

Spine Surgeon joins Orthopaedic Associates of North Texas

Dr. Richard Burg changes lives with new technology and minimally-invasive procedures

For nearly 20 years, the medical staff at Orthopaedic Associates of North Texas has endeavored to help area residents regain mobility, correct disorders and deformities, thereby improving the quality of life for their patients.

Recently Dr. Richard Burg joined their successful practice. A specialist in cervical, thoracic and lumbar spine surgery, Dr. Burg completed an orthopaedic and neurological spine surgery fellowship with the prestigious Cleveland Clinic Spine Institute. He and his family relocated to Texas last year.

As one of only a few area surgeons trained in minimally-invasive spine surgery, his patients experience less scarring and pain, faster rehabilitation and quicker recovery. "With minimally-invasive procedures, patients experience less muscle dissection, smaller incisions, a shorter hospital stay, quicker return to function and a better quality of life."

ANYONE CAN HAVE SPINAL PROBLEMS

"Every day is different," Dr. Burg said. "I may see a 16-year-old with sports related back pain followed by a 70-year-old with back and leg pain from degenerative discs and spinal stenosis."



While the age and concerns may range from patient to patient, Dr. Burg sees a common problem with all his patients: neck or back pain. "Many patients have tried other means of intervention before coming here, often without any relief," he said. "But if they start here, we can discuss all of the options available to them. Not everyone is a candidate for surgery. We refer patients to pain specialists, chiropractors and physical therapists if those seem to be better alternatives. My goal is to evaluate the patient, educate them about all of the available options, and to work together to determine the most appropriate course of treatment. Patient education is an integral part of this process."

Joe Dorman of McKinney enjoyed an active lifestyle. Even at the age of 64, he still rode his bike 50 miles on weekends and played golf. But a plethora of back ailments—ruptured disc, instability, spinal stenosis and bone spurs—resulted in his inability to sleep more than two hours in succession or stand up straight. He and his two sons met with Dr. Burg to discuss his options.

"I was apprehensive at first," Joe said. "But I immediately realized that Dr. Burg wasn't just a 'knife-happy' surgeon. He discussed everything candidly and presented all the alternatives." Ultimately, Joe and his sons agreed that surgery was his best option. "I came through it extremely well. People comment on my improved stature nearly every day, and I anticipate being able to bike and play golf again soon. Everyone involved in my care—from the anesthesiologist, the hospital staff to the follow-up physical therapists—has made this an outstanding experience. Dr. Burg was clear with his objectives, which lessened my concerns about having the surgery, and the post-surgery plan was clearly laid out. I just can't say enough good things about him."



Dr. Burg's patients may have one or a combination of problems such as Joe did. Typical conditions include: disc herniations, degenerative disc disease, scoliosis, fractures, spinal stenosis and instability. Symptoms may include: neck or back pain, radiating pain to the arms or legs, numbness or tingling in the arms and legs, or weakness in arms or legs.

MINIMALLY-INVASIVE OPTIONS EASE RECOVERY

Allen resident Jesse Gearhart experienced lower back pain that had worsened over the past couple years. At only 31 years of age, he never expected to undergo back surgery. "I tried therapy, pain medications and cortisone injection, but nothing helped relieve the pain long-term," he said. "I couldn't stand up straight or walk much. It was affecting my quality of life." Then he made an appointment to see Dr. Burg. Together they discussed Jesse's options and determined that taking pressure off the nerves, removing his damaged disc and inserting a piece of material that would fuse the area, to be his best chance for recovery.


The minimally-invasive surgery required only three small incisions. Less than six weeks later, "I am amazed at my recovery," Jesse said. "I'm still regaining strength, but I'm able to walk and bend and do things I wasn't able to do before surgery. If you had asked me before the surgery where I would be today, I never expected to recover so well. I feel confident that Dr. Burg knew what I needed to have done and he did an incredible job. He really cared about my getting better and getting back to the life I had before."

DISC REPLACEMENT SURGERY

Traditional spine surgery for back and neck pain may involve eliminating painful motion by fusing two or more spinal segments together. "Now we can implant a cervical or lumbar disc replacement device to improve symptoms while retaining motion," said Dr. Burg.

Along with fusion and disc replacements in the neck or back (using new technology similar to knee or hip replacements), Dr. Burg also performs decompression surgery. "We're able to remove bone spurs, herniated discs and cysts or anything that might be compressing the spinal cord or nerve roots," he said.

Crediting his superior training at the world-renown Cleveland Clinic Spine Institute, Dr. Burg learned multiple surgical techniques that are less invasive. "Instead of taking months to recover, now we're seeing the recovery time is fractional due to special retractors, instruments and x-ray equipment."

If you or a loved one experiences neck or back pain, don't wait. Call Dr. Burg today. Don't live another day dependent on pain medication or missing out on living your life to its fullest. 

Richard Burg, M.D.

Orthopaedic Associates of North Texas

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Visit OANT.net for detailed information on spinal procedures, click on the Spine Center heading

Two convenient locations:

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