertheless, he can perform lumbar microdiscectomy if the patient does not respond to those treatments or if there is an urgent need for surgery.

For cervical disc herniation, Dr. Rover will suggest some changes to the patient's activity levels and recommend medication for the pain. He may also recommend physical therapy. Surgery will only be offered as a last resort, but if surgery is really needed, he is ready to perform a cervical disc replacement or an anterior cervical discectomy.

One of the things that make Dr. Rovner stand out among the crowd is that he is one of the few spine specialists who makes use of robotic spine surgery, which significantly enhances the safety and efficiency of all spinal procedures. This is because in conventional spinal surgery, he would have to determine the best placement for the screws only through x-rays that were taken just before the surgery. However, x-rays may be faulty sometimes and this results into an unfavorable result for the surgery.

On the other hand, with robotic guidance, spinal surgeons can decrease the risk of screw misplacement by 10 percent and the risk for nerve damage by 2 percent. Overall, robotic spinal surgery will increase the chances for a proper screw placement by up to 98 percent.

Dr. Rovner says, "Though there are still some risks involved, robotic spinal surgery is much safer and more precise than traditional spinal surgery. Robotic spinal surgery techniques can increase the precision of screw placement to an accuracy of 1mm. This not only reduces the risk for misplacement, but also reduces the patient's pain and recovery time. Accurate screw placement using robotic spinal surgery techniques also lowers the risk for post-operative complications."

For most people, back pain is usually temporary and mild. However, for some, it can be persistent and, in some cases, it may need immediate medical attention. Dr. Rovner suggests that people who experience new back pain, and lose control of the bladder or bowel, seek medical attention as soon as possible. Other symptoms that may indicate the presence of a serious spinal condition include: pain lasting beyond six weeks; difficulty sleeping due to neck or back pain; pain, weakness or numbness in the legs; and sudden back pain without any obvious cause.

People who require treatment for back pain or neck pain may want to check out the Progressive Spine and Orthopaedics website, contact them on the phone or through email, or check out their Google Maps listing.

The practice is open from 8:00 am to 5:00 pm, from Monday to Friday, and from 8:00 am to 2:00 pm on Saturdays.

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Joshua S. Rovner, MD

*Dr. Rovner is board-certified by the American Board of Orthopedic Surgeons to practice in New York and New Jersey.
He is an expert at Robotic Spine Surgery which "makes Spinal Surgery safer, more precise and less invasive".*

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