

# Do You Have Chronic Low Back Pain?

If you've had lower back pain for 12 weeks or longer, you may have a type of chronic low back pain called vertebral endplate nerve dysfunction.



## What is it?

Vertebral endplate nerve dysfunction is when the layer of nerve-packed cartilage that separates the vertebra (bone in the spine) from the disc (padding between bones) becomes compressed, causing pain. It's a natural side effect of aging.

## How it's treated

The condition can sometimes be managed with conservative treatment.

But if over-the-counter medication, massage, and physical therapy don't work for you, you may be a candidate for a minimally invasive procedure called Intrasect, which destroys the basivertebral nerve that is sending pain signals to the brain.

## Are you a candidate?

- 1 *Have you had chronic low back pain for six months or longer?*
- 2 *Have you tried conservative treatment for at least six months without relief?*
- 3 *Have you been told you have "nonspecific" back pain or a disc problem?*

Lower back pain that can't be diagnosed or is thought to stem from problems with a disc but doesn't respond to conservative treatment is likely due to vertebral endplate nerve dysfunction. While this condition can be seen on an MRI, it is frequently missed.



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# A New Way to Treat Chronic Low Back Pain

Basivertebral nerve ablation with the Intracept procedure is the latest option for treating chronic low back pain. It uses radiofrequency energy to destroy the nerve in the vertebral endplate cartilage that is sending pain signals to the brain. Intracept has numerous benefits:

- › Safe and effective
- › Long-lasting
- › Does not require overnight hospital stay
- › Minimally invasive and implant-free

## How it works

Intracept is a minimally invasive procedure performed in an outpatient surgery center. A spine surgeon performs Intracept via two 1-centimeter incisions in the back while the patient is sedated. Once the surgeon accesses the affected vertebra, a heat probe is applied to the targeted area to destroy the portion of the nerve that transmits pain signals. The procedure only takes about an hour, and patients go home in about 3-4 hours. Patients can return to work and regular activities the next day.



Illustration courtesy of Relievant Medsystems.

## Results

Many patients report immediate relief following basivertebral nerve ablation. And it's durable. The majority of patients report 75% to 100% pain reduction five years after the procedure.



Lloyd Mobley III,  
MD, FAANS

**To find out if the Intracept procedure is right for treating your chronic low back pain, please call 720.797.7646 to schedule an appointment with Dr. Lloyd Mobley, spine neurosurgeon. Dr. Mobley sees patients in our Lone Tree and Castle Rock medical offices.**

*To learn more about the Intracept procedure, indications and risks, important safety information, and medical studies, please visit [Intracept.com](http://Intracept.com).*



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