Dr. Gardocki's research will help other doctors treat spine patients

Minimally invasive fusion scars laterally and traditional discectomy scar in the midline

Each time a surgeon performs an operation, he learns something. Clinical research projects and presentation of the research results enables a surgeon to share his findings with his peers, so more patients can benefit from innovative treatments such as minimally-invasive surgery.

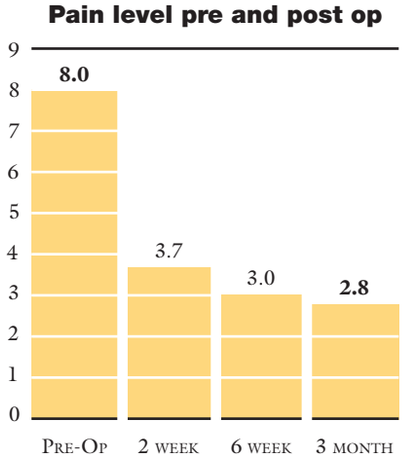
At the Society for Minimally Invasive Spine Surgery's annual meeting in October 2009, Dr. Raymond Gardocki of Campbell Clinic presented four separate e-posters, including one titled "Minimally Invasive Transforaminal Interbody Fusions in an Outpatient Surgery Center: Initial Three-Month Results."

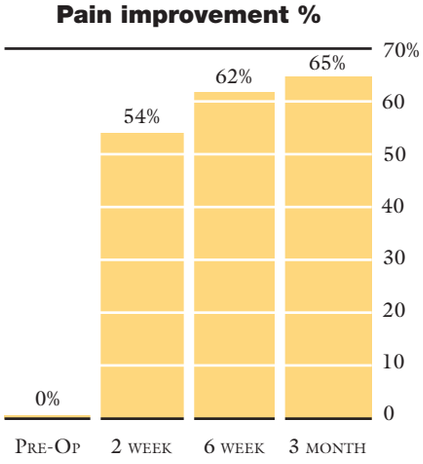
Dr. Gardocki's study reported on data collected for 11 transforaminal interbody fusion surgeries using minimally-invasive techniques and performed in Campbell Clinic's outpatient surgery center between September 2008 and May 2009.

The surgeries were performed using an 18-20 mm fixed tubular retractor (about the size of a dime) that requires little more soft tissue disruption than a standard miscroscopic lumbar discectomy. The surgeries averaged just over two hours with minimal blood loss. This technique, combined with a multimodal pain management approach used in the surgeries, allows for the operation to be performed in an outpatient setting with quick recovery, according to Dr. Gardocki.

Data included in the presentation indicated a 65% improvement in pain scores (from 8 to 2.8 graded 0-10 on a 100mm scale) by the three month post-operative mark, as well as a one third decrease in the number of patients using narcotics after three months.

"Using a minimally-invasive tissue sparing technique and an aggressive pain management approach, minimally invasive transforaminal interbody fusion surgery can be safely performed in an outpatient setting with good initial results," Dr. Gardocki's study concluded.





Education update

Campbell residents join clinic staff

In August, the Campbell Clinic welcomed new physicians specializing in orthopaedic oncology, trauma, and shoulder and elbow surgery.

Dr. Matthew Rudloff

Dr. Matthew Rudloff has joined the Campbell staff as a trauma specialist. Dr. Rudloff received his medical degree from the Medical College of Ohio and completed his orthopaedic residency at University of Tennessee-Campbell Clinic. He recently completed a trauma fellowship at Denver-Health in Colorado.

Dr. Patrick Toy

Dr. Patrick Toy received his medical degree from University of Tennessee-Memphis and completed his orthopaedic residency at University of Tennessee-Campbell Clinic. He joins the staff as an orthopaedic oncology specialist, after serving an Oncology Fellowship at University of Florida in Gainesville, Florida.

Dr. Quin Throckmorton

Also joining Campbell Clinic is a specialist in shoulder and elbow surgery. **Dr. Quin Throckmorton** received his medical degree from the University of Iowa College of Medicine and completed his orthopaedic residency at Vanderbilt University Medical Center in Nashville, Tennessee. Dr. Throckmorton served a Shoulder and Elbow Surgery Fellowship at Mayo Clinic School of Graduate Medical Education in Rochester, Minnesota.