

TO ACCESS BEST DOCTORS CALL 0800 085 6605 OR VISIT WWW.ASKBESTDOCTORS.COM



NAME: David

REASON TO CONTACTING BEST DOCTORS

To confirm the optimal treatment options for his condition

BEST DOCTORS EXPERT SPECIALTY:
Orthopaedics

“ Best Doctors was absolutely brilliant – diligent and effect. I would give them 11 out of 10!”

BEST DOCTORS TRIGGER TREATMENT OPTIONS FOR DAVID

David, a police officer with quite a physical job, was suffering a great deal of back and leg pain. His orthopaedic consultant only offered pain relief and suggest he change career and get a desk job.

He was given access to the Best Doctors second medical opinion service as part of his Police Federation group insurance scheme. So, David was able to get a second opinion from a world-leading orthopaedic specialist.

Background

Having suffered back and leg pain for years, David had an MRI scan which showed a worn disc. His consultant offered injections to relieve the pain but said they may or may not work.

David wanted to know if there were other, more effective treatment options.

Best Doctors outcome

The Best Doctors specialist concluded that David needed to determine whether a) his left more than his back, in which case microdiscectomy should be performed. The expert explained that this is a relatively easy surgical procedure with an 80 to 80 % change of relieving the pain and a 50 % change of improving his pack pain as well; or b) if his back hurt more than his leg, then surgical treatment would be more complex with consideration of disc excision and instrumented fusion.

David took this advice to his GP who forwarded it to the consultant on the case. Upon receiving David's Best Doctors second medical opinion report, his consulted pumped up his next appointment forward 6 months!

At a first step, David's consultant recommended an epidural steroid injection or nerve root block and physical therapy measures to decrease the pressure on the disc, with the option of surgery if the symptoms worsen.