Regional spine center provides non-surgical options, minimally invasive surgery & artificial disc to Gulf Coast

Recognizing that back and neck pain requires a specialized spine center approach, Dr. Michael Rohan, Jr. launched Panama City Spine 10 years ago. Over the past 10 years, hundreds of patients have traveled to the spine center from as far away as Mobile, Alabama; Dothan, Georgia; and Tallahassee.

In May 2018, the spine center transitioned its name from Panama City Spine to Northwest Florida Spine which reflects the regional reputation of the spine center.

The goal of Northwest Florida Spine is to improve the care of back and neck pain for back and neck pain sufferers in the gulf coast region, explains Dr. Rohan, Jr., a board-certified orthopedic spine surgeon who is fellowship-trained in spine. “We emphasize non-surgical treatment options where possible, including therapy and spinal injections,” Dr. Rohan, Jr. explains. “However sometimes symptoms can progress to radiating pain into an arm or leg. Other red flag symptoms include numbness or weakness in a leg or arm. If this type of neurological deficit is not treated promptly, these symptoms can become permanent.”

Dr. Rohan, Jr. notes that the spine center uses the newest minimally invasive spine surgery techniques and instrumentation. “While this can involve more training to operate through a half-inch incision rather than an open 3-inch incision, the benefits are huge for the patient,” Dr. Rohan, Jr. explains. “A tiny incision means less disruption to muscles and ligaments and a quicker, less painful recovery. Consequently, most patients can have their spine surgery in the morning and be home later the same day to recover in the comfort of their own home. Also less blood loss eliminates the risk of having to use blood from a blood bank.”

“We recognized that for those in the gulf coast region, there is a need for a spine program that uses the newest minimally invasive instrumentation,” explains Dr. Rohan, Jr. “The savvy patient should look for this expertise. In the past, they had to drive 300 miles. Now it’s close to where they live.”

In minimally invasive spine surgery, the surgeon inserts special surgical instruments through tiny incisions to access the damaged disc in the spine.

As a community service, the spine center distributes a free 36 page Home Remedy Book on back pain. The spine center also has an online encyclopedia about back and neck pain at NorthwestFloridaSpine.com that has symptom charts and stretches that can relieve symptoms.


Dr. Michael Rohan Jr.
Fellowship-trained spine surgeon

PHYSICIAN PROFILE

Michael Rohan Jr., D.O.
Board-certified orthopedic surgeon
Fellowship-trained in spine
Specializing in minimally invasive spine surgery, motion preservation & artificial disc replacement

Dr. Rohan, Jr. specializes in the treatment of back and neck pain, including degenerative disease, spinal deformity (scoliosis) and spinal trauma.

Dr. Rohan, Jr. received his D.O. degree from Nova Southeastern University College of Osteopathic Medicine and completed his orthopedic surgery residency at the University of Medicine in New Jersey.

He then completed a spine surgery fellowship at the world-renowned Texas Back Institute where he learned some of the latest innovations in minimally invasive spine surgery, motion preservation surgery and artificial disc replacement.

Dr. Rohan, Jr. is a member of the American Osteopathic Academy of Orthopedics and is able to surgically treat problems in the cervical, thoracic, and lumbar spine. He has also participated in spine surgery research projects and has published his results in the annual meeting of the North American Spine Society.
Panama City Spine performs a variety of minimally invasive spine surgeries, including the following:

**MIS Lumbar Discectomy**
A minimally invasive lumbar discectomy is performed to repair a herniated disc in the low back that may press on a spinal nerve, causing radiating leg pain, numbness, or weakness. Through a small 1-inch incision a tubular retractor is inserted to access the disc. The surgeon then removes a small amount of the lamina bone that allows the surgeon to view the spinal nerve and disc. Once the surgeon can view the spinal nerve and disc, the surgeon will retract the nerve, remove the damaged disc, and replaces the disc with bone graft material.

**MIS Posterior Cervical Discectomy**
A minimally invasive posterior cervical discectomy is when a herniated disc is removed in the back of the neck. The herniated disc may cause radiating pain, numbness, or weakness in an arm. This procedure is done by making a small 1-inch incision over the herniated disc and inserting a tubular retractor. Then the surgeon removes a small amount of the lamina bone that allows the surgeon to view the spinal nerve and disc. The surgeon then removes the damaged disc, and replaces it with bone graft material.

**MIS Lumbar Fusion**
A minimally invasive lumbar fusion can be performed the same way as traditional open lumbar fusion, either from the back, through the abdomen, or from the side.

**Lateral interbody fusion (LIF)**
A lateral interbody fusion is performed by removing a disc and replacing it with a spacer that will fuse with the surrounding vertebra. The procedure is completed on the side of the body in order to reduce the effect on the nerves and muscle of the back. This procedure can be used to help treat conditions such as spondylolysis, degenerative disc disease and herniated discs.

**Posterior cervical microforaminotomy (PCMF)**
A PCMF is performed to help relieve pressure and discomfort in the spine by making a small incision in the back of the neck and removing excess scar tissue and bone graft material.

**Anterior cervical disectomy**
An anterior cervical disectomy is used to reduce pressure or discomfort in the neck by removing a herniated disc through a small incision in the front of the neck. The space is then filled with bone graft material. Plates or screws may be used to increase stability.

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**Panama City Spine and Artificial Disc Replacement**

Dr. Michael Rohan Jr., a fellowship-trained orthopedic spine surgeon, was one of the first surgeons in the Gulf Coast region to use latest advance in artificial discs for the cervical (neck) area: Mobi-C® artificial disc.

Mobi-C® is the first and only cervical disc replacement device to receive FDA approval to treat both one-level and two-level cervical disc disease. Like all artificial discs, the advantages of the Mobi-C® device over fusion is that the neck maintains normal motion and reduces the stress placed on the other discs in the neck. The goal with motion preservation is to retain the normal rotation of the neck and lessen the need for any future surgery at other levels in the neck. During Dr. Rohan, Jr.’s fellowship at the world-renowned Texas Back Institute he was trained in the latest innovations in artificial disc replacement. Interested patients can learn more about new artificial disc replacement options by calling Northwest Florida Spine at 850-481-8752.

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**Home Remedy Book**

We provide a free 36-page Home Remedy Book that includes home remedies and stretches that can relieve pain along with symptom charts that show when to see a doctor.