

Texas Spine & Scoliosis

MAIN OFFICE: 1004 West 32nd Street, Suite 200 • Austin, TX 78705
Appointments & Referrals: 512-324-3580
Educational online encyclopedia on spine at: TexasSpineandScoliosis.com

Scoliosis correction surgery relieves pain symptoms & restores activity

Art had a back-breaking job as a meat cutter, which involved lifting and moving 80-pound boxes of meat from trucks to a butcher block every day. If that wasn't hard enough on the back, about 10 years ago a fall while



carrying a box created worsening back pain symptoms.

Ultimately the back injury restricted his ability to stand for several hours at a time. The pain symptoms caused him to retire from his job. Even so, over the following years in retirement his back symptoms worsened from scoliosis in his low back, and he started on a journey to find a physician who could relieve the back pain.

"It had gotten to the point where I couldn't walk because of the back pain," Art remembers. "I was first referred to Dr. Eric Mayer, a physical medicine MD at Texas Spine and Scoliosis. We started with spinal injections hoping I could avoid surgery. But that didn't relieve my symptoms. Dr. Mayer showed me my X-rays which revealed I had a significant 45 degree spinal curve and spinal instability that was causing the symptoms.

I didn't know that I had scoliosis that had worsened as I got older. He then referred me to Dr. Rory Mayer, a spine surgeon at Texas Spine and Scoliosis, who explained to me that surgery would be needed to finally address the scoliosis and instability in my spine."

Art was ready to move forward and get his life back: "Dr. Mayer gave me hope" Art notes. "He listened to all my concerns. You could talk to him like a regular guy. And he was confident that the surgery would relieve the symptoms. I felt comfortable going forward to finally fix my back."

The results after surgery were dramatic. "After surgery, the pain was gone," Art recalls. "Dr. Mayer gave me my life back. Now I can mow the lawn, pick up the grandkids and horse around with them like a grandparent should be able to do."



Back and leg pain forced Art Johnson to retire from his job as a meatcutter. He tried non-surgical options with Dr. Eric Mayer at Texas Spine & Scoliosis (pictured above), but he ultimately needed spine surgery to correct the 45 degree curve in his spine. Dr. Rory Mayer (right) performed a spinal decompression and lumbar interbody fusion (ALIF), along with a cervical anterior cervical discectomy and fusion (ACDF) which relieved Art's pain symptoms.

