

Active mother and teacher finds relief with surgery

Lisa is an active mother and elementary school teacher. She began experiencing mild discomfort in her left leg during her pregnancy in the summer of 2007. At first, the pain did not disrupt her everyday life, so she was not too alarmed. It wasn't until the pain worsened considerably and could be felt from her ankle to her waist that she really became concerned about how the pain would affect her lifestyle. Lisa was celebrating the New Year when she began experiencing pain so excruciating she could not even sit in a chair.

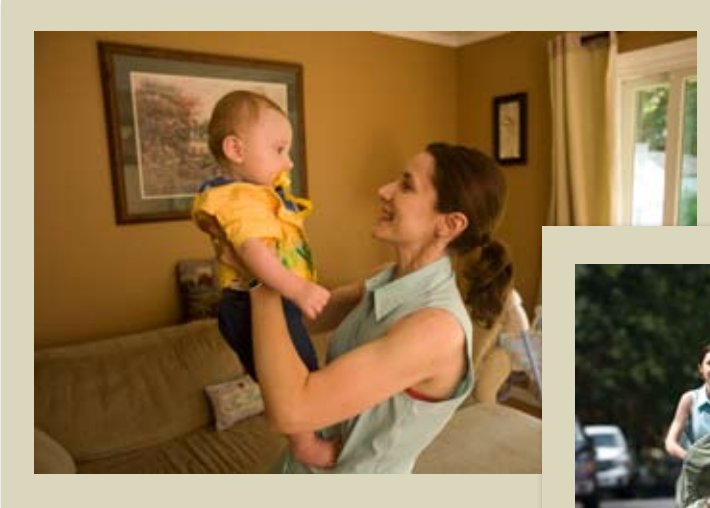
She first saw her obstetrician and then visited her primary care physician, who suggested she try stretching exercises to help relieve the pain. Lisa's symptoms continued and she was soon referred to an orthopedic doctor at another clinic, who performed a physical examination and suggested she take non-steroidal anti-inflammatory drugs. Lisa's pain symptoms persisted and she still did not know what was causing her problem.

Lisa noticed an ad in a local newspaper for a free seminar discussing back and neck pain at North Jersey Spine Group. She attended the seminar in late January, learned more

about non-surgical treatment options and planned to explore acupuncture. The day after the seminar, Lisa passed out due to the pain and was taken by ambulance to the local hospital. Her orthopedic doctor

Sundstrom, a board-certified neurological surgeon at North Jersey Spine Group. After reviewing the results of Lisa's MRI, Dr. Sundstrom explained in detail Lisa's options and together they decided that surgery was the best treatment option for her. Dr. Sundstrom performed a micro discectomy through a small incision in her back.

Since having surgery, Lisa is doing very well and receiving spine-specialized physical therapy at North Jersey Spine Group. Today, she stretches regularly and is able to take walks with her seven-month-old son in his stroller. Lisa remarks, "North Jersey Spine Group is unique. It is great to have all of the different specialties in one location – two spine surgeons, one physical medicine physician who is certified in acupuncture and spine specialized therapy. Everything is in one place so you don't have to drive all around town."



ordered a MRI scan of the lumbar spine and Lisa learned that she had a herniated disc at L5-S1. The leg pain Lisa was experiencing below the knee is a common symptom of a herniated disc. This radiating pain is called radicular pain or radiculopathy.

Now that she knew what was causing her pain, she began exploring her options and made an appointment with Dr. David

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:
 DOV RAND, MD, BOARD ELIGIBLE PHYSICAL MEDICINE & REHABILITATION
 KIMBERLY BAUBLES, MSPT, MTC, BSHS, CCI, SPINE SPECIALIZED PHYSICAL THERAPIST

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