

## Artificial Disc Replacement Comes to Omaha!

As part of a national study, The Nebraska Spine Surgeons are now prepared to use this procedure on select patients. They are the only surgeons in Iowa and Nebraska who are doing artificial disc surgery. The particular device, The Maverick, is made of titanium by Medtronic Sofamor Danek. Although the cost and time of hospitalization is similar to a fusion, return to work is often hastened because time needed for fusion to occur is not an issue. Although not yet FDA approved, The Nebraska Spine Surgeons have done seven already. Questions regarding artificial disc replacement surgery may be directed to Nebraska Spine researcher, Nancy Fullmer at 496-5513.

## Bureau of Labor Statistics

The most recent data released by the BLS, reveal the "Top Five" occupations for most missed days of work as a result of injuries. "First place" goes to truck drivers, followed by nurse-aides, non-construction laborers, janitors, and then construction workers.

The "Number One" injury was strains and sprains, mostly to the back. These injuries accounted for 43 percent of all injuries resulting in missed days of work.

Second place went to bruises, followed by lacerations, fractures, with "multiple trauma" as the

fifth type of injury responsible for lost days. Carpal Tunnel came in sixth place.

The median number of missed days due to injury was seven. Although carpal tunnel rated sixth, it rated first for number of days off work (30), followed closely by fractures, which accounted for 29 missed days.

The data, released on March 25, 2004, is a compilation of data from 2002.



## Our Case Management Team

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The MRI shows that a protruding disc is contacting the L4 nerve root – what symptoms would you expect to see with that particular finding? While there is no easy, "one-size-fits-all" answer, it is useful to know exactly what the L4 nerve is responsible for. For a helpful view of the "responsibilities" of some of the main nerves in the back, visit [www.spinalinjury.net](http://www.spinalinjury.net). On the left hand side, select Spinal Cord 101, and you will see a great picture of the vertebral column with functions listed for nerves at each vertebral level.

Epidural Steroid Injections are an integral part of the non surgical management of radicular pain from lumbar spine disorders. Epidural injections are not recommended for back pain alone without leg pain. The first epidural was done in 1901 when cocaine was injected in the epidural space! The use of steroids in the epidural space was not used until 1952. ESI's are useful both diagnostically and therapeutically. Diagnostically, if immediate pain relief is experienced after injection of the local anesthesia into the spinal column, the physician can identify the exact location of the pain generator.