



## Spinal Diseases

Patient information



**NARDINI KLINIKUM**  
Landstuhl · Zweibrücken

## Dear Patient,

Back pain is one of the most frequent causes of physical pain, visits to the doctor, diagnostic and therapeutic measures. The spine is the central support of our body and forms the basic skeleton of our skeleton.

The causes of diseases of the spine are manifold. Most often, patients suffer from back and/or leg pain.

Common reasons for spinal disorders are, for example

- » Herniated discs or protrusions
- » Narrowing of the nerve canal of the spine (spinal stenosis)
- » Injuries and fractures of the spine
- » Osteoporotic vertebral body fractures
- » Wear of the small vertebral joints (facet joints)
- » Spondylolisthesis

The orthopedics and trauma surgery department at Nardini Klinikum Landstuhl treats spinal disorders both conservatively and surgically.

Based on the outpatient and inpatient treatment options available to us, we will find the best possible therapy for you and develop a sensible treatment plan together with you.

Would you like to learn more? Please don't hesitate to contact us.

*Dr. med. Sascha Schläger*

Specialist in orthopedics and trauma surgery, surgery, manual medicine/chiropractic treatment, osteopathic treatment

*Dr. med. Dieter Wrede*

Specialist in orthopedics, trauma surgery, surgery



## Conservative therapy

In the event that the symptoms can no longer be treated on an outpatient basis, i.e. by a general practitioner or orthopedist in private practice, inpatient pain therapy may be considered as a conservative treatment option:

- » Drug therapy (tablets, infusions)
- » Physiotherapy, also with instructions for self-training
- » Physical therapy (fango, massage, electrotherapy)
- » Infiltrations (X-ray-guided placement of injections on affected spinal segments, also known as nerve root or facet infiltration)
- » Facet denervation / facet sclerotherapy (also known as facet thermocoagulation; a special probe and cannula are used to locally sclerotize the nerve that conducts pain to the vertebral joint)

## Operative therapy

We offer the following surgical procedures when conservative treatment options have been exhausted:

### ***Herniated disc***

#### » *Nucleotomy*

The leaked part of the disc is removed under microscopic vision, so that the nerve structures are relieved

### ***Vertebral body fractures***

#### » *Balloon kyphoplasty or radiofrequency kyphoplasty*

By inserting special bone cement into the fractured vertebral body, significant relief of discomfort and stabilization of the fracture is achieved (minimally invasive surgical technique)

#### » *Internal fixator*

In the case of unstable fractures, a screw-rod system is inserted minimally invasively to stabilize the fracture, which can be removed once the fractured vertebral body has healed.

### ***Narrowing of the nerve canal of the spine (spinal stenosis)***

#### » *Decompression*

The spinal canal is widened to provide sufficient space for the constricted spinal cord and nerves

#### » *Spondylodesis*

In cases of advanced spinal canal stenosis or spondylolisthesis, the affected spinal segment is stabilized using a screw-rod system and, if necessary, a space maintainer is inserted into the intervertebral disc spaces (spinal fusion surgery).

## Introducing the spine surgery team:



Dr. med. Sascha Schläger,  
chief physician



Dr. med. Dieter Wrede,  
senior physician in charge

## Up-to-date and comprehensive information: Website and newsletter

The Nardini Klinikum website provides you with the latest information about our clinic, event dates, press releases, etc. at any time.

Subscribe now for free to the Nardini Klinikum newsletter and keep up to date at:

[www.nardiniklinikum.de/termine-und-veroeffentlichungen/newsletter/](http://www.nardiniklinikum.de/termine-und-veroeffentlichungen/newsletter/)



## You are personally affected?

Please call us to arrange an appointment. We would be happy to provide you with personal counseling.

**Phone** +49 6371 84-2701 or +49 6371 84-2713

**Email** [orthopaedie-landstuhl@nardiniklinikum.de](mailto:orthopaedie-landstuhl@nardiniklinikum.de)

## Office hours

Mondays – Fridays 10:30 a.m. – 2:00 p.m.  
by telephone arrangement

**We are located on the first floor of the Nardini  
Clinic in Landstuhl.**

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