

J21 Marathon After Back Surgery

May 2009

Intro: Lower back pain is very common. If you lift, bend or twist wrong, you can pull a muscle, pinch a nerve or even cause a herniated disc. Many times those injuries will get better on their own. Sometimes you need surgery. Here's a story about a woman with debilitating back pain who ran the Boston marathon soon after surgery to repair a bulging disc.

Video

Total running time 1:19

CG :18 to :21

Renee Saxman

Had back and leg pain

Audio

MARATHON RUNNER RENEE SAXMAN IS NO STRANGER TO PAIN. SO WHEN HER SYMPTOMS STARTED SHE THOUGHT MAYBE SHE JUST PULLED OR STRAINED SOMETHING.

“IT STARTED WITH WHAT I THOUGHT WAS A HAMSTRING PROBLEM.”

BUT OVER TIME AND AFTER SEVERAL MARATHONS, THE PAIN IN RENEE'S RIGHT LEG AND LOWER BACK GOT MUCH WORSE.

“THE PAIN WAS SO BAD I JUST LAY ON THE FLOOR.”

NEUROLOGIST DR. GREGORY

CG :26 to :33

Gregory Cascino, M.D.

Mayo Clinic

CASCINO SAYS AN MRI REVEALED
THE SOURCE OF THAT PAIN.

“THE RESULTS HAD INDICATED A
VERY LARGE EXTRUDED DISC
WITH COMPRESSION OF THE
RIGHT S-1 NERVE ROOT.”

“HE SAID, ‘YOU HAVE ONE BIG
BULGING DISC.’”

Standup

CG :37 to :41

Vivien Williams

Reporting

THE BULGING DISC WAS PUTTING
PRESSURE ON THE NERVE ROOT.
AND THERE WAS NARROWING OF
THE NERVE CANAL.

NEUROSURGEON DR. WILLIAM
KRAUSS AND HIS TEAM AT MAYO
CLINIC PERFORMED THE SURGERY
THAT STOPPED RENEE’S PAIN AND
GOT HER MOVING AGAIN.

THROUGH A SMALL INCISION, DR.
KRAUSS USED A MINIMALLY
INVASIVE APPROACH TO REMOVE
THE BULGING DISC AND WIDEN
THE NERVE CANAL. THE RESULT?

“I HAVE NO PAIN AT ALL.”

RENEE SAYS THE PAIN WAS GONE
IMMEDIATELY AFTER SURGERY
AND WITHIN MONTHS SHE RAN
THE BOSTON MARATHON.
“I’VE QUALIFIED FIVE TIMES AND
I’VE RUN IT TWICE.”
FROM BED-RIDDEN TO RUNNING
MARATHONS. THANKS TO
SUCCESSFUL LOWER BACK
SURGERY. FOR MEDICAL EDGE, I’M
VIVIEN WILLIAMS.

Anchor tag:

Not all types of back pain caused by bulging discs will be completely resolved by this surgery. All cases are different. But back surgery can be very effective for the right patient.

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