

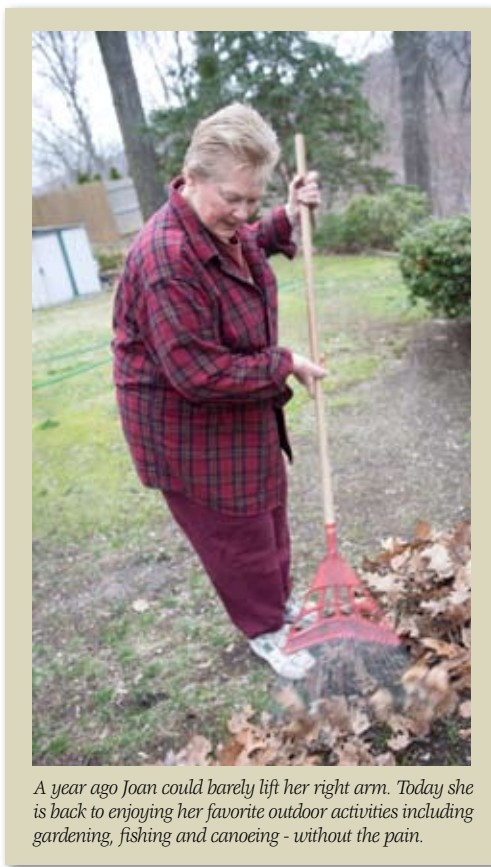
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Outdoor enthusiast undergoes corrective surgery to successfully relieve years of back pain

Joan began thinking of all the things she enjoys, such as gardening, fishing and attending professional football games, that she would not be able to experience because of her pain. She had been suffering from neck and back pain for years, she would experience some temporary relief from the pain but it would return often worse than before.

In January 2007, Joan had an anterior cervical discectomy with interbody fusion and stabilization performed by a surgeon at a different clinic. Unfortunately, the surgery was a failure, Joan experienced minimal relief for about two months. Soon she was struggling with pain worse than before surgery. Joan was experiencing nerve pain along with pronounced weakness in her right arm. She was devastated when she couldn't even hold a fishing rod.

Joan was referred to North Jersey Spine Group by another physician in the area. Joan met with neurological spine surgeon Dr. David Sundstrom, he ordered an MRI and myelogram to determine the best treatment plan and he soon determined that a second surgery would be required. Dr. Sundstrom



A year ago Joan could barely lift her right arm. Today she is back to enjoying her favorite outdoor activities including gardening, fishing and canoeing - without the pain.

determined that Joan was suffering from spondylolysis with severe foraminal stenosis and residual narrowing.

Spondylolysis occurs when part of the posterior element called the pars interarticularis cracks and causes the vertebrae to slip forward out of its correct position. This change in stability may lead to stenosis which occurs when there is not enough room in the spinal canal for the spinal nerves. To create the space it needs, the spine places pressure on the disc that is creating a bulge, by causing the ligaments to thicken or joints to enlarge.

In order to correct Joan's condition, Dr. Sundstrom performed surgery in August 2007. Three weeks after surgery, Joan's pain in the shoulder and arm were almost completely relieved, and she also experienced better function and good strength.

Best of all, with the aid of a wheelchair, Joan was able to attend the opening game of the New York Jets 2007 football season. She didn't miss a game of the season. "Dr. Sundstrom told me I would make it to the games and I did," Joan remarks.

Today, Joan has normal strength and sensation in her extremities and is back to enjoying the activities she loves including fishing, canoeing and gardening.

David Sundstrom, M.D. is a board-certified neurological surgeon who specializes in the treatment of back and neck pain, including the use of spine surgery. He treats a variety of back and neck problems, ranging from simple disc problems to complex spine surgeries requiring the most advanced instrumentation. Dr. Sundstrom has practiced in the North Jersey region for more than 16 years. Dr. Sundstrom grew up in the North Jersey area. He graduated Magna Cum Laude from Tufts University in Massachusetts with a Bachelor of Science in biology. He then completed medical school at the Albert Einstein College of Medicine in New York. He did an internship in general surgery and a residency in neurological surgery at the Montefiore Medical Center in New York. During this time, Dr. Sundstrom was named Chief Resident at Montefiore Medical Center.

Dr. Raab and Dr. Sundstrom have teamed together for more than four years and have worked with hospitals in Bergen, Morris and Passaic counties. Dr. Sundstrom is a member of the American Medical Association and the Bergen County Medical Society.



Dr. David Sundstrom

NONSURGICAL SPINE CARE:
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 KIMBERLY BAUBLES, MSPT, MTC, BSHS, CCI, SPINE SPECIALIZED PHYSICAL THERAPIST

SPINE SURGEONS:
 DAVID SUNDBLUM, MD, BOARD CERTIFIED NEUROLOGICAL SURGEON, SPECIALIZING IN SPINE SURGERY
 RAJNIK W. RAAB, MD, BOARD ELIGIBLE NEUROLOGICAL SURGEON, SPECIALIZING IN SPINE SURGERY