



**SPINE SURGON: DR. SAMBHAV SHAH**

# GO HOME THE SAME DAY AFTER SPINE SURGERY

**90% Slipped Discs can be cured  
through excersises only : Dr. Shah**

## **Dr. Sambhav Shah's Achievements**

- Past Consultant Spine Surgeon, Queens Medical Centre, Nottingham U.K.
- Fellow Complex Spine Surgery, Queen Medical Centre, Nottingham U.K.
- Fellow Minimally Invasive & Surgery, National University Hospital Singapore.
- Fellow Spinal Oncology, Intituto Ortopedico Galeazzi, Milan, Italy.
- Endoscopic Spine Surgery, Germany.
- Scoliosis Research Society Education Scholarship 2012.

### **ASHOK DOSHI**

**I**n presence of world's renowned spine surgens in UK, Italy, Singapur, Germany and Mumbai Dr.Sambhav Prasham Shah(35) has performed very successfully more than 1000 spinal surgeries including his own 86-year-old grand father who had severe leg pain.

Since last two years he has started to benefit his birth place Mumbai with his experiences and expertise.

Dr.Shah probably the only doctor in Mumbai to have a specialised German endoscopic camera Richard Wolff to perform the stitchless endoscopic spine surgery.

Because of this latest and finest technology and equipments, Dr. Shah changed the destiny of a 22-year-old beautiful girl who was suffering from slip disc and her parents were very much worried

as her marriage was approaching very fast and may damage it if big scar remains as in case of traditional spine surgery. But Dr. Shah performed latest Inter-Laminar endoscopic spine surgery on her and she was able to walk within 2 hours of surgery. Her parents were very happy as the tiny scar was hardly visible.

Same way a 70-year-old woman had severe leg pain and after endoscopic surgery was discharged the same day.

But not all the Slipped Discs cases require surgery. In fact Dr. Shah claims 90% Slipped Discs can be cured through excersises only.

Dr. Sambhav Shah speaks about his institute of spinal surgery-'SPINE SECURE' considered one of the best-" Our motto "We've Got Your Back" signifies that at Spine Secure every form of spinal treatment from conservative to surgery

# ENDOSCOPIC SPINE SURGERY



BEFORE SURGERY

AFTER SURGERY



## ADVANTAGES OF ENDOSCOPY

- Stab incision, reduced pain, faster recovery, minimal blood loss, reduced infection risks.
- Stitchesless surgery, cosmetically appealing
- Muscle dilating
- Can be done under LA
- No bone removal
- Day care procedure hence - Reduced hospital costs
- Results equivalent to tube surgery
- Minimal chances of dural tear

is provided by the most competent and highly trained individuals who have excelled in their respective fields.

"We believe in an A la carte approach and treatment is individualized based on patient symptoms and diagnosis.

Slipped disc is one of the most common causes of back and leg pain. Majority of patients get better with physiotherapy. Traditional surgery for prolapsed disc entails dissection of muscles, bone and ligament removal. Commonly used techniques

are microdiscectomy (using microscope), MED (using tubes and microscope). However, since these techniques entail removal of normal anatomical structures it may lead to more post operative pain, infection, bleeding and longer recovery

Endoscopic spine surgery is a keyhole surgery mainly used to treat slipped discs. Other conditions like spinal stenosis, facet rhizolysis and spinal fusions are also treated using endoscopic techniques. It is done either using an interlaminar approach or percutaneous

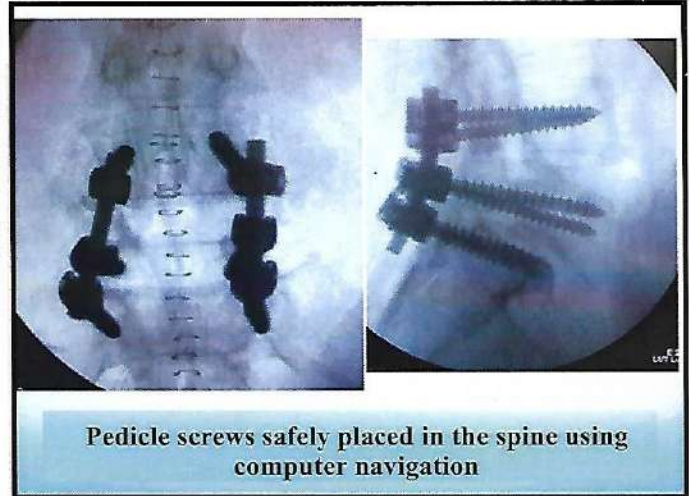
### CONSULTANT AT

- ◆Saifce, ◆Breach Candy, ◆Wockhardt, ◆Bhatia,
- ◆SRCC children's Hospital.

### MEMBER

- ◆Association of spine surgeons of India
- ◆Minimally invasive spine surgeons of india
- ◆AO spine
- ◆Indian Orthopaedic Association
- ◆Bombay Orthopaedic society 1

transforaminal approach. A single stab incision is taken and a 3.5- 4mm endoscope is inserted at the pathological level. Whole surgery is done through this endoscope with visualization on a high definition TV . Transforaminal approach can be done under local anesthesia. Patients are discharged the same day. After having completed his masters in Orthopaedic surgery, Dr. Shah has dedicated himself, exclusively to spine surgery. He has pursued spinal fellowships from Uk, Singapore, Germany and Italy, which covered all aspects of spinal pathology including scoliosis correction, spinal tumors, minimally invasive and endoscopic spinesurgery. He was awarded the prestigious Scoliosis Research Society scholarship in 2012. Before returning to Mumbai, Dr Shah was a Consultant spinal surgeon at Queens Medical Centre, Nottingham, Uk. He has numerous publications in national

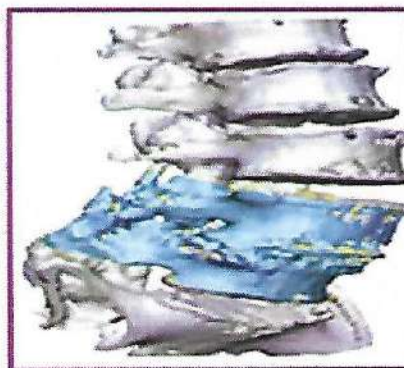


### COMPUTER ASSISTED NAVIGATION

This provides an image guided navigation for more accurate placement of screws compared to traditional techniques. The overall complication rate of misplaced screws is negligible with this technique, thus reducing the chances of spinal cord and nerve root injury.



CT Image  
Pre Operation



3D  
Reconstructed image



3D  
Printed Model

## SPINE SURGERY: BENEFIT OF THE 3D PRINTED MODEL

**Case:** Spondylolisthesis

**Doctor:** Sambhav Shah (Spine Surgeon)

**Case:** 65-years-old female with severe back and neck pain. She was refused by two surgeons because of the high risk involved in surgery. She had L4 L5 grade II spondylolisthesis bilateral foraminal stenosis. The patient was operated twice ten years back at L3 to S1.

**Surgery:** L4 L5 minimal invasive

bilateral transformational lumbar interbody fusion

**Benefit of Anatomical Model:** During the 2nd surgery, the 3D printed model helped the doctor to grasp the anatomy in a better way and plan the surgery easily. It helped him locate the exact place where the screws needed to be fixed without harming or intervening the other area. It helped the doctor to navigate the intra-op successfully

and reduced surgical time by 1 hour.

**From the Doctor:** The model was accurate and matched the patient details. With the model to study, it gave me a better understanding to study the structure and accordingly plan the treatment course. The 3D medical model helped me access the area of treatment with minimal damage and least possible surgical time