

## Relief from Painful Spinal Fractures



**David Prior**  
M.D., FAAOS

For those suffering from spinal fractures, a minimally-invasive procedure called Kyphon™ Balloon Kyphoplasty can provide significant pain relief and help restore their quality of life.

“Balloon Kyphoplasty is an innovative procedure used to treat spinal fractures, also known as vertebral compression fractures, which occur when one of the bones in the spine weakens and collapses,” said David Prior, M.D., FAAOS, a fellowship-trained orthopaedic spine surgeon affiliated with Salem Regional Medical Center (SRMC) and Salem Orthopaedic Surgery.

“Spinal fractures often result from osteoporosis, a disease that causes bones to thin and break easily. Some cancers or tumors can also cause spinal fractures.”

### Symptoms and Diagnosis

According to Dr. Prior, a spinal fracture may cause mild to severe back pain and can occur after routine activities such as sneezing, coughing, bending and twisting, or lifting a light object.

“When left untreated, this condition can cause the spine to shorten and curve forward, making it difficult to walk, reach for things and perform other daily activities. Over time, spinal fractures may squeeze internal organs and lead to further complications such as sleep disorders, reduced appetite and an increased risk of future fractures.”

“To diagnose a spinal fracture, your doctor may press on your back to locate the source of your pain. You may also have images taken of your spine to confirm the diagnosis and help determine the best course of treatment.”

### Balloon Kyphoplasty

Balloon Kyphoplasty is an advanced, less-invasive treatment that can repair spinal fractures and relieve pain.

“During the procedure, I make one or two tiny incisions in the back and insert a small tube into the fractured bone,” Dr. Prior explained. “A special balloon is passed through the tube and carefully inflated to raise the collapsed bone and restore its natural alignment. The balloon is then deflated and removed, and the newly formed cavity is filled with bone cement to stabilize the fracture.”

### Benefits

Balloon Kyphoplasty is typically performed as an outpatient procedure. Other patient benefits include:

- Less recovery time

- Reduced back pain
- Increased mobility
- Improved quality of life

Dr. Prior performs Balloon Kyphoplasty at Salem Regional Medical Center. For more information or to schedule an appointment with Dr. Prior, call Salem Orthopaedic Surgery at 330-332-7840. The practice is located inside SRMC, 1995 East State Street in Salem.