



Never Research - Fewer Visits - Best Results™

Media Contact

John Groves, DPT, OCS, FAAOMPT
johngroves@grovespt.com
(651) 209-6144

FOR IMMEDIATE RELEASE

NEWEST RESEARCH

FEWER VISITS

BEST RESULTS™

Study Shows Spinal Fusion Surgery Fails One in Five Times

ST PAUL, MN (February 5, 2007) - Spine fusion (surgery) is commonly viewed as a stabilizing treatment that may reduce the need for additional surgery. However, according to a recent study published in the medical journal, *Spine*, "the indications for fusion surgery in degenerative spine disorders remain controversial, and the effects of fusion on reoperation rates are unclear."

The study is titled "Reoperation rates following lumbar spine surgery and the influence of spinal fusion procedures". According to the authors, BI Martin and associates from the Department of Medicine, University of Washington, Seattle, WA, the objective of the study was to "determine the cumulative incidence of reoperation following lumbar surgery for degenerative disease and, for specific diagnoses, to compare the frequency of reoperation following fusion with that following decompression alone."

The study found a rate of nearly 20% reoperation following the first spinal surgery. "In other words," said Dr. John Groves, President of Groves Physical Therapy (Groves PT), "one in five people who have their spines fused in surgery, must suffer through additional surgery because it failed the first time. That's an alarming rate. In the vast majority of cases, patients would have benefited from physical therapy first."

The conclusion from this study is clear, according to Dr. Groves. Patients should be informed that the likelihood of re-operation following a lumbar spine operation is substantial. He suggests considering alternatives to lumbar surgery proposed by the Association of Ethical Spine Surgeons, who understand that lumbar surgery rates in the U.S. are preposterously over-utilized. The number one alternative to lumbar surgery, according to the surgeons themselves, is to first visit a physical therapist.

"That is the mantra of Groves PT", noted Dr. Groves. "Go see your physical therapist first. We will not prescribe drugs or perform invasive procedures that may well cause more harm than good. We can alleviate the pain in your back, and show you how to prevent it from reoccurring."

For more information about how a physical therapist can help alleviate pain, minimize the use of prescription drugs and expensive diagnostic imaging, and prevent painful and costly surgery, visit www.grovespt.com.

###

About Groves Physical Therapy:

Groves Physical Therapy is a privately owned, multi-site Physical Therapy practice in St Paul and Brooklyn Center. Founded in 2004, their mission is to deliver the highest quality, evidence-based physical therapy management to patients with unquestionable ethics, unparalleled quality, superior service, and at the best value. Their physical therapists are Board Certified in Orthopedic Practice and are Fellowship trained in Manual Therapy, credentials that only 1-2% of

Physical Therapists nationwide have obtained. They utilize manual physical therapy and therapeutic exercise based on the newest research to achieve the best results in fewer visits. For more information on Groves Physical Therapy, please call 651-209-6144 or 763-566-3798 or visit: www.grovespt.com.