

# Testimonial

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*I had been living with pain for about ten years. At first it was moderate, but then progressed in to a persistent high level of pain for the past seven years. I was diagnosed with a genetic condition that caused the cartilage between L4 and L5 to disappear. The two vertebrae were rubbing up against each other and causing really bad back pain.*

*My surgeon used the PERPOS® PLS System to stabilize this area of my spine and the result of the procedure has made a world of difference for me.*

*Prior to the surgery, I had been teaching for several years. Slowly but surely I had lost the ability to stand in the classroom and was forced to sit while teaching. I even tried online teaching jobs, but the sitting became problematic as well. On a 1 to 10 scale, my pain was somewhere between 6 to 8 every day. It was hard to pay attention to other people because the pain was always making me withdraw into myself.*

*My pain levels now are consistently between 0 and 3. I have not had 0 pain days in 10 years. I am teaching online again and feel that soon I will be teaching in the classroom as well. Prior to the surgery, I really did not know if I would ever be able to work at all again. It's just amazing.*

*Rather than subjecting me to an open back surgery and a lot of hardware, my surgeon chose to treat only the area that had pain with a small incision and two implants. He allowed me to retain my flexibility and my movement. I am still able to bend. My body is the same as it was before, just better. He fixed me, but he did not limit me by choosing this option.*

*My quality of life before the surgery was very bad. I had not been working or going out. I did not pursue my hobbies, including reading and cross stitching which were things that I used to do every day. Now I have a membership at the Y, I swim and I do the recumbent bike. I'm enjoying swimming and I'm hopeful that I'll be able to do martial arts again in the future. I have opportunities back when previously I had no opportunities at all.*

*My message to other patients would be to not give up hope. Thoroughly research your options and your surgeons and find somebody that you are comfortable with. I found the right fit for me and I could not be happier with the results.*

**Anna Besse**