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**Alternatives to Surgery**

Dr. Rethlefsen helps bring delayed mainsteam media coverage to understand when spines have severe pain and patients often can be helped with orthopedic alternatives.

The second opinion is often prepared as an alternative to orthopedic procedures that may involve surgery, trauma, and infection. Researchers, however, are on the move much of the spine care procedures. The information is that there was not 50 percent accurate.

**Second Opinion An Important Part of Regaining Spine Health**

When the issue is spine, and surgery is recommended, getting a second opinion can save you from a lifetime of pain and regret. Orthopedic physicians, especially spine experts, see it all the time.

A patient goes to the local emergency room with severe back pain. When an opioid is prescribed, a month later, the pain is worse. A second opinion is recommended.

But was that second the right course of action?

Click below to schedule an appointment and learn more.

My name is Mike Kryziukiewicz and I am a physician assistant that really started working with Dr. Khanna at Orthopaedic Specialists of Northwest Indiana. During my training I had this privilege of visiting with some surgeons and led in the creation of the mesh that was used for the spine surgery procedures.

On my last day, I was asked an interesting question. He recently received one of the patients’ characteristics that was going to undergo a lumbar fusion surgery, that just reached her personal goal of competing the Chicago marathon. We agreed as a team that we would like to spread the word as a testament to progress made in spine surgery for Dr. Khanna’s patients over the last 10 years of his career, and as a reminder of what we all strive for in our end goal.

Thankfully, she was gracious enough to allow us to share her story.

OSNI welcomes Tamara Lee, Dr. Tyndall’s Nurse Practitioner!

Tamara is an expert in improving access for spine patients as well as improve patient care. Tamara will be an addition to Dr. Tyndall’s spine team and we are excited for her to join our team.

Click below to schedule an appointment and learn more.