Patients suffering from spine-related issues find expertise and options with Dr. Zeshan Hyder, a pioneer in orthopedic spine surgeon, Hyder’s minimally invasive spine surgery. A board-certified, fellowship-trained orthopedic spine surgeon, Hyder’s commitment to restoring patients to a pain-free life is backed by his training in orthopedics at many of Chicago’s top hospitals and his fellowship and training at the Texas Back Institute.

Hyder understands that not every spine condition requires surgery. At Northwest Indiana Spine Institute (NWI-SI), patients have the advantage of a multidisciplinary approach to treat their ailment under one roof. 

Hyder’s practice at NWI-SI is one-stop-shop convenience, offering physical therapy, chiropractic, acupuncture, pain management, massage and neurology, all at one location. During this time of the pandemic, Hyder and his staff are proactive in employing procedures to maximize patient safety:

- Each patient is given a mask.
- Office staff wears masks all day.
- Each patient’s temperature is checked upon arrival.
- Hand sanitizer stations are available throughout the office.
- Seating options are staggered for safe distancing.
- UV lighting is used to sanitize the waiting and exam rooms.
- Later hours are offered.
- Telemedicine is available for patients via phone or video consultation.

People experiencing neck or back pain may not know that there are options to relieve their suffering so they can return to activities allowing them to enjoy a more fulfilled life. Hyder says the majority of his patients can be treated and cured with conservative care. If conservative options fail, he and the patient discuss pain relief through state-of-the-art surgery. Hyder performs the latest, most effective spine procedures for his patients, always with the goal of achieving the best outcome for each and every patient whose neck and back pain keeps them from enjoying their favorite activities.

Hyder ensures that each patient’s concerns and questions are listened to carefully. “It’s important to hear my patient and respond to him or her in a clear way. Together we determine the best procedure for that individual patient. Each of my patients needs to know he or she is an actual part of the discussion about their expectations and goals. That way we can be in a trusting doctor-patient partnership to reach those goals,” says Hyder.

Recent technology advances in spinal surgery have paved the way for the use of minimally invasive techniques for certain back and neck procedures. Open surgery has traditionally been used to treat back and neck conditions. At times it can require a large incision to access the spine. Minimally invasive techniques allow the surgeon to perform most of the same procedures with a smaller incision. That is a plus for patients. “Patients who undergo minimally invasive surgery often experience less pain, less blood loss, less muscle damage, lower risk of infection, have smaller scars and recover faster than those who undergo traditional spine surgery,” Hyder says.

Hyder’s expertise and his devotion to patient-first care include performing surgeries with TrueMIS, a minimally invasive, muscle-sparing surgical technique. Hyder performs every procedure with the same hand-picked team of seven experienced professionals. Fully trained in TrueMIS, this team operates with precision and efficiency.

Physical therapy with specific exercises may also be recommended. “If it’s recommended, it’s important for patients to follow up with their physical therapy to help regain strength that may have been lost through decreased activity before the patient came to us for evaluation and surgery,” says Hyder. Physical therapy is tailored to each patient according to the type of procedure and the patient’s general physical condition.

Recovery times depend on the individual patient and the procedure(s) performed, but minimally invasive TrueMIS procedures offer faster recovery than traditional surgeries. Maintaining a healthy weight, smoking cessation and an exercise regimen before surgery can also reduce post-op recovery time.

To learn more about spine conditions and treatments, contact Northwest Indiana Spine Institute at 219-795-3360 or visit Dr. Hyder’s web site, TrueMIS.com.