

## Advancing spine care in the Gulf Coast with a new office in Port St. Joe

Those with back and neck pain symptoms now have access to new and advanced treatment options, thanks to a new office by Northwest Florida Spine in Port St. Joe.

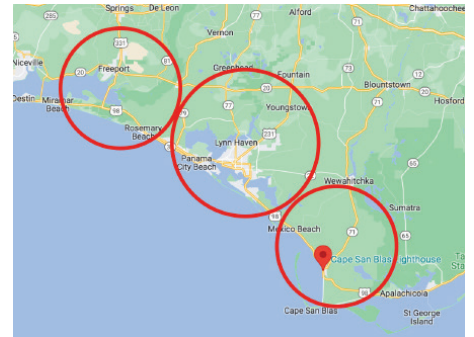
Dr. Michael X. Rohan, Jr., a fellowship-trained spine surgeon, will be seeing patients in Port St. Joe in a convenient office off Highway 98 with easy parking.

"This new Port St. Joe office provides a new option for back and neck pain patients who may need referral to a modern spine specialist for a second opinion or a surgical consult," explains Dr. Rohan, Jr. "Because I specialize in minimally

invasive spine surgery, most of my surgeries are done in an Ambulatory Surgery Center and most patients go home later that same day. One of the challenges we see is that there are older spine surgeons making 3-inch long incisions and doing too many cervical fusions for herniated discs in the neck, despite all the current spine research

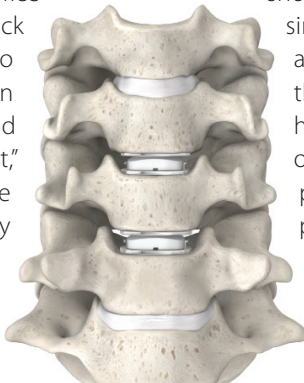
showing that fusions in the neck simply create MORE herniations at other levels above or below the fusion site. When that happens, there is extreme loss of motion in the neck and a person has limited ability to play golf, tennis or pickleball.

At the North American Spine Society, research was presented that documented that the artificial disc in the

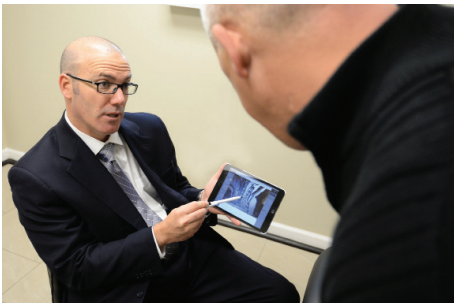
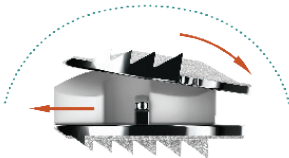


neck reduced the incidence of "adjacent segment disease", that is, herniation of other levels above and below a fusion. Dr. Rohan, Jr. was one of the first spine surgeons in the Gulf Coast region to be trained in Mobi-C — the first artificial disc to be approved by the FDA for two levels in the cervical spine.

"The goal with motion preservation is



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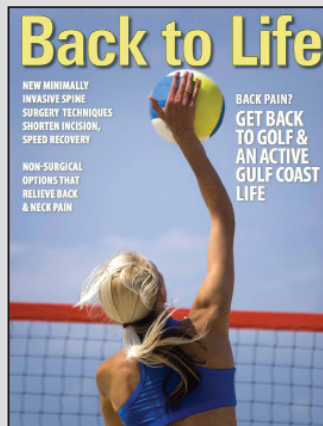
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### Benefits of the artificial disc:

- Retains motion of the vertebrae.
- Prevents damage to other disc levels.
- No bone graft required.
- Quicker recovery & return to activity.
- Less painful surgery than a fusion.
- Less blood loss during surgery.

### Patient education tools for physicians

We believe the best healthcare quality comes from an informed consumer. As a community service, Northwest Florida Spine distributes to physicians a 36-page Home Remedy Book for back and neck pain, a symptom chart, and a Back to Life Journal that has detailed information about treatment options for spine problems. Our educational spine encyclopedia at [NorthwestFloridaSpine.com](http://NorthwestFloridaSpine.com) has home remedies and symptom charts that show when it's necessary to see the doctor. Call us for 20 copies of any of these tools for your patients and we'll send them to you free.



to retain the normal rotation of the neck and lessen the need for any future surgery at other levels in the neck," Dr. Rohan, Jr.



#### SPINE SURGERY & HOME SAME DAY:

By using tubular retractors, spine surgery can be performed through a half-inch incision rather than a 3-inch incision. Dr. Rohan, Jr. is able to get most patients home the same day to recover in the comfort of their own home.

adds. "If you fuse one level you have less motion in the neck which then causes other discs to herniate.

#### Minimally invasive spine surgery

Using tubular retractors the size of a ballpoint pen, Dr. Rohan, Jr. is able to operate through a half-inch incision rather than a long 3-inch incision which is typically the norm for other spine surgeons in the Gulf Coast area.

Minimally invasive spine surgery provides great benefits to the patient. A shorter incision makes for a less painful and faster return to activity. Many patients are able to go home the same

day to recover in the comfort of their own home.

Patients can learn more about new artificial disc replacement options, minimally invasive spine surgery at [NorthwestFloridaSpine.com](http://NorthwestFloridaSpine.com). Appointments can be made at 850-481-8752.

#### PHYSICIAN PROFILE

#### Michael X. Rohan Jr., D.O.

Board-certified orthopedic surgeon  
Fellowship-trained in spine  
Specializing in minimally invasive spine surgery,  
motion preservation & artificial disc replacement

Dr. Rohan, Jr. specializes in the treatment of back and neck pain, including degenerative disease, spinal deformity (scoliosis) and spinal trauma.

Dr. Rohan, Jr. received his D.O. degree from Nova Southeastern University College of Osteopathic Medicine and completed his orthopedic surgery residency at the University of Medicine in New Jersey.

He then completed a spine surgery fellowship at the world-renowned Texas Back Institute where he learned some of the latest innovations in minimally invasive spine surgery, motion preservation surgery and artificial disc replacement.

Dr. Rohan, Jr. is a member of the American Osteopathic Academy of Orthopedics and is able to surgically treat problems in the cervical, thoracic, and lumbar spine. He has also participated in spine surgery research projects and has published his results in the annual meeting of the North American Spine Society.

## Minimally invasive spine surgeries performed by Dr. Michael Rohan, Jr.

Minimally invasive spine surgery involves a much smaller incision and enables many patients to go home the same day without a hospital stay. Dr. Rohan Jr. performs a variety of minimally invasive spine surgeries, including:

#### MIS Lumbar Discectomy

A minimally invasive lumbar discectomy is performed to repair a herniated disc in the low back that may press on a spinal nerve, causing radiating leg pain, numbness, or weakness. Through a small 1-inch incision a tubular retractor is inserted to access the disc. The surgeon then removes a small amount of the lamina bone that allows the surgeon to view the spinal nerve and disc. Once the surgeon can view the spinal nerve and disc, the surgeon will retract the nerve, remove the damaged disc, and replaces the disc with bone graft material.

#### MIS Posterior Cervical Discectomy

A minimally invasive posterior cervical discectomy is when a herniated disc is removed in the back of the neck. The herniated disc may cause radiating pain, numbness, or weakness in an arm. This procedure is done by making a small 1-inch incision over the herniated disc and inserting a tubular retractor. Then the surgeon removes a small amount of the lamina bone that allows the surgeon to view the spinal nerve and disc. The surgeon then removes the damaged



disc, and replaces it with bone graft material.

#### MIS Lumbar Fusion

A minimally invasive lumbar fusion can be performed the same way as traditional open lumbar fusion, either from the back, through the abdomen, or from the side.

#### Lateral interbody fusion (LIF)

A lateral interbody fusion is performed by removing a disc and replacing it with a spacer that will fuse with the surrounding vertebra. The procedure is completed on the side of the body in order to reduce the effect on the nerves and muscle of the back. This procedure can be used to help treat conditions such as spondylolysis, degenerative disc disease and herniated discs.

#### Posterior cervical microforaminotomy (PCMF)

A PCMF is performed to help relieve pressure and discomfort in the spine by making a small incision in the back of the neck and removing excess scar tissue and bone graft material.

#### Anterior cervical discectomy

An anterior cervical discectomy is used to reduce pressure or discomfort in the neck by removing a herniated disc through a small incision in the front of the neck. The space is then filled with bone graft material. Plates or screws may be used to increase stability.



#### PANAMA CITY MAIN OFFICE:

2636 Jenks Avenue, Panama City, FL 32405

#### MIRIMAR BEACH:

42 Business Center Dr. #310, Miramar Beach, FL 32550

#### PORT ST. JOE:

206 West Highway 98, Port St. Joe, FL 32456

Appointments & 2nd opinions: **850-481-8752**