

LONDON **SP**INE CLINIC™



Newsletter Autumn 2018

Who we are

The London Spine Clinic has been established as a multi-disciplinary centre of excellence for all spinal care, since 1997. Our aim is to bring together all the advantages of our different specialties, in order to provide holistic treatment for our patients. The emphasis of our practice is very much directed to providing the least invasive treatment for spinal problems.

What is new?

Clinics held by the Team

To make access to specialists at the London Spine Clinic easier, we now have opened clinics at other locations as well as the routine daily clinics at our base at 116 Harley Street.

These are:

Princes Grace Hospital and urgent Care centre:

Mr Pereira, Spinal Neurosurgeon holds a clinic there every Monday and Tuesday and performs surgical procedures, both in-patient and out-patient, as necessary

London Bridge Hospital:

Mr Liantis, Spinal orthopaedic Surgeon holds a clinic every Tuesday

The Reading Spine Clinic, Forbury Clinic, Reading:

Mr McKenna holds daily clinics here and performs out-patient procedures and in-patient procedures at the Reading Circle Hospital

The Chelmsford private day surgery hospital:

Mr Sutcliffe holds a clinic and performs out-patient procedures there every Thursday and at other times as needed

Canary Wharf and Chelsea:

Mr Afzal holds podiatry clinics here on Tuesdays

Exeter:

Mr Edbrooke practices physiotherapy here, holding clinics on Monday, Thursday and Fridays



IDD Therapy



Patient being slowly lowered into position

Managing people with back pain and leg pain can be challenging and sometimes the treatment can be dangerous. These risks have, of course, to be balanced against the risks of not treating the problem. Traction techniques have been used for decades: the idea of reducing the pressure on the damaged areas of the lower spine makes sense. Techniques using leg traction with adhesive pads, bony traction with pins into the legs to provide a point on which weights can be attached have all been used, together with inversion tables. More recently the concept of providing cyclical traction on the lower back has gained in popularity and the IDD machine has been developed to facilitate this.

Patients with back and / or leg pain can be treated with this technique, but we would usually recommend having a consultation and some imaging of the back (MRI scanning is probably most useful) to ensure that the diagnosis is clear and nothing else has been overlooked.



Patient in position, harness connected to the machine and treatment starting

Once the diagnosis is established and the patient has been approved for treatment, the spinal physical therapist team take over. The patient is positioned on top the leaning table, which then tilts down to a horizontal position. With the legs supported on a triangular pad and, if necessary, the arms also, the traction is applied through a harness worn around the pelvis. The machine is programmed to build up the force to the equivalent of half the patient's body weight, in short cycles, dropping down by a pre-set amount in-between.

Most people require several sessions on the machine, often a few days' apart, to get the benefit. The treatment is always used in combination with others, to both reduce the inflammation in the damaged area and allow better support. This latter involves a program of carefully planned exercises, monitored and supervised by the treating specialist therapist.

For more information, or to book in for assessment and treatment, contact : -

Call: 020 7616 7720 option 2

therapy@londonspineclinic.net

Or visit us at 116 Harley Street, London

Cool RF

(lower lesion temperatures for radiofrequency ablation)

Radiofrequency (RF) treatments have been used for spinal pathologies since the 1960's and constant attempts are being made to improve the efficacy of this treatment modality. RF involves using an electrode, positioned in a precise location, to then allow vibration, at radiofrequency. This vibration causes the exchange of energy from the vibration, to heat. The temperature in different tissues has been documented over the years, such that a precise "lesion size" can be created.

In the spine, facet joints pathology is the commonest one to lend itself to RF treatment. So called RF ablation, involves the heating of the medial branch of the posterior ramus, which supplies the facet joint. By creating a lesion in the exact position of this small nerve, it can be destroyed by the temperature, safe in the knowledge that the tissues around will not be adversely affected, as the lesion size is so predictable.

However, this lesion size is small and often requires temperatures of 80-90 degrees. Cold RF uses a lower temperature, which, when applied for a longer time, as it is safe to do so, will give a larger lesion, making successful ablation of the appropriate nerve more likely. At the London Spine Clinic, Dr Tavakkoli performs this treatment. This modality can also be used to reduce the osteoarthritic pain in hip and knee joints.

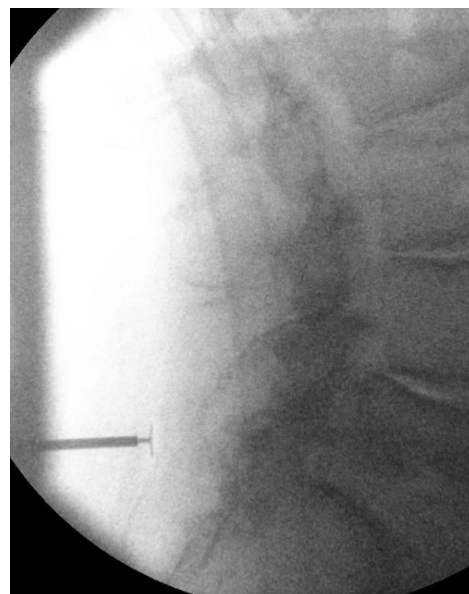
DenerveX

(facet capsule removal with RF denervation)

One further option for managing facet joint pain, is to not only denervate, but to actually remove some of the inflammatory tissue prolonging the pain and interfering with healing. The DenerveX system was designed to achieve this.

Through a small skin incision, placed over the facet joint (guided by an x-ray) a small wire is passed into the affected joint. The DenerveX is passed over this wire, to touch the back of the joint. Whilst the device is held in position and this confirmed with C-arm images, it is activated, to both initiate the RF treatment, but also to rotate a small blade, within its tip, which removes the damaged, thickened tissue on the back of the facet joint.

At the London Spine Clinic, Dr Tavakkoli and Mr McKenna are experienced in the use of this device.



Device on x-ray being positioned . Note the rotating blade (arrow)—the plastic sheath protecting the surrounding tissues is not visible

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How to find us:-

116 Harley Street, London, W1G 7JL

To refer a new patient, or if you are a clinician calling use: 0207 616 7720 option 1

Mr John Sutcliffe (Triage Neurosurgeon)

Contact Information

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Dr Moein Tavakkoli (Pain Specialist)

Contact Information

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Mr Erlick Pereira (Neurosurgeon)

Contact Information

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Mr Panos Liantis (Orthopaedic Spine surgeon)

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Mr Patrick McKenna (Orthopaedic Spine Surgeon)

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Mr Saj Afzal (Podiatrist)

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