

Spinal Care to Get You Back on Your Feet



Mark Drzala, MD

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Exceptional care for the whole family, including patients who have been told they cannot have surgery.

Only 3 percent of spinal surgeons are women, yet a growing number of postmenopausal women are experiencing fragility fractures and other spinal problems due to osteoporosis.

"The diversity of our surgeons is one of the major strengths of our practice," says Dr. Heidi Hullinger, a spine surgeon with New Jersey Spine Specialists, LLC. "We understand what makes women different, and when we see a postmenopausal patient who has suffered a spinal fracture without an accident or fall, we quickly test bone density and work with the patient to prevent the next fracture."

"Our diverse team can effectively treat the entire family, including children."

Cutting-Edge Technology with a Patient Focus

The board-certified surgeons at New Jersey Spine Specialists trained at some of the nation's most prestigious medical centers, and they maintain a presence in academic medicine to stay current with the latest surgical techniques. Additionally, New Jersey Spine Specialists is a private practice where patients are the only priority.

"Unlike our colleagues who work in large academic medical centers with multiple responsibilities, such as teaching and committees, our only concern is patients," says Dr. Hullinger. "This is why we attract patients from all around the United States and internationally, too."

According to Dr. Hullinger, some of the practice's best

success stories are the patients who were told they were not good candidates for surgery.

"Younger patients who are not getting better with conservative treatments and seniors who have been told they are just too old for surgery come to see us. We can spend a lot of time with these patients, and people tell us we are more thorough than other practices," says Dr. Hullinger. "Our goal is to return these patients to the activities they enjoy."

Cervical Disc Replacement & Minimally Invasive Surgeries

New Jersey Spine Specialists offers a variety of surgical options, including cervical disc replacement and minimally invasive fusion surgeries.

"Cervical disc replacement is one of the newer surgical techniques shown to be effective seven to eight years following an operation. This is especially important for younger patients,"

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says Dr. Hullinger. "This technique not only preserves mobility, it also lessens the chances for future surgeries."

Patients also have access to a wide variety of minimally invasive fusion techniques with quicker recoveries, including operations through the front or side of the body.

"We take the time to learn what is the best approach for each patient," says Dr. Hullinger. "Spinal surgery is scary for most people, so we make sure each patient is well-informed, comfortable, and knows what to expect."

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