





Introduction

The spine is the body's central support structure. It keeps us upright and helps us move in our daily life, sitting down, standing up, walking, twisting, or bending over. A problem with the spine often causes pain, making it difficult to move, thus affecting our daily life. Severe spine conditions can even lead to paralysis.

The spine has a complex structure and is prone to injury. Experts estimate that 4 out of 5 adults experience a back problem at least once in their lifetime. According to a 2019 Global Burden of Disease study, lower back pain is the leading cause of years lived with disability (YLDs) of the population worldwide.

Medical teams and multidisciplinary teams with specializing expertise of the Spine Institute, Bumrungrad Hospital, offer consultation and treatment for all types of spinal disorders with specialized experience, having treated more than 12,000 patients. With treatment methods that have been continuously improved since the Institute's establishment over ten years ago, we can offer a wide range of effective treatment options at reasonable costs to allow patients to get back to a good quality of life.



Vision and Mission

Bumrungrad Spine Institute, one of the world's leading spinal institutes, is the only facility in Thailand that provides a complete range of care while also serving as an academic center regarding spine.

Mission ofBumrungrad Spine Institute



To deliver a comprehensive range of effective care and treatment for patients with spinal disorders at reasonable prices, relentlessly improving treatment technology and quality personnel teams



To reach standards of excellence by way of continuously training specializing teams of doctors, nurses and physiotherapists



To develop the body of knowledge and promote academic work on spinal disorders and treatments



Back pain (radiating down the leg)

Paresis and paralysis



Neck pain (radiating down the arm)





Difficulty in urinating and moving bowels





Numb limbs





Spastic and weak muscles



Severe back pain interfering with daily life









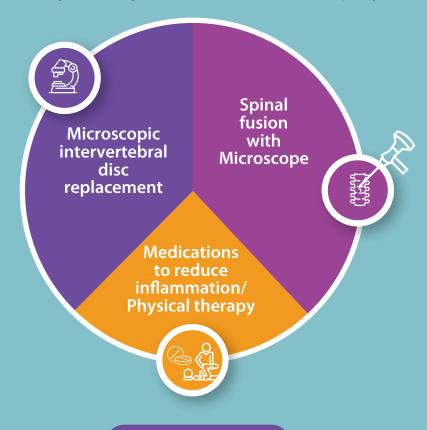
Spinal Cord Compression

Spinal cord compression generally occurs due to age-related disc deterioration.

Pain is often non-severe but it can produce numbness in the body or arms as well as balancing difficulty. A neurological exam including an MRI is required to make a diagnosis.



Due to symptoms causing little pain initially and not disrupting daily life, the condition often goes untreated until it becomes severe. With spinal cord compression, symptoms slowly worsen. Often, by the time people do seek treatment, it is during a later stage where there is then the risk of paralysis.



Maintaining a strong back, following the advice below, can help prevent serious back injuries.

Prevention



Lift heavy objects properly with knees bent, back straight, and using leg strength in the lift.



Maintain a healthy weight.



Exercise regularly.



Avoid bending your neck for a long time.

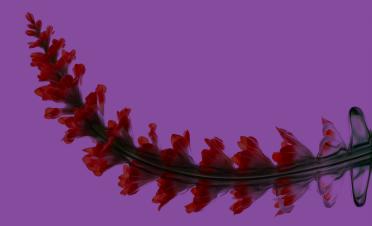


Exercise regularly to help keep abdominal and back muscles strong.





Spinal tumors



In general, spinal disorder symptoms tend to be more pronounced when the patient is active. But back pain due to tumors is different. The pain is usually more noticeable when lying down to sleep particularly at night when it is getting cooler. If the pain is coupled with unusual symptoms such as weight loss for unknown reason, loss of appetite, fever of unknown origin, or with a malignant tumor detected somewhere else before, this could suggest spinal tumors.

Treatment approaches

Treatment of non-cancerous spinal tumors: Depending on the tumor site, tumor removal surgery may not be required. However, if symptoms require, endoscopic surgery is the most favorable alternative to preven future problems.



Treatment of metastatic spinal tumors: Mostly it is palliative treatment. However, if necessary, a minimally invasive surgery with computer-assisted navigation is possible as well as the use of transcutaneous electrical nerve stimulation to help reduce pain.

Some non-cancerous spinal tumors are genetic. But the most common tumors in the spine are metastatic cancers. These are not hereditary and often spread from cancers of other organs. Thus, cutting down on behaviors and foods that are cancer risk factors, following the advice below, may help prevent cancer to some extent.

Do not smoke.

Do not consume grilled, charred, and processed meats.

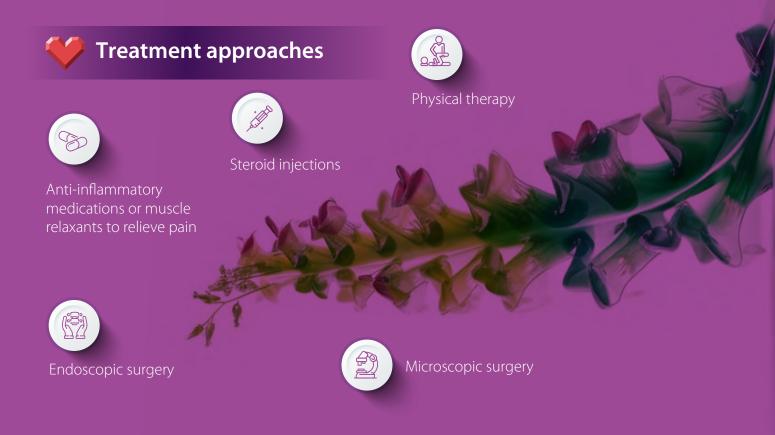
Avoid exposure to potentially carcinogenic substances.





Spinal Stenosis

This is caused by the degeneration in the spine including the discs, ligaments and joints, which may thicken or grow to become stronger as the body is trying to heal itself naturally. On the other hand, this causes the narrowing of the spaces in the spine, compressing the spinal cord and nerve roots exiting each vertebrae.



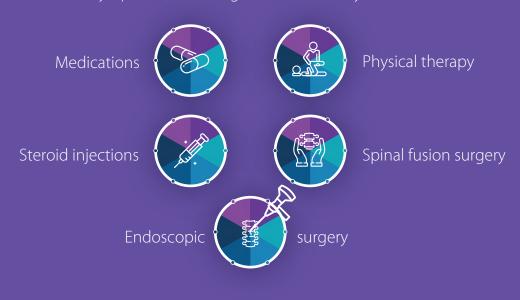


Spondylolisthesis

This is caused by deteriorated spinal joints, congenital abnormalities, pars interarticularis fractures, or spine injuries in accidents.



Treatment methods depend on the severity of the disease and symptoms. For mild symptoms, non- surgical methods may be chosen first:









Maintain a healthy weight.





Consume all five food groups for strong bones.





Exercise regularly to help keep abdominal and back muscles strong.



Appointment



Package

Scoliosis

Most cases of scoliosis have no known cause. A small number may be due to certain diseases such as cerebral palsy or muscular dystrophy, or a spinal injury or infection.



Several alternatives are available depending on the diagnosis results including the following:





Scoliosis is a natural disease. But an early stage diagnosis could lead to effective treatment in preventing it from getting worse or progressing.



Cervical Spondylosis

This is caused by the habitual bending, tilting, or shaking of the neck, prolonged poor sitting postures at work, as well as accidents and injuries to the spine.



Most chronic neck pain can be cured without surgery. Except in case of severe compression of the nerve or spinal cord.



Physical therapy



Steroid injections



Cervical spine fusion surgery



Cervical disc replacement surgery



Endoscopic surgery



Degenerative cervical disc disease can be prevented by paying attention to daily usage habits



Avoid severe spinal manipulation.



Take a break to stretch your body after being in the same position for a long time.



Choose equipment that is suitable for ergonomics.





Herniated Disc

This is caused by frequent lifting of heavy objects improperly, excessive body weight, prolonged poor sitting posture at work, or accidents and injuries to the spine.



Herniated discs is a disease that even causes severe pain in the beginning. But it can often be cured without surgery if treatment is started early.



Anti-inflammatory medications or muscle relaxants to relieve pain



Physical therapy



Steroid injections



Endoscopic surgery



Microscopic surgery



Fusion surgery with computer-assisted navigation





Lift heavy objects properly with knees bent, back straight, and using leg strength in the lift.



Maintain proper sitting posture.



Do not smoke.



Maintain a healthy weight.



Exercise to help strengthen the abdominal and back muscles.

Quick and Simple Testimonial of

Testimonial of Endoscopic Discectomy







Spinal Fracture

There are many causes, including traffic accidents, falls from heights, sports injuries, violent behavior and other causes (5%). Osteoporosis and spinal tumors can concomitantly cause spinal fractures.



Treatment approaches

Treatment methods depend on the severity and type of injury.



Medications to reduce pain



Wearing a spinal brace



Spinal fusion with computer-assisted navigation



Vertebroplasty (special cement injections) with computerassisted navigation



Prevention

Maintain proper postures in daily activities such as



To avoid falls, be careful when going up and down the stairs and keep the bathroom floor dry.



Lift heavy objects properly with knees bent, back straight, and using leg strength in the lift.



Drink alcohol and caffeinated beverages in appropriate doses.



Consume all food groups to ensure sufficient vitamin D and calcium intake.



Do not smoke.



Get bone density testing at 50+ years old to monitor bone loss.

Relieved from Pain | Kyphoplasty



Appointment



Package

Figures of quality and safety in treatment

Quality and safety in treatment compared to the standards of leading hospitals overseas and

accepted research 12 years of Bumrungrad Spine Institute

Surgical site infection (SSI) rate = 0.83%

This is lower 162% in leading hospitals in the United States.

Percentage of Screw Accuracy = 99.8%

Bumrungrad Spine Institute Highlights

Care of international standards.

A team of specialists with expertise in minimally invasive surgery

Spinal surgery of safety standards comparable to leading hospitals overseas



State-of-the-art equipment and technology such as **4K** endoscopes and microscopes

A variety of surgical packages available for individual needs

Experience, expertise and close teamwork



Collaboration of at least 10 team members, comprising medical specialists and multidisciplinary professionals, to determine the most appropriate treatment for each patient

While you were sleeping



Endoscopic Surgery Training Center in Asia

Bumrungrad Spine Institute was selected by

Professor Sebastien Ruetten, a prominent figure in developing endoscopic spinal surgery, to collaborate with **St. Anna Hospital-Herne** of Germany in establishing Endoscopic Surgery Training Center in Asia, the second facility of its kind after Germany.

Bumrungrad Spine Institute, in cooperation with **Professor Sebastien Ruetten,** has been organizing a training workshop on endoscopic spinal surgery consecutively every year



Academic Articles

in International Medical Journal

May-2023



Nov-2021



Jan-2013

Comparison between Minimally Invasive and Open Transforaminal Lumbar Interbody Fusion

Kriaugsak Saetia MD*, Anuchit Phankhougsab MD*, Verapan Kuansongtham MD*,**

* Division of Neurosurgery, Department of Surgery, Faculty of Medicine, Ramathibadi Hospitol, Mahidol University, Bangkok, Thailand ** Space Institute, Itomrongrad International Hospital, Bangkok, Thailand

May-2012

Factors Predicting Failure of Conservative Treatment in Lumbar-Disc Herniation

Chaiyuth Sutheerayongprusen MD*, Verapan Kuansongtham MD*, Surapong Anuraklekha MD*, Nanthadej Himnyasthiti MD*, Sumroeng Neti MD*

Jun-2009

Preliminary Report

Result of Full Endoscopic Uniportal Lumbar Discectomy: Preliminary Report

Verapan Kuonsongtum MD*,
Withawin Ksorinsak MD*, Vorayui Chaiyosboorana MD***,
Pataravit Rukskui MD, MSc (Chineal Science), Dr Med****,
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****Neurosungical Unit, Surgery Department, Soundef Pra Pin Klan Naval Haspital,

Naval Medical Department, Royal Thai Navy, Bangkok, Thailand

*****Department for Spine Surgery and Pain Therapy, Caneer for Orthopsedics and Transmittings,

St. Anna-Hogulial Herne, University of Wittend Terdecke, Germany

Nov-2021 ISCo5 Posterior epidural sequestrated disc presenting with contralateral radiculopathy: a very rare case to The Authoritic under exclusive (cence to International Spiral Cord Society 2021



Sep-2017

UNIVERSITY of York

This is a repository copy of A Cost-Effectiveness Analysis of Intradiscal Electrothermal Therapy (IDET) Compared with Circumferential Lumbar Fusion

White Rose Research Online URL for this paper. https://eprints.whiterose.ac.uk/121436/

Version: Accepted Version

Article:
Stamuli, Eugena orcid.org/0000-0003-4905-3704, Kesomsak, Withawin, Grevitt, Michael P et al. (2 more authors) (2017) A Cost-Effectiveness Analysis of Intradiscal Electrothermal Therapy (IDET) Compared with Circumferential Lumbar Fusion. Pain practice: the official journal of World Institute of Pain. ISSN 1533-2500

Dec-2011

Full Endoscopic Lumbar Discectomy via Interlaminar Approach: 2-Year Results in Ramathibodi Hospital

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BUMRUNGRAD APPLICATION







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