

ABBOTT NORTHWESTERN HOSPITAL

Spine Institute



International reputation. Individualized care.

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Spine Institute

Recognized by *U.S. News & World Report* for its exceptional care and outcomes, Abbott Northwestern's Spine Institute consists of the care provided by four spine surgical physician groups. Abbott Northwestern's Spine Institute is a leader in the diagnosis and treatment of spine-related disorders.

With an international reputation for leadership in spine care and research, the surgeons in the Spine Institute perform more spine surgeries than any other hospital in the state, making Abbott Northwestern the Twin Cities' leading regional referral center for spine care and one of the top spine centers in volume, size and outcomes in the U.S.

JOHN NASSEFF NEUROSCIENCE INSTITUTE

Abbott Northwestern Hospital's Spine Institute is an integral part of Allina Health's John Nasseff Neuroscience Institute. Each year, more than 100,000 people seek neurological or spine care at an Allina Health facility. The Spine Institute is renowned for the breadth, volume and complexity of services offered to patients with spine disorders. A highly dedicated and skilled team of physicians and staff works together to provide individualized, optimal care.



Both neurosurgeons and orthopaedic surgeons care for Spine Institute patients. Abbott Northwestern is consistently ranked as one of America's best hospitals in orthopedics, neurology and neurosurgery, including spine care and spinal surgery.

What sets Abbott Northwestern apart

At Abbott Northwestern's Spine Institute, the breadth and experience among the Spine Institute physicians and other health care professionals ensures the most optimal outcomes and advanced care options for patients.

Spine Institute physicians include both orthopaedic surgeons and neurosurgeons who perform the full range of spinal surgeries, including decompression, stabilization and fusion. These independent physician groups are recognized internationally for their expertise and innovative spinal care. These four physician groups pursue their independent missions while providing the highest quality patient care in an efficient manner.

Through collaboration, innovation, research and advanced technology, the physicians of the Spine Institute are dedicated to providing comprehensive care for all types of spine problems.



Dedicated to the comprehensive management of spinal diseases, disorders and injuries

At Abbott Northwestern, neurosurgeons and orthopaedic surgeons offer highly specialized surgical services. Dedicated nursing staff on the Spine Institute's inpatient unit understand and address the unique needs of spine patients. They have received advanced training in spine care and provide the skilled assessment and monitoring that spine patients require, while offering reassurance and support to patients and family members. Our surgeons are recognized across their globe for their expertise and contributions to the diagnosis, care and recovery for patients with spine disorders.

Abbott Northwestern has assembled a surgical spine specialty team that allows the Spine Institute to provide the best possible surgical care. Our Operating Room nurses and technologists prepare for and assist with spinal procedures every day, offering a level of expertise that is achieved only through specialized training and experience. These highly-specialized professionals prepare for and assist with spinal procedures every day.

Full spectrum of spine care

The Spine Institute's physicians care for a full range of spinal conditions and offer spine care and procedures focused on increasing mobility, improving quality of life and helping patients achieve their full potential, including care for:

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|---------------------------------------|--|
| Aging spine | Osteoporosis |
| Arthritis | Post-traumatic cervical instability |
| Astrocytoma | Sciatica |
| Cauda Equina syndrome | Scoliosis |
| Cervical myelopathy | Spinal arteriovenous malformation |
| Cervical radiculopathy | Spinal cord and vascular spine disorders |
| Chiari malformation | Spinal cord dysraphia |
| Complex spinal reconstruction | Spinal deformities |
| Compression fractures | Spinal stenosis |
| Degenerative disc disease | Spine trauma |
| Fracture of thoracic and lumbar spine | Spine work-related injuries |
| Herniated disc | Spondylolisthesis |
| Kyphosis | Spine sports injuries |
| Myelopathy | Spine work-related injuries |
| | Vertebral osteomyelitis |
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Designated as a

Blue Distinction[®]
Center for Spine Surgery



BlueCross BlueShield of Minnesota

An Independent Licensee of the Blue Cross and Blue Shield Association

Blue Distinction Center for Spine Surgery

Abbott Northwestern is designated by the Blue Cross and Blue Shield Association as a Blue Distinction Center for Spine Surgery. The hospital is recognized for its demonstrated expertise in offering comprehensive inpatient spine surgery services, including discectomy, fusion and decompression procedures by board-certified orthopaedic spine surgeons and neurosurgeons.

Our Team

The complexity of spine care requires a highly specialized team of health care professionals, along with the most advanced technologies, diagnostic capabilities, equipment and surgical facilities.

SPINE SPECIALTY OPERATING ROOMS

Abbott Northwestern offers patients with spinal disorders Operating Rooms staffed by a specialty team of 30 perioperative and operative professionals. The team is highly experienced in the care of patients during complex spinal procedures and surgeries.

The Spine Institute's Operating Rooms are equipped with advanced operating technologies, including microscopes, computerized navigation systems and the O-arm imaging system. Intraoperative monitoring of spinal cord and nerve root function is routinely done to protect patients from neurological injury.

Abbott Northwestern also offers a moveable high field intraoperative MRI scanner. This technology provides patients with a combination of experienced personnel and leading-edge technology to assist orthopaedic spinal surgeons and neurosurgeons at Abbott Northwestern with the best possible care for patients and their spine conditions.

INPATIENT UNIT

The Spine Inpatient Units H7000 and H8000 are located in the top floors of Abbott Northwestern's Heart Hospital, an award-winning space providing a healing environment, with care centered on the needs of spine patients and their families.

Each of the 92 private rooms includes amenities for patients and visitors, including a refrigerator, safe, audio-visual equipment and a family area with a separate phone, computer access and seating that converts to a bed, allowing a family member to spend the night.

For patient safety and comfort, each room has an overhead lift track that can be used to reposition patients or move them from the bed to the bathroom or a chair. Each private bathroom offers equipment to assist Spine Institute patients, including grab bars, a lipless shower, a shower chair and many other more safety features.



Abbott Northwestern's Spine Institute is staffed by highly dedicated and experienced registered nurses. In addition, two rehabilitation areas are incorporated into the unit to enable early assessment and initiation of treatment. The occupational therapy room includes a full kitchen and bathroom to help patients practice and regain the activities of daily living. The physical therapy room contains state-of-the-art rehabilitation equipment, including a driving simulator.



Abbott Northwestern's Preoperative Clinic

As part of Abbott Northwestern's commitment to excellent care, Spine Institute patients are referred to a Preoperative Clinic for an evaluation before they are admitted to the hospital. During the Preoperative Clinic visit, patients are evaluated to ensure the most optimal outcomes before, during and after their surgery.

Following a history and physical exam from each patient's primary care physician, the Preoperative Clinic staff focus on preventing any potential complications, and maximizing surgical outcomes and experience. The visit is also an educational opportunity for patients to learn how to best prepare for surgery and what to expect during their recovery.



Participating physician groups

TWIN CITIES SPINE CENTER

For nearly 70 years, Twin Cities Spine Center (TCSC) has been known for treatment and research related to spinal disorders and deformities. As an independent specialty practice devoted exclusively to spine care, the mission of Twin Cities Spine Center is to continually improve patient care, education and research in the area of spinal treatment and surgery.

TCSC physicians apply the latest medical advances to the treatments and surgeries provided. This includes advanced radiological imaging and interventional procedures, intraoperative imaging and neurological monitoring, and minimally invasive surgical techniques. Less invasive surgery, where appropriate, often means shorter hospital stays and quicker patient recoveries.

While the majority of patients come from the immediate five-state area, TCSC has provided consultation and treatment for patients from all 50 states and 32 countries. Combining the expertise of TCSC physicians with the best partners in the Twin Cities medical community and beyond allows TCSC to maintain a local, national and international reputation for excellent spine care.



INSTITUTE FOR LOW BACK AND NECK CARE

The Institute for Low Back and Neck Care (ILBNC) has provided specialty spine care services since 1982. Instead of specializing in one approach – either surgery or rehabilitation – ILBNC offers a wide range of treatments for back and neck pain, including rehabilitation, medications, injections and surgery.

ILBNC physicians perform comprehensive evaluations, diagnostic and therapeutic injections and surgical procedures. Treatment is tailored to each individual's problem and desired level of intervention.

The ILBNC staff includes fellowship-trained, board-certified spine surgeons and rehabilitation specialist physicians, along with nurse practitioners, physician assistants and registered nurses.

METROPOLITAN NEUROSURGERY, PA

Metropolitan Neurosurgery, PA, diagnoses and treats patients with disorders of and injuries to the brain, spinal cord and peripheral nerves. The practice provides a full complement of spinal and brain surgeries, including procedures for degenerative spine disease, head and spine trauma, and head and spine tumors.

Metropolitan Neurosurgery employs minimally-invasive spine techniques, including discectomy and fusion, which are a growing part of the practice. These procedures are performed by physicians using small incisions and, as a result, significantly reduce the length of stay in the hospital, as well as the cost, of the inpatient hospital care.

Metropolitan Neurosurgery has extensive experience in treating neurological trauma, including spinal reconstruction, and the neurosurgeons are certified to perform artificial cervical disc surgery, an innovative alternative to spine fusion surgery.

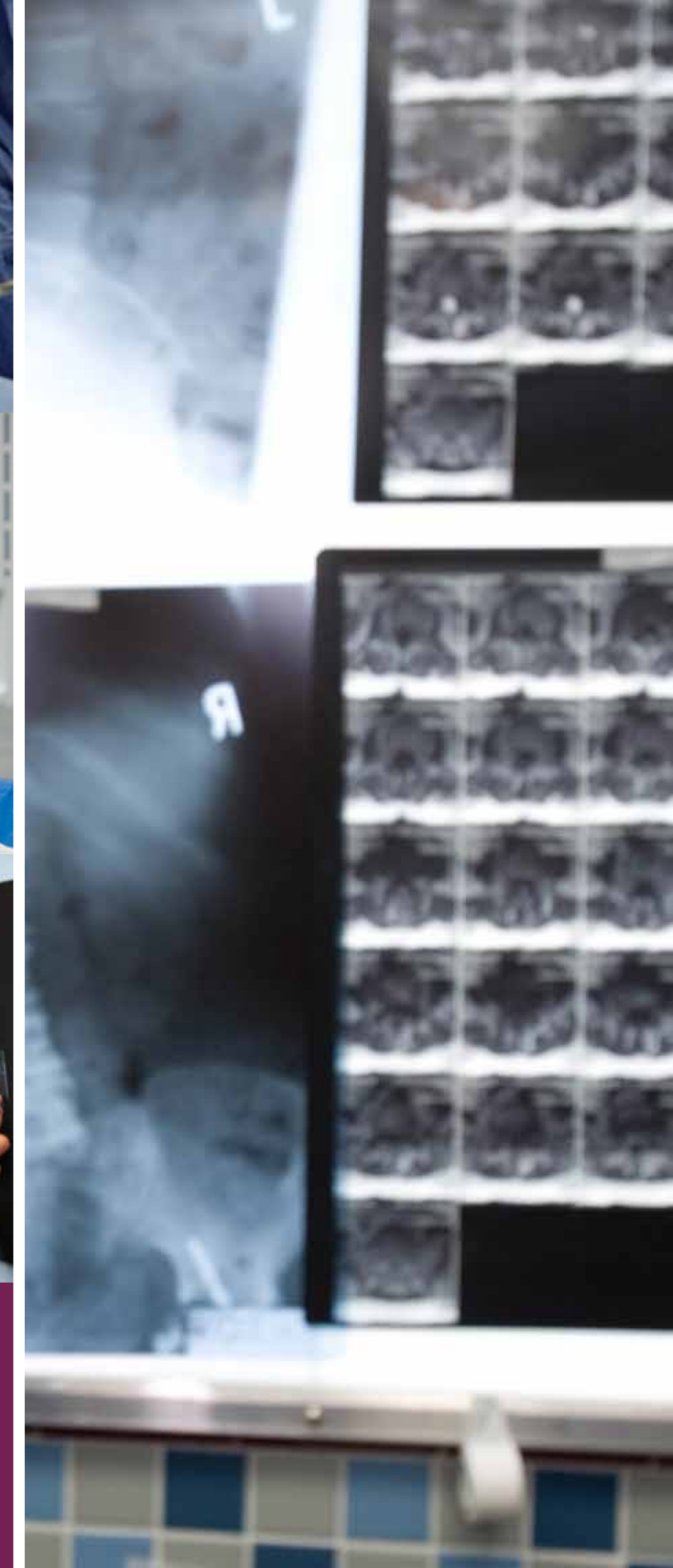
NEUROSURGICAL ASSOCIATES, LTD.

Neurosurgical Associates, Ltd., provides care to patients with a broad range of neurosurgical problems, including brain, spine and peripheral nerve disorders of all types and magnitude.

The practice includes five board-certified neurosurgeons and seven highly skilled certified nurse practitioners, certified physician assistants and triage nurses. All members of the team have expertise in spine care, including evaluation and surgical or non-surgical treatment.

Neurosurgical Associates treats all types of spine problems at every level of complexity. It offers a full range of surgical approaches from minimally invasive spine procedures to the most complicated spine reconstruction procedures. Emphasis is on thoughtful planning and surgical decision-making to accomplish safe and effective surgical care.

Neurosurgical Associates physicians have pioneered evolving technologies to maximize surgical success and minimize recovery times. Despite the technical nature of this specialty, the physicians and other providers focus on the individual, not merely the condition, and strive to maintain the humanistic side of caring for people with spine and neurological conditions.



Our partnerships

At the Spine Institute, we work closely in partnership with a variety of subspecialists and programs affiliated with Abbott Northwestern Hospital.



Our key partnerships include:

CHRONIC PAIN SERVICE

A hospital stay or a surgery is often a stressful experience. Patients are usually concerned about pain. Since everyone reacts to pain differently, your nurses and physicians will work with you to make you as comfortable as possible.

In addition, Abbott Northwestern has board-certified pain physicians on its Medical Staff who are available for consultation. These physicians work with patients and the care team to design customized pain control to help patients recover more quickly and comfortably.



PENNY GEORGE™ INSTITUTE FOR HEALTH AND HEALING

Penny George Institute for Health and Healing is the nation's largest integrative health program based in a health system. Integrative health is more than simply adding healing therapies to a range of services a hospital provides. It is a holistic approach to health that advocates for and treats the patient as an empowered partner. Integrative health focuses on prevention and wellness, activation of the body's natural healing capacity and development of self-care skills.

The Penny George Institute offers inpatient services, an Outpatient Clinic, research, education and an award-winning LiveWell Fitness Center. Each month, practitioners provide more than 900 visits to hospitalized patients at Abbott Northwestern, offering a wide range of integrative therapies to promote health and healing.

SISTER KENNY® REHABILITATION INSTITUTE

Sister Kenny Rehabilitation Institute is the leading rehabilitation provider in the region. The Institute offers rehabilitative services to treat any short- or long-term condition or disability at Abbott Northwestern. More than 70,000 patients receive care at the Institute each year.

Its compassionate, experienced and specially-trained team of physiatrists, occupational therapists, physical therapists and other rehabilitation professionals work together to help each patient achieve their personal best. Comprehensive interdisciplinary services are based on documented clinical outcomes and are physician directed.



SISTER KENNY SPORTS & PHYSICAL THERAPY

At Sister Kenny Sports & Physical Therapy each patient is assessed by a physical therapist with specialty training. A care plan may include therapeutic exercises, functional training neuromuscular re-education and aquatic therapy.

SISTER KENNY SPINE CENTER

Spine Institute patients may benefit from the services of the Sister Kenny Spine Center. The Center provides specialized non-surgical treatment for low back and neck pain. Rehabilitation professionals with specialized advanced training work with patients with acute, chronic or recurrent low back or neck pain, numbness or tingling in the arms or legs, and/or pain that has not been helped with other pain treatments or methods.

Treatment may include physical therapy, medications, exercise and education. The Sister Kenny Spine Center treats more than 700 patients each year at three locations.



LIVEWELL FITNESS CENTER

Once patients are discharged from the hospital, they may benefit from the programs and services of the Penny George Institute's LiveWell Fitness Center.

With physician permission, the LiveWell Fitness Center's highly credentialed exercise and nutrition experts are available to help patients design a plan to meet health and fitness goals for the long-term. A full range of group and individual programs and services are available.

The LiveWell Fitness Center's professional staff includes exercise physiologists, wellness coaches and certified Pilates instructors. They are available to help patients design a safe and effective program based on their individual needs and goals. Patients may be interested in completing the LiveWell Fitness Center's Fitness Profile, a comprehensive fitness assessment that provides an ideal starting point for any new exercise plan. For a detailed list of programs and services, visit abbottnorthwestern.com/georgeinstitute or call 612-863-5178.



VIRGINIA PIPER CANCER INSTITUTE®

Patients and their families are the heart and soul of the Virginia Piper Cancer Institute. The Institute believes that every patient deserves the best technology, from a compassionate staff, in an environment that is focused on their needs.

The Institute's team of expert health care professionals combines current technology and treatment methods with clinical research, genetic counseling and alternative therapies.

LOCATIONS

Spine Institute physicians are available for consultation at Abbott Northwestern Hospital and several locations throughout the Twin Cities.

Institute for Low Back and Neck Care
1-800-669-2513
llbnc.com

Neurosurgical Associates, Ltd.
612-871-7278
neurosurgicalassocs.com

Metropolitan Neurosurgery, PA
763-427-1137
metropolitan-neurosurgery.com

Twin Cities Spine Center
612-775-6200
tcspine.com

For general question about Abbott Northwestern's Spine Institute, call 612-775-4191 or visit abbottnorthwestern.com.



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Allina Health

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