



THE
SPINE CENTER

A center of excellence in spinal health & total wellness

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Spinal fractures can result in a change to a person's height and spinal alignment which can then lead to serious health problems, including chronic or severe pain, limited function, reduced mobility, decreased lung capacity and difficulty sleeping. Kyphoplasty is a technique used for treating vertebral compression fractures — small breaks in the thick mass of bone that makes up the front part of the vertebra (called the vertebral body). Vertebral body fractures lead to the collapse or compression of a vertebra, causing the spine to shorten and curve forward. This can result in pain and a hunched-over deformity. The main causes of vertebral compression fractures are traumatic injury and the thinning of bones, or osteoporosis. Loss of calcium in the bones or certain drugs like steroids can make the bones brittle and more likely to break.

In the past, these kind of fractures were treated with pain medications, a back brace or a major spine fusion. The downside is that treatment option can lead to spinal deformities that effect posture and can be very difficult to correct. The kyphoplasty surgical procedure is designed to relieve the pain caused by a spinal fracture, stabilize the bone, and restore some or all of the lost vertebral body height, thereby straightening out the spinal curve.

During the procedure, which Dr. Theofilos can perform on an outpatient basis, a balloon-like device is inserted and gently inflated inside the fractured vertebrae. As the balloon is inflated, it opens up a space for a bone cement to be injected directly into the fractured bone. This procedure stabilizes the fracture and usually provides most patients with immediate pain relief.

To see if this procedure is right for you, call The Spine Center today.