

SPINE SURGERY

Kingsley Chin, MD

Institute for Minimally Invasive
Spine Surgery (iMIS)

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MEDICAL SCHOOL

Harvard University

BOARD CERTIFICATION

Diplomat American Board
of Orthopaedic Surgery

Diplomat National Board
of Medical Examiners

FACULTY APPOINTMENT

University of Pennsylvania Medical School,
former Assistant Professor
and Chief Orthopedic Spine Surgeon

PUBLISHED

Prospective evaluation of a 3-blade
speculum cannula for minimally
invasive lumbar microdiscectomy,
J Spinal Disord Tech. 2006 Jun;19(4):257-61

Over 46 articles in peer-reviewed publications

MEMBERSHIPS

North American Spine Society

Fellow in The American Academy
of Orthopaedic Surgery (AAOS)

*"We can provide relief
of back and sciatic pain
for patients at any age."*



MY MOTHER IS IN HER LATE 80'S. SHE'S GENERALLY HEALTHY AND SHARP, BUT SHE HAS A VERY BAD BACK. I HATE TO SEE HER IN PAIN, AND YET I FEAR SHE IS TOO OLD FOR SURGERY. WHAT CAN WE DO?

You are correct that traditional spinal surgery is often worse than the disease it is meant to treat. Even when the spine has degenerated so greatly over the years, traditional surgery involves such a large loss of blood and long recovery time – not to mention more pain – that it often isn't worth it for the older population. But many patients don't know about new minimally invasive techniques in spinal surgery that can provide great pain relief at any age, without the same traditional downsides.

As the Founder of the Institute for Minimally Invasive Spine Surgery, I have developed and patented new devices and techniques for performing surgery on degenerative disc disease, herniated disc, and scoliosis that are safe even for patients in their 90's. With a minimally invasive, lateral approach to the spine – versus the traditional method that involves cutting through the muscles of the back to reach the spine – the surgery I perform requires very small incisions and has significantly less pain and faster recovery time.

This lateral approach, known as XLIF or eXtreme Lateral Interbody Fusion, can be coupled with other devices I've invented to limit the negative side effects from surgery, making it a possibility for elderly patients. For example, I've created a system that allows surgeons to stabilize the spine with screws and rods using minimally invasive techniques. I recently invented a different device that was FDA cleared in 2008 and now decreases the number of screws and rods needed in a procedure.

These new minimally invasive techniques and devices are being used worldwide and are making it possible and safe for me to do spinal surgery on young patients and even patients over 90 years, providing relief from pain and increasing their mobility for an improved quality of life.

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