

**MOTION PRESERVATION TECHNOLOGY – DYNAMIC STABILIZATION** 

When it comes to treating spinal problems, many patients worry about losing flexibility and movement in their spine. With advancements in spine care, **motion preservation technology**, like **dynamic stabilization**, offers a solution that helps maintain natural movement while providing stability to the spine.



#### What is Dynamic Stabilization?

Dynamic stabilization is a modern treatment for spine problems that balances **support and flexibility**. Unlike traditional spine fusion, which makes the affected spine segment rigid, this technique uses special implants that allow controlled movement. These implants work like a support system for your spine, relieving pain while maintaining some of its natural flexibility.



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# Who Needs Dynamic Stabilization?

Dynamic stabilization is designed for patients with certain spine conditions, such as:

- **Degenerative disc disease:** When the discs between your vertebrae wear out.
- **Spinal stenosis:** Narrowing of the spinal canal causing nerve compression.
- Herniated discs: When the soft center of a disc bulges out, pressing on nerves.
- Spondylolisthesis: When one vertebra slips over another.

This treatment is especially suitable for patients who want to preserve the natural motion of their spine and avoid full fusion surgery.

# **Benefits of Dynamic Stabilization**

- Preserves spinal movement: You can perform daily activities with better flexibility.
- Minimally invasive: Smaller incisions mean less pain and faster recovery.
- Reduces strain on nearby areas: Unlike fusion, it prevents stress on the adjacent vertebrae.
- Long-term relief: Many patients experience significant pain reduction and improved quality of life.

## How Does It Work?

Dynamic stabilization uses implants like:

- 1. Flexible rods or spacers: These are placed between the affected vertebrae to allow limited movement.
- 2. Tension bands: Soft, elastic bands provide stability while permitting controlled flexibility.
- 3. Artificial discs: These can replace damaged discs and mimic the movement of a natural disc.







#### Why Choose Dr. Shankar Acharya?

With **30 years of experience** in spine surgery, Dr. Shankar Acharya, a senior consultant at **Sir Gangaram Hospital**, **New Delhi**, is a trusted name in advanced spine treatments. His expertise ensures patients receive personalized care with the latest technologies, including dynamic stabilization, for the best outcomes.

These devices relieve pressure on the nerves and stabilize the spine while allowing you to bend, twist, and move more naturally compared to a fused spine.

### **DYNAMIC STABILIZATION IS PERFORMED USING MINIMALLY INVASIVE TECHNIQUES:**

- 1. **Before surgery:** You'll undergo imaging tests like X-rays, MRIs, or CT scans to determine the exact problem area.
- 2. **During surgery:** The surgeon makes a small incision to place the stabilization device. The procedure usually takes a few hours.
- 3. **After surgery:** Most patients can go home within a day or two and resume light activities within a few weeks. Physical therapy may be recommended to strengthen your back muscles.



#### Take the First Step Towards Pain Relief

Don't let spine problems hold you back. Dynamic stabilization offers a modern, patient-friendly solution that relieves pain while preserving your spinal flexibility. Contact **Dr. Shankar Acharya** today to learn more and regain your active lifestyle.



### Is Dynamic Stabilization Right for You?

Every patient is different, and dynamic stabilization is not suitable for everyone. It works best for patients with moderate spine issues where complete fusion is not necessary. Consulting an experienced spine specialist like Dr. Shankar Acharya is the first step to understanding the best treatment for your condition.





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