



PATIENT AMBASSADOR
Jon McGeorge

HOMETOWN

Stuart, Florida

SURGEON

Dr. Anuj Prasher

South Florida Orthopaedics and Sports Medicine

PROCEDURE

XLIF® L3-L4

SURGERY DATE

July 31, 2017

"I'm back to taking beach walks!"

About Jon: As a young man in his twenties, Jon's back was injured during his career as a professional water skier. During a training exercise, he got kicked in the back by a buddy as a joke and couldn't walk for six weeks. He consulted with the back specialist who worked with the Miami Dolphins at the time and was given a set of exercises that kept his pain at bay for several years. Jon's pain was relatively well-managed, but all it took was one wrong move for him to be incapacitated for weeks. Jon describes the chronic nature of his back pain as often depressing, and even maddening at times. Dr. Prasher came highly recommended to Jon by some acquaintances, and he assessed that Jon would benefit from the XLIF procedure.

Diagnosis: Stenosis

Path to Treatment: Medications, epidurals, TENS unit, hot tub, and physical therapy

Procedure Overview: XLIF L3-L4

Life Now: Jon describes a very real fear of surgery prior to his procedure, but now says that patients should not be overly afraid of doing this with today's medical advances. "Prasher is a brilliant surgeon," Jon says gratefully. Less than three months post-op, Jon estimates that he is ninety-five percent recovered. His one-inch incision has healed very nicely. Jon's pain formerly robbed him of the ability to do things he loved, like gardening and beach walks, but today Jon is enjoying those favorite activities again!

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