Welcome

Welcome to the fall issue of spine news from Indiana Spine Group. Our quarterly e-newsletter, *The Spine Segment*, will provide you with a brief update on news, research, and the treatments related to the spine as well as any major news from Indiana Spine Group.

**Back Talk | 3rd Annual Spine Symposium**

We are excited to announce the 2009 dates for Back Talk, the 3rd Annual Spine Symposium sponsored by Indiana Spine Group. **Please mark your calendars for September 11 and 12, 2009.** This conference will provide the latest information on the diagnosis and treatment of spinal disorders for physicians and health care practitioners.

The conference will be at University Place Conference Center & Hotel located on the campus of IUPUI. With over 35,000 square feet of recently renovated meeting space, Expedia has named the University Place as one of the top 200 Hotel / Resorts Worldwide and Trip Advisor has named it one of the top three luxury hotels in Indianapolis.

Watch your mail for more information, or visit [www.indianaspinegroup.com](http://www.indianaspinegroup.com) for updates.

**For Your Patients: A Spine Education Resource**

What is a herniated disc, and what are the risk factors? What are the different types of lumbar fusions? Since back pain is one of the top reasons people visit their physician, questions about back pain and conditions are common. To help answer questions, Indiana Spine Group has recently updated its education pages on the web site. You and your patients can now find information for more than 50 spine-related topics; including conditions, anatomy, procedures and wellness. For more information, go to the education pages.

If you would like to receive an education pad that provides a checklist of spine education topics on the Indiana Spine Group web site to use for patient education, please send a request to info@indianaspinegroup.com or call Lisa at (317) 715-5866.
Preventing Injuries This Fall

With cool weather quickly approaching, now is the time people tend to “winterize” the outside of their home. This includes raking leaves, cleaning gutters, moving patio furniture - the list is endless. Unfortunately, these activities can lead to back injuries. To help your patients avoid these common injuries share our spine wellness tip sheet with them.

Research Studies

Physicians with Indiana Spine Group participate in many ongoing clinical studies and trials. The goal of their research is to advance the treatment of spinal diagnosis and to develop less invasive surgical techniques.

A few current studies that are accepting patients include:

Randomized Study of Anular Repair With the Xclose™ Tissue Repair System | Principal Investigator Kenneth Renks, M.D. | The purpose of this study is to evaluate the benefits of performing soft tissue repair during a lumbar disectomy as compared to a disectomy performed without tissue repair.

A Prospective and Randomized Controlled Trial to Evaluate the Safety and Effectiveness of Total Facet Arthroplasty in the Treatment of Degenerative Spinal Stenosis | Principal Investigator Kenneth Renkens, M.D. | The purpose of this study is to evaluate the use of a non-fusion spinal implant (Archus Total Facet Arthroplasty System® (TFAS®)) for the treatment of patients with moderate to severe spinal stenosis.

To learn more about these or other studies being conducted by Indiana Spine Group, please call our office at (317) 228-7000 or toll-free (866) 947-7463.

Out and About

American Association of Orthopaedic Surgeons Meeting | In September, Dr. Rick Sasso was co-chairman of the annual spine meeting hosted by the American Academy of Orthopaedic Surgeons. The focus of this meeting was Contemporary Techniques in Spinal Surgery 2008. At this meeting, Dr. Sasso gave presentations on spinal decompression and reconstruction techniques, including ACDF, corpectomies and struts. He also presented information that compared the cervical artificial replacement procedure with the spinal fusion and was a lab instructor.

North American Spine Society Annual Meeting | Physicians with Indiana Spine Group attended the 23rd annual meeting of the North American Spine Society in Toronto, Canada in mid-October. Additionally, Dr. Rick Sasso gave numerous presentations. A few of his presentations included:

- Total Disc Replacement for Treating Lumbar Discogenic Back Pain: A Prospective, Randomized, Multicenter Study of Flexicore® vs. 360 Spinal Fusion
Motion Characteristics and Related Outcomes for a L-TDR Device with a Fixed Center of Rotation

A Comparison of the Dynamic Compliance Characteristics of Prosthetic Cervical Disc Materials

Radiographic Results from the Bryan® Cervical Disc IDE Study

**Indiana State Chiropractic Association Fall Meeting** | Physicians with Indiana Spine Group presented at the fall conference of the Indiana State Chiropractic Association in November. Topics included minimally invasive techniques used to help manage spinal pain, as well as spine surgical topics. Additionally, case studies were presented and discussed.

**Office News**

**Holiday Schedule**

In an ongoing effort to meet our patient needs, our offices will be open throughout the upcoming holiday season. For the holidays, our offices will be closed as follows:

- **Thanksgiving** | November 27 and 28, 2008
- **Christmas** | December 25 and 26, 2008
- **New Year’s** | January 1 and 2, 2009

**Referrals**

To refer patients or schedule appointments for our Indianapolis and Anderson offices call (317) 228-7000 or toll-free (866) 947-7463. To schedule an appointment for our Kokomo office, call (765) 236-8700.

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*Indiana Spine Group is a premier provider of medical and surgical care of the spine, treating young children, adults and seniors. Using the most advanced diagnostic and treatment tools available, Indiana Spine Group provides comprehensive spine treatment, including orthopaedic spine surgery, neurosurgical spine surgery and minimally invasive spine treatments. Physicians with Indiana Spine Group include: Rick C. Sasso, M.D., Kenneth L. Renkens, M.D., Kevin E. Macadaeg, M.D., Thomas M. Reilly, M.D., Jonathan P. Gentile, M.D., John W. Arbuckle, M.D., and Paul E. Kraemer, M.D. Visit us online at www.indianaspinegroup.com, for more information about Indiana Spine Group.*