

Andrew Cottingham, MD First Pain Management Doctor to Perform the Vertiflex Superior Procedure for the Treatment of Lumbar Spinal Stenosis in North Texas

Lumbar spinal stenosis is a common cause of lower back pain and radiating leg pain. The Vertiflex Superior is a new, minimally invasive, out-patient treatment option for patients in Dallas, Fort Worth and Arlington, Texas who are suffering from lumbar spinal stenosis.

Arlington, Texas ([PRWEB](#)) February 21, 2017 -- Pain management doctor, Andrew Cottingham, MD of [OPTIMAL Pain & Regenerative Medicine](#) is the first physician in North Texas to implant the new [Vertiflex Superior Indirect Decompression System®](#). The Vertiflex Superior is a minimally invasive, safe, out-patient procedure that gives patients an alternative to spine surgery for the treatment of [lumbar spinal stenosis](#).

Back and leg pain affects millions of Americans every year. Lumbar spinal stenosis is caused by aging and “wear” on the discs between the vertebrae. The degeneration of the discs causes the spinal canal to narrow, which leads to additional pressure on the nerves in the lower back. This pressure leads to lower back pain and radiating leg, buttock and/or groin pain. Symptoms typically intensify during standing and walking and decrease when sitting and bending forward.

Conservative treatment of lumbar spinal stenosis typically involves rest, physical therapy, medication management and epidural steroid injections. When non-surgical treatment does not alleviate symptoms, surgical treatment historically involves direct compression surgery. The Vertiflex Superior device is an FDA approved minimally invasive treatment option for patients suffering from lower back pain and radiating leg pain caused by lumbar spinal stenosis.

The procedure uses a Superior implant, which is a small titanium device that is inserted through a small incision in the lower back. The implant is then placed in the spinal structure to keep the spine positioned such that the nerves in the spinal canal are not compressed. The device has been implanted in more than 2,000 patients worldwide. The clinical trial results showed a decrease in pain. Four years post-procedure, almost 90% of the clinical trial patients expressed continuing satisfactory results.

"The Vertiflex Superior is an elegant, minimally invasive procedure that can change so many people's lives who are suffering from lower back pain and radiating leg pain caused by lumbar spinal stenosis," said Dr. Andrew Cottingham.

To learn if you are a candidate, please call us at 817-468-4343 or visit our website: [The Vertiflex Superior Procedure](#).

About OPTIMAL Pain & Regenerative Medicine

The pain management doctors at OPTIMAL, Drs. Cottingham, Berlin and Phillips, are dedicated to staying on the forefront of pain management and regenerative medicine procedures. Each physician is double-board certified in anesthesiology and pain medicine. Through their collective expertise, the OPTIMAL team delivers comprehensive, current and compassionate medical care to patients in Dallas, Fort Worth and Arlington, Texas.



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