

BOMBAY SPINE CLINIC

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Treatment Options - Bombay Spine Clinic

Treatment Options

- The Right Treatment Starts With the Right Diagnosis
- Every patient is unique. The best treatment depends on:
 - Your symptoms
 - Clinical examination
 - MRI and X-ray findings
 - Duration of symptoms
 - Severity of nerve compression
 - Your daily activities and lifestyle
- At Bombay Spine Clinic™, we follow an evidence-based, patient-centered approach. Whenever possible, we begin with non-surgical treatment. Surgery is recommended only when it is likely to provide significant benefit and improve quality of life.
- Non-Surgical Treatment
 - Approximately 80–90% of patients with neck and back pain improve without surgery through a combination of medications, physiotherapy, exercise, and lifestyle modifications.
 - Non-surgical treatment aims to:
 - Reduce pain
 - Improve movement
 - Restore function
 - Prevent recurrence
 - Avoid unnecessary surgery
 - Medications
 - Medications help relieve pain and reduce inflammation, allowing patients to return to normal activities and participate in rehabilitation.
 - Depending on your condition, your doctor may prescribe:
 - Pain-relieving medicines
 - Anti-inflammatory medications
 - Muscle relaxants
 - Medicines for nerve pain
 - Vitamin supplements (when required)
 - Medications to improve bone health in osteoporosis

- It is important to take medicines only as advised by your doctor. Long-term self-medication should be avoided, as some painkillers may affect the stomach, kidneys, liver, or heart.
- Physiotherapy
- Physiotherapy plays a key role in the treatment of most spinal disorders.
- A physiotherapist will design a personalised rehabilitation program based on your diagnosis and fitness level.

Treatment may include:

- Pain-relieving modalities
- Stretching exercises
- Core strengthening exercises
- Posture correction
- Balance and gait training
- Flexibility exercises
- Ergonomic advice
- Home exercise programs
- Regular physiotherapy not only reduces pain but also helps prevent future episodes.
- Lifestyle Modification
- Small lifestyle changes can make a significant difference in spinal health.
- These include:
 - Maintaining a healthy body weight
 - Staying physically active
 - Avoiding prolonged sitting
 - Using correct posture while working
 - Lifting objects safely
 - Sleeping on a supportive mattress
 - Quitting smoking
 - Managing stress effectively
- Simple daily habits often contribute more to long-term recovery than medications alone.
- Rehabilitation

Recovery does not end when the pain improves. Rehabilitation helps restore strength, flexibility, and confidence while reducing the risk of recurrence.

- A structured rehabilitation program may include:
 - Progressive walking
 - Strength training
 - Flexibility exercises
 - Core muscle strengthening
 - Balance training

- Functional exercises for daily activities
- Sports-specific rehabilitation (when required)
- Successful rehabilitation helps patients return safely to work, hobbies, and sports.
- Image-Guided Spine Pain Management
- For patients whose symptoms persist despite medications and physiotherapy, minimally invasive pain management procedures may be considered.
- These procedures are performed under image guidance (fluoroscopy or ultrasound) to improve accuracy and safety.
- Common procedures include:
 - Facet Joint Injections
 - Selective Nerve Root Blocks (SNRB)
 - Epidural Steroid Injections
 - Caudal Epidural Injections
 - Sacroiliac Joint Injections
 - Radiofrequency Ablation (RFA) for chronic facet joint pain
- These procedures are designed to reduce pain, improve mobility, and facilitate rehabilitation. They are not suitable for every patient and are recommended only after careful clinical evaluation.
- Surgical Treatment
- Surgery is considered only when non-surgical treatment has failed or when there is significant nerve or spinal cord compression that is unlikely to improve without surgery.
- Modern spine surgery focuses on:
 - Relieving pressure on nerves or the spinal cord
 - Restoring spinal stability
 - Correcting deformity when necessary
 - Preserving normal movement whenever possible
- Whenever appropriate, minimally invasive techniques are used to reduce muscle damage, blood loss, post-operative pain, and recovery time.
- Common procedures performed include:
 - Endoscopic Spine Surgery
 - Microscopic Tubular Spine Surgery
 - Minimally Invasive Decompression
 - Minimally Invasive Fusion Surgery (MIS TLIF)
 - Vertebroplasty and Kyphoplasty
 - Spinal Tumor Surgery
 - Spinal Infection Surgery
 - Spine Trauma Surgery
 - Scoliosis and Kyphosis Correction Surgery
- When Is Surgery Required?

- Most patients do not require spine surgery. However, surgery may be recommended in the following situations:
- Persistent severe pain despite adequate conservative treatment
- Progressive weakness in the arms or legs
- Significant nerve compression causing loss of function
- Spinal cord compression (Myelopathy)
- Difficulty walking or loss of balance
- Loss of bladder or bowel control (medical emergency)
- Unstable spinal fractures
- Spinal infections not responding to medical treatment
- Certain spinal tumors
- Progressive spinal deformity
- The decision to operate is always based on a combination of your symptoms, examination findings, imaging studies, and overall health—not on MRI findings alone.
- Benefits & Risks of Spine Surgery
- Modern spine surgery is safer and more advanced than ever before. Advances in imaging, surgical microscopes, endoscopy, neuromonitoring, navigation systems, and minimally invasive techniques have significantly improved outcomes.
- Potential Benefits
- Relief of nerve pain
- Improvement in weakness or numbness
- Better walking ability
- Reduced back or neck pain
- Improved spinal stability
- Better quality of life
- Faster recovery with minimally invasive techniques
- Earlier return to daily activities
- Understanding the Risks
- Like any surgical procedure, spine surgery carries certain risks, including:
- Infection
- Bleeding
- Nerve injury
- Dural tear (CSF leak)
- Blood clots
- Implant-related complications
- Need for further surgery in selected cases
- At Bombay Spine Clinic™, every effort is made to minimise these risks through meticulous surgical planning, advanced technology, and comprehensive patient optimisation involving physicians, anaesthetists, cardiologists, and other specialists whenever required.

- Fortunately, serious complications are uncommon, and most patients recover safely with appropriate care.

Recovery Expectations

Recovery varies depending on the type of spinal condition, the treatment provided, and individual health factors.

- Non-Surgical Treatment
- Many patients begin to notice improvement within 2–6 weeks, although full rehabilitation may take several months.
- After Spine Surgery

Recovery is gradual and structured.

- Typical milestones include:
- Walking inside the house: Usually on the day of surgery or the following day (for most minimally invasive procedures)
- Outdoor walking: After approximately 1 week
- Short travel: After approximately 2 weeks
- Work from home: Around 2 weeks
- Office work: Approximately 3–6 weeks (depending on the procedure)
- Long-distance travel: Around 6–8 weeks
- Sports and high-impact activities: Usually after 3–6 months, depending on the procedure and recovery
- Your surgeon will provide a personalised rehabilitation plan based on your surgery and overall progress.
- Our Philosophy
- The Right Treatment at the Right Time
- Our goal is not simply to treat MRI findings—it is to treat people.
- We believe in:
- Accurate diagnosis
- Evidence-based treatment
- Individualised care
- Shared decision-making
- Minimally invasive solutions whenever appropriate
- Comprehensive rehabilitation for long-term recovery
- Every patient deserves a treatment plan tailored to their condition, lifestyle, and personal goals.
- Need Expert Advice?
- If you have persistent neck or back pain, have been advised spine surgery, or would like a second opinion, we are here to help.
- Bring your MRI, X-rays, CT scans, and previous medical records for a comprehensive evaluation.

- Remember: Not every spine problem requires surgery—but every spine problem deserves the right diagnosis and the right treatment.

Need Clinical Evaluation or Second Opinion?

This educational document was prepared by **Dr. Siddharth Katkade**. For appointments or to share MRI scan reports for clinical review, call **+91 88507 73095** or consult at Byculla (E) / Khar (W) clinics.