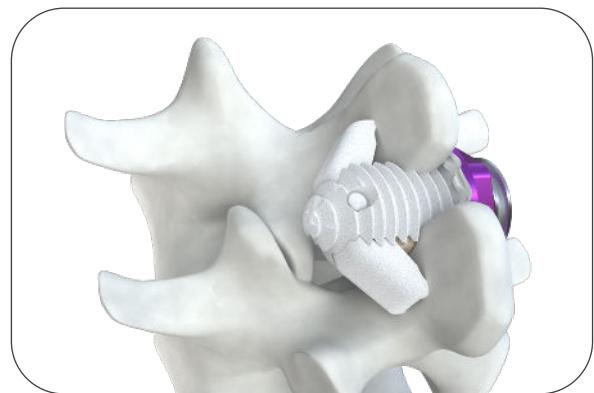


# Minuteman®



## WHAT IS THE MINUTEMAN®?

Minuteman® is a specialized medical implant designed to treat conditions like narrowing of the spinal canal (spinal stenosis), degenerative disc disease, and spinal instability (spondylolisthesis)—offering a less invasive alternative to traditional fusion procedures. This innovative interspinous-interlaminar device creates both space and stability in your spine, relieving back and leg pain with efficacy similar to screws and rods.



## HOW DOES IT WORK?

During the procedure, the Minuteman® device and bone graft material are carefully implanted between two vertebrae to establish support. Secured in place with locking plates, the device limits excessive movement in the affected spinal area, reducing pain and providing support that the degenerated disc cannot. This process promotes bone growth, resulting in fusion across the treated segment, and permanently joins the vertebrae, ultimately enhancing overall spinal stability.

The less invasive implant technique bypasses the need to dissect or strip sensitive back muscles, ligaments, or nerves. As a result, individuals undergoing Minuteman® may experience shorter operative times, less blood loss, reduced hospital stays, and a faster recovery time.

## WHO IS A GOOD CANDIDATE FOR MINUTEMAN®?

If conservative treatments haven't provided lasting relief, the Minuteman® may be appropriate for you if:

- **Your back or leg pain worsens with prolonged standing or walking.**
- **Your back or leg pain improves when you sit down.**
- **Leaning forward helps alleviate your pain.**

## WHAT TO EXPECT?

- 1** One of our pain specialists will evaluate you to determine if you are a good candidate for the Minuteman® procedure. If your condition is deemed appropriate, you may need to undergo pre-operative tests to ensure you are ready for the procedure.
- 2** Before the procedure, you will be required to fast for 8 hours and arrange transportation to and from the surgery center, as driving is not permitted afterward. If you are taking blood thinners or NSAIDs, our team will provide guidance on when to stop these medications.
- 3** Minuteman® is performed in our same-day surgery center, eliminating the need for the extended hospital stays that are often required with traditional spinal fusion surgery. Upon arrival, our staff will help you change into a surgical robe and begin the prep work for your procedure. Once your IV is inserted and preparations are complete, you will be asleep for the entire procedure. Our doctors are board-certified in anesthesiology, and your comfort is a top priority.
- 4** During the procedure, which typically lasts 1 to 2 hours, a 1-inch incision is made on the side where the implant will be placed. Dilation is used to access the spine, and the Minuteman® device is implanted along with bone graft material.
- 5** Some soreness after the procedure is normal. Your provider may prescribe antibiotics and recommend Tylenol or anti-inflammatory medication. You'll need to wear an abdominal binder for 4 to 6 weeks and return to the clinic for 2 to 3 follow-up visits. We also recommend continuing physical therapy. Some people experience relief within a few days, while for others, it may take 6 to 8 weeks.

## INSURANCE AND BILLING

Insurance companies will typically provide coverage for Minuteman® when it is medically necessary and meet the guidelines outlined in your policy.

### IMPROVE YOUR QUALITY OF LIFE

**Minuteman® effectively relieves back and leg pain while minimizing surgical invasiveness, promoting faster recovery, and providing long-term stability to the spine.**

