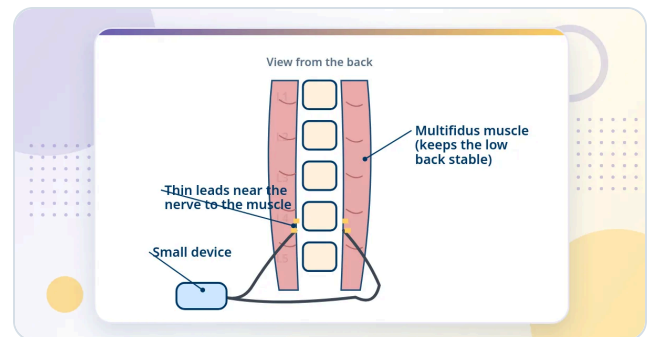


ReActiv8 restorative neurostimulation

The multifidus is a group of small, deep muscles along your spine. They help keep the lower back steady when you move. In some people with long-lasting low back pain, these muscles stop working well, and the back loses some of its natural control. Restorative neurostimulation with ReActiv8 is an implanted system that sends mild electrical signals to the nerve that controls the multifidus. This makes the muscle tighten and relax in a set pattern, a bit like exercise you cannot do on your own. Over time, this is meant to help the muscle work better.

At GSMC: all GSMC providers evaluate patients and help decide which options may fit, at any of our 7 offices. Results vary.



What it is

ReActiv8 is made by Mainstay Medical. Unlike spinal cord stimulation, which is designed to change how pain signals reach the brain, restorative neurostimulation is designed to help a weak or poorly controlled muscle work again.

The system has two thin leads placed near the nerves that control the multifidus muscle on each side of the lower spine, and a small battery-powered generator placed under the skin. You start each session with a handheld remote, usually twice a day for about 30 minutes while lying down. During a session, you may feel the muscles in your lower back tighten and relax.

There is no trial phase for this therapy. The benefit, if it comes, builds over weeks to months as the muscle retrains, so a short trial would not show whether it helps.

Who it may help

ReActiv8 may help adults who have:

- Chronic mechanical low back pain, meaning pain that comes from the structures of the back and is often worse with certain movements or positions
- Signs of multifidus muscle dysfunction on imaging or exam
- Pain that has not improved with physical therapy and pain medicines

What to expect

1. **Evaluation:** we review your history, exam and imaging, and look for signs of multifidus dysfunction. We also check that your pain is not mainly from a pinched nerve or another cause.
2. **Before the procedure:** we review your medicines, including blood thinners, and your overall health.
3. **Implant:** the procedure is done as an outpatient with anesthesia. Through small incisions in the lower back, and with live X-ray guidance, two leads are placed near the nerves that control the multifidus.
4. **Generator:** the leads connect to a small generator placed under the skin, usually in the lower back or upper buttock area.
5. **Going home:** most people go home the same day.
6. **Starting therapy:** after healing, the system is turned on and set up. You learn how to start your daily sessions with the remote.

Recovery

- Soreness at the incisions for one to two weeks is common.
- You will usually limit bending, twisting and heavy lifting for several weeks while you heal.
- Daily sessions are an important part of the therapy. Skipping sessions may reduce any benefit.
- Changes, if they happen, tend to build slowly over months. Some people notice improvement, and some do not.
- Many current systems allow MRI scans only under specific conditions. Always tell other providers you have an implant.

Is it right for me?

An evaluation determines whether ReActiv8 is an appropriate option; results vary from person to person.

Your exam and imaging decide whether this option fits you.

Risks

Risks include infection, bleeding, pain or discomfort at the incisions or generator site, lead movement or breakage, device problems and the need for another procedure. Some people feel the muscle contractions are uncomfortable until settings are adjusted. Pain may not improve. Anesthesia also carries risks.

Questions people ask

How is ReActiv8 different from spinal cord stimulation?

Spinal cord stimulation is designed to change how pain signals reach the brain. ReActiv8 is designed to make the multifidus muscle contract, to help it regain control of the lower back.

Why is there no trial? Any benefit builds slowly over weeks to months as the muscle retrains. A short trial would not show whether the therapy may help.

What does a session feel like? Most people feel the muscles in the lower back tighten and relax. Sessions are usually done lying down, twice a day for about 30 minutes.

How soon might I notice a change? It varies. Changes, if they happen, tend to build over months. Some people do not improve.

Insurance and cost

GSMC participates with all Aetna plans, including Aetna HMO, and many other plans. Coverage depends on your plan and may need prior authorization. Our team checks your benefits before treatment.

When to call us: fever or chills; redness, swelling or drainage where a needle or device was placed; new or worse pain, numbness or weakness. **Call 911** for chest pain, trouble breathing, or sudden loss of bladder or bowel control.

Call 732-202-3000

One number for all 7 GSMC offices:

Toms River · 1314 Hooper Ave, 1st Floor

Brick · 1608 NJ-88, Suite 102

Whiting · 1100 NJ-70, Entrance B

Barneгат · 249 S Main St, Suite 5

Manahawkin · 1109 Beacon Ave

Freehold · 322 Professional View Dr, 300 Bldg, 2nd Fl

West Long Branch · 100 NJ-36, Suite 1K

gsmedicalcenter.org/treatments/restorative-neurostimulation-reactiv8/



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