

## Spine Surgery



**Michael A. Gleiber, M.D., P.A.**  
Spine Surgery

**Three Palms Center**  
2141 S. Alternate A1A Suite 220  
Jupiter, FL 33477  
Phone 561.972.6464  
www.michaelgleibermd.com

#### 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

SPECIAL ADVERTISING SECTION

**Q: I FEEL PAIN IN MY BACK AND LEGS, ESPECIALLY WHEN WALKING OR RISING FROM A CHAIR. THE ONLY RELIEF I GET IS WHEN I LIE DOWN OR LEAN FORWARD WHILE WALKING. I RESEARCHED MY SYMPTOMS ONLINE AND FOUND SEVERAL CHAT ROOMS THAT RECOMMEND SPINAL SURGERY. I AM SCARED; IS THIS TRUE?**



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 in their back and legs often benefit from treatments, such as medications, physical therapy, and injections.

An MRI or CT scan can confirm your diagnosis, but it sounds as if you may suffer from spinal stenosis, a common condition that develops as part of the aging process. The spinal canal narrows with osteoarthritis, which places pressure on the nerves and spinal cord. Patients with this condition typically describe pain and fatigue in their legs and back. When leaning forward on a shopping cart, patients tend to feel better.



After confirming such a diagnosis, I create a specific treatment plan to make my patients more comfortable. We explore modern non-operative treatments first. If patients improve, they remain on the plan and hopefully avoid surgery.

However, when chronic pain impacts a patient's lifestyle, we explore surgical options to achieve lasting relief. A study in the *New England Journal of Medicine* showed that patients who had surgery to relieve the pressure on the nerves

associated with spinal stenosis did better at long term intervals compared to those who did not.

If your pain persists, I recommend seeing a fellowship-trained spine surgeon such as myself, who specializes in less invasive, modern surgical techniques associated with less pain and faster recovery. In well-trained hands, spinal stenosis is a very treatable condition.

*Dr. Michael A. Gleiber focuses exclusively on injuries and diseases of the spine. He is a frequently invited lecturer on conditions and diseases of the spine.*

As Seen In

JUPITER

M A G A Z I N E