

Spine Surgery



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Education

- B.S., The University of Miami, Cum Laude Honors
- M.D., The George Washington University School of Medicine in Washington, D.C., Alpha Omega Alpha Honors

General Surgery and Orthopedic Training

Columbia University
Medical Center in New York

Spine Surgery Fellowship

The Kenton D. Leatherman
Spine Surgery Fellowship

Professional Memberships

- American Medical Association
 - American Academy of Orthopedic Surgeons
- North American Spine Society

Recent Recognition

- Recognized in "The Top 40 Under 40" list by Jupiter and Palm Beacher Magazine
- Recipient of The Patients Choice Award in 2008 and 2009

Q: RECENTLY, I HAVE BEEN EXPERIENCING A SHARP, BURNING PAIN IN MY ARM, AND MY HAND FEELS NUMB. WHEN I TURN MY NECK A CERTAIN WAY, THE ACHE INTENSIFIES. WHAT IS CAUSING THE PAIN, AND HOW CAN I TREAT IT?

Based on your symptoms, you may be suffering from a treatable condition, commonly referred to as "a pinched nerve." This occurs when a herniated disc pinches the cervical nerve, resulting in neck, shoulder, and arm pain.

As a spine surgeon, one of my main goals in treating and educating patients is to demystify "rumors" regarding spine surgery. For starters, most spine ailments are best treated **without** surgery. Patients with pain often benefit from modern conservative treatments, such as medications, physical therapy, and occasionally injections.

Our discs function as shock absorbers within the spine and are comprised of an outer firm portion (annulus fibrosis) and an inner soft portion (nucleus pulposus). Think of a herniated disc as a jelly doughnut. Squeezing it will expel the jelly (nucleus pulposus) through a hole in the dough (annulus fibrosis). The herniated disc material pushes on the nerve, causing inflammation and pain.

Herniated discs are common among patients of all ages, and symptoms vary from patient to patient. Some feel pain traveling down the arm and

muscle spasms within the neck along with headaches, while others experience numb hands and weakness. Herniated discs can also occur in the middle (thoracic) and lower (lumbar) spine, causing pain and weakness in the legs and back.

When my patients continue to suffer from intense pain or have weakness, surgery may be the best solution. I relieve pressure on the nerve through a minimally invasive procedure performed using an operating microscope.

A thorough, neurological exam and an MRI can diagnose this condition. If you suffer from a

disc herniation, I recommend seeing a fellowship-trained spinal surgeon such as myself, who specializes in less invasive, modern surgical techniques associated with less pain and faster recovery. With the right treatment, you can be pain-free in a short period of time.

Dr. Michael A. Gleiber is an Ivy League trained orthopedic surgeon who focuses exclusively on injuries and diseases of the spine. He is regarded by his colleagues and patients as one of the top spine surgeons in the area for his caring and conservative approaches to spine health. He is also a frequently invited lecturer on conditions and diseases of the spine.

