

The story behind your Vertebral Compression Fracture

The bones in your spine are called vertebrae. The front part of each vertebra is called the vertebral body. A vertebral compression fracture (VCF) occurs when the vertebral body fractures and collapses.

Cause

Most VCFs are caused by osteoporosis, a disease in which bones become fragile and are more likely to break.



Normal vertebral body



Fractured vertebral body

Consequences for your spine

VCFs cause your spine to shorten and bend forward. This results in a hunched-over shape called kyphosis.

Consequences for you

Kyphosis can cause chronic pain, breathing problems, loss of appetite and sleeping problems. When you have one or more VCFs, your general health can be seriously compromised.

Balloon Kyphoplasty is designed to:

- Provide fast and sustained pain relief
- Improve your ability to perform Activities of Daily Living
- Keep an upright posture
- Improve your Quality of Life
- Correct the spinal deformity

The four steps of Balloon Kyphoplasty

Step 1

The doctor makes a narrow, 1cm incision in your back and creates a very small pathway into the fractured bone. A small balloon is inserted into each side of the fractured vertebral body.



Step 2

Next, the doctor carefully inflates each balloon to correct the deformity of the collapsed vertebral body. The balloons are then removed, leaving a cavity within the vertebra.



Step 3

Filling the cavity, created by the balloons, with bone cement to obtain fracture fixation.



Step 4

The fracture is stabilised, which facilitates patient mobility and gives fast pain relief.



Balloon Kyphoplasty is designed for patients with vertebral compression fractures caused by:

- Primary Osteoporosis
- Secondary Osteoporosis
- Multiple Myeloma
- Spinal Metastases
- Trauma

This procedure is carried out by Mr Vik Kapoor Consultant Orthopaedic Surgeon.

Patients coming to Spire Regency Hospital will need a GP referral letter prior to attending for their out-patient consultation.

To make an appointment please call 01625 505412 or for further information please call telephone number 01625 501150

Balloon Kyphoplasty

A minimally invasive treatment for vertebral compression fractures



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As with any surgical procedure, there are potential risks. The procedure is designed to avoid these risks as much as possible, but there is a chance that complications may occur. You and your doctor should discuss the possible risks associated with this treatment and if this treatment is right for you. Please note that not all patients will benefit from this procedure. Only your doctor can determine the appropriate treatment for your individual condition.