

Contact us to schedule a consultation:



A procedure with **proven results**

With a 76.8% patient satisfaction rate,³ studies show that mild continues to improve patient functionality over time.⁴



**Stand
7x
Longer**

Over one year, average standing time increased from **8 to 56 minutes** with less pain⁵



**Walk
16x
Farther**

Over one year, average walking distance increased from **246 to 3,956 feet** with less pain⁵

Possible risks of the mild procedure

Risks include potential infection, bleeding, nerve injury or damage to surrounding structures. Please consult with your doctor for a full list of possible side effects and risks related to the mild procedure.

Talk to your doctor for more information.

Interventional Spine

Find bibliographic information online at strykerivs.com/footnotes/mild-patient-brochure

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Only your doctor can make the medical judgment on which products and treatments are right for your own individual condition. Your physician will explain all the possible complications of the procedure, as well as side effects. Individual results vary and not all patients will receive the same post-procedure activity level.

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Get back on your feet **with mild[®]**



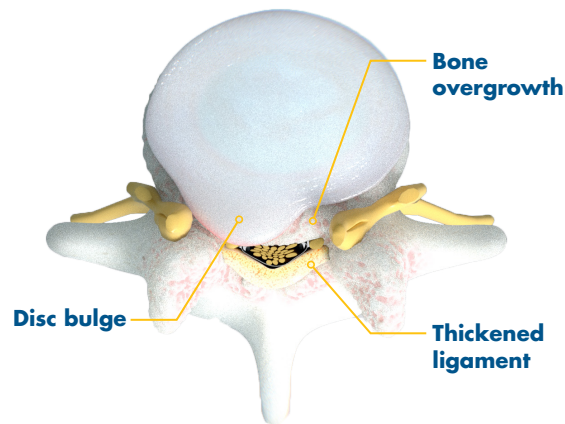
Do you experience back and leg pain when you stand or walk?
Have other treatments stopped working?

Every year, thousands of lumbar spinal stenosis (LSS) patients are treated with the mild procedure.¹

Research shows that mild provides pain relief up to 5 years.²

What is LSS?

LSS is a condition in which the lower spinal canal narrows and compresses the nerves in the lower back. Aging and natural wear and tear on the spine can cause conditions that put pressure on the spinal nerves.⁶



mild addresses a major root cause of LSS

Up to 85% of spinal canal narrowing is caused by thickened ligament. mild addresses this major root cause of LSS by removing excess ligament tissue using specialized tools and imaging.^{7,8}

Symptoms⁶

People with LSS typically experience a variety of symptoms that affect daily life, including pain and limited mobility.

Contact your doctor if you're exhibiting any of these symptoms:

- Pain
- Tingling
- Numbness
- Heaviness when standing or walking

What you can expect



Quick recovery time

Outpatient procedure and patients are typically discharged within 24 hours⁹



Safety profile

Similar to an epidural steroid injection³



Light sedation

Can be performed using local anesthetic and light sedation



Incision size 5.1mm¹

Performed through a single incision; no implants used. Incision closed with a bandage

Before

Your doctor will confirm your diagnosis by taking a medical history that includes your list of symptoms, reviewing imaging (MRI/CT) and performing a physical examination. Your doctor may also ask the following questions to better understand how LSS with neurogenic claudication is limiting your mobility.

- How does your pain disrupt your life?
- How long can you stand before you need to rest?
- How far can you walk before you need to rest?
- Where do you experience discomfort?
- Is there anything that relieves your discomfort?
- What daily activities are affected due to your discomfort?

During

The mild procedure is minimally invasive and typically takes less than an hour.¹⁰ It is typically performed as an outpatient procedure with local anesthetic and light sedation. The procedure involves a small incision in the lower back where your doctor will use specialized tools and imaging guidance to remove excess ligament tissue from the spinal canal, alleviating pressure on nerves.⁵ This can help to reduce pain and restore mobility.³

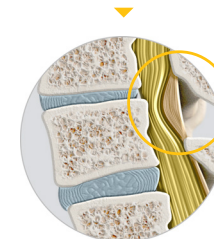
After

With a quick recovery time, patients are typically able to go home within 24 hours.⁹ After the procedure your doctor may guide you through the following recovery steps:

- At-home reconditioning walking program can be initiated immediately, as tolerated
- Your doctor may check your progress at 2-weeks, 4-6 weeks and then monthly. They will look for improvements in your mobility and overall quality of life, such as:
 - + How easily you can move from one position to another: getting in and out of the bed, a chair or the car
 - + How long you can stand and walk before you need to rest
 - + Ability to perform daily living activities: get dressed, take off shoes, household chores, grocery shopping

Many patients notice an improvement in their ability to stand longer and walk farther. Some patients will have to rebuild strength after having been weakened by lumbar spinal stenosis. Achieving full benefits from the procedure may take three to twelve months post-surgery.⁵

Before mild



Excess ligament causes pressure on the nerves in the lower back

After mild



Similar to "removing a kink in a drinking straw," mild reduces the compression to restore mobility and relieve pain⁸